

RHODIOLA

What is RHODIOLA?

Rhodiola is a representative of the Crassulaceae family of herbal plants. *Rhodiola crenulata* and *rosea* are rich in various chemical compounds which are used to treat several disorders. Rhodiola has been used in the Orient as a powerful adaptogenic vitalizer and substantial medicinal agent since the beginning of their civilizations, where it was regarded as a life-prolonging, wisdom-enhancing "superior herb." Rhodiola has been shown to be a superb tonic and energizer for those living under stressful conditions. Rhodiola is known for its adaptogenic and energy enhancing activity. It can be used on a regular basis to help support overall vitality and well-being. *

What are the benefits?

Rhodiola improves a person's capacity to absorb and utilize oxygen. Extensive research has documented benefits of Rhodiola for anti-cancer, anti-tumor, anti-inflammatory, anti-radiation, anti-diabetes and anti-allergy effects. Rhodiola has been found to be extremely beneficial to the cardiovascular system and a good heart protectant for disorders. It was found to help prevent stress induced cardiac damage. It was determined to help prevent both stress induced release of proteins and higher enzyme levels leading to damaged heart tissue. It is a powerful immune modulator; increases vitality; a safe antidepressant and is nourishing to the lungs and respiratory functions. It is good for strengthening the body and mind, resisting fatigue, resisting a lack of oxygen and excessive radiation and for prolonging life. Rhodiola is also used to promote the regulation of blood sugar. *

Supplement Recommendation:

Look for a product that has been naturally extracted and grown or ethically wild crafted without the use of chemical fertilizers, pesticides or preservatives; preferably in a vegetarian capsule. Be sure it is a standardized true spectrum herbal supplement without fillers, binders or common allergens.

- **Support for those in stressful living conditions***
- **Helps support overall vitality and well-being***
- **Beneficial to the cardiovascular system***
- **Powerful immune modulator***
- **Support for the lungs and respiratory functions***
- **Support for fatigue***
- **Improves blood transport of oxygen and nutrients***
- **Helps the regulation of blood sugar***
- **Promotes healthy and regular heart function***
- **Protection against cancer, mutation and radiation***
- **Promotes longevity***

Supporting Research:

Aiken SG, et al. Flora of the Canadian Arctic Archipelago – *Rhodiola rosea* L.; March, 2002; pgs 1-3

Spasov AA: A double-blind, placebo-controlled pilot study of the stimulating and adaptogenic effect of *Rhodiola rosea* SHR-5 extract on the fatigue of students caused by stress during an examination period with a repeated low-dose regimen; *Phytomedicine*, Vol 7(2) pp 85-89

Wagner H, Norr H, Winterhoff H: Plant Adaptogens. *Phytomedicine*, 1, 63-76; 1994

Xie Y, Zhan J, et al. Effects of Compound Rhodiola Crenulata on Exercise Performance During Hypoxia. *Chin J Appl Phys*. 1994; 10(3); 234-236

Yin Z, et al. The Effects of Rhodiola Crenulata Compound on Exercise Performance during Hypoxia. *Chinese Sports Medicine Journal*; 1996; 15(4) 265-270

Zan J, Xie Y, et al. Study on the Effect of the Compound of Radix Et Rhizoma *Reyhodiolae* on the Exercise Performance of Organisms at Simulated High Altitude; *Journal of Preventive Medicine of the People's Liberation*; 1994; Vol 12(1) 17-30

* This information has not been evaluated by the FDA. It is not intended to diagnose, treat, cure or prevent any disease.