



Manufacturers of  
Hypo-allergenic  
Nutritional  
Supplements



# Rhodiola Rosea

## What Is It?

Rhodiola rosea, a Siberian plant also known as Golden root, has been used traditionally for hundreds of years. Identified as an adaptogen through extensive research, Rhodiola rosea has demonstrated a number of versatile properties including support for occasional mental and physical stress, cardiovascular and metabolic function, and cellular health.\*

## Uses For Rhodiola Rosea

**Supports Performance During Occasional Stress:** Recently, a double blind cross-over study examined the effect of Rhodiola rosea on mental performance in healthy physicians. The results suggest that rhodiola may help to moderate fatigue under stressful conditions and to support short-term memory and concentration. In a separate, double blind, placebo-controlled pilot study, Rhodiola rosea provided support for physical and mental stress in students. Promoting the activity of neurotransmitters such as serotonin, norepinephrine and dopamine plays a part in this herb's ability to enhance cognitive functioning, memory and attention. Animal studies indicate that this extract may also play a role in supporting healthy heart muscle function and blood flow. One proposed cardioprotective mechanism is maintaining healthy catecholamine release in the myocardium. The extract also appears to maintain healthy adrenal catecholamine activity during stress. Furthermore, Rhodiola rosea has demonstrated the potential to support liver function, glucose and insulin metabolism, and antioxidant and cellular protection.\*

**Promotes Energy Metabolism:** In a university study, Rhodiola rosea enhanced physical work capacity and improved recovery time for individuals participating in high intensity exercise. In a separate study, this extract was shown to promote endurance and coordination in athletes.\*

## What Is The Source?

Rhodiola rosea is derived from the root and standardized to contain 3% total rosavins and a minimum of 1% salidosides. Hypo-allergenic plant fiber is derived from pine cellulose.

## Recommendations

Pure Encapsulations recommends 1-2 capsules per day, in divided doses, between meals.

## Are There Any Potential Side Effects Or Precautions?

At this time, there are no known side effects or precautions. If pregnant or lactating, consult your physician before taking this product.

## Are There Any Potential Drug Interactions?

Rhodiola may be contraindicated for individuals taking adrenergic-blocking and antiarrhythmic medications. Consult your physician for more information.

### Rhodiola Rosea

#### each vegetable capsule contains



Rhodiola rosea extract..... 100 mg.  
(standardized to contain 3% total rosavins and min. 1% salidosides)  
(hypo-allergenic plant fiber added to complete capsule volume requirement)

1-2 capsules per day, in divided doses, between meals.

\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.