

SIBERIAN RHODIOLA ROSEA

Support for the body's
Adaptogenic Response to Stress*



ALCOHOL-FREE CONCENTRATED EXTRACTS OF: FORMULA	MG PER 2 CAPSULES
Rhodiola Rosea root (<i>Rhodiola rosea</i>)	400 mg
WHOLE PLANT STANDARDIZATION PROCESS™ PROFILE	
3% Rosavins	12 mg
.8% Salidroside	3.2 mg

DOSAGE

1 Liquid Phyto-Cap 2 times daily.

DURATION OF USE

3-4 months

BEST TAKEN

Between meals, with a small amount of warm water.

HISTORY

The fragrant rhodiola rosea root, also known as roseroot, has been used throughout history in Iceland, Sweden, France, Russia, and Greece. Popular with the Vikings to enhance mental and physical endurance, this revered adaptogen was included in the first Swedish Pharmacopeia. In addition, the respected Greek physician, Dioscorides, discussed the virtues of this root in his *De Materia Medica* discourse in the first century A.D.*

More recently, rhodiola rosea was re-discovered by a Soviet soldier in Afghanistan by the name of Dr. Zakir Ramazanov. What he discovered was that care packages from his fellow soldier's moms included this prized plant, which he found helped them and him to reduce stress and bolster mental and physical energy.*

Consequently, this root is now being studied at universities throughout the world. And what researchers are discovering is that this popular general tonic serves to promote health and vitality by supporting mental and physical endurance and encouraging overall metabolic efficiency.*

It contains an assortment of chemical constituents; the most well researched being the rosavins and salidroside that encourage a healthy brain, immune system and hormonal balance.*

RHODIOLA AND STRESS

Rhodiola rosea reduces cortisol levels while optimizing levels of key brain chemicals involved in mood, such as serotonin and dopamine, that function together to maintain a healthy response to stress.*

When experiencing stress, in any form, the adrenal glands secrete specific hormones that have a profound effect on the body. One can imagine the adrenal glands as little hats that sit on top of the two kidneys. These hats secrete hormones such as cortisol in response to stress. Over time, as one experiences stress on a daily basis, the adrenal glands can function less optimally with respect to the secretion of these stress-related hormones. This can lead to something called adrenal stress,

which means that the adrenal glands are overworked. Things such as nervousness, poor memory, cravings for sweets, weight gain, fatigue and compromised sleep are all associated with an upset in the levels of these hormones-either too much, or too little.*

Rhodiola rosea root supports the functioning of the adrenal glands and encourages a healthy response to physical, emotional and mental stress by normalizing cortisol levels and other stress-related hormones. If used regularly, it functions to enhance the body's natural resistance and adaptation to stressful influences.*

A TRUE ADAPTOGEN

Fittingly, rhodiola rosea is classified as an adaptogen, which represents a class of herbs that help the body adapt to stresses of various kinds. In order to achieve this classification, a plant must be harmless and it must have a normalizing, broad-spectrum action that brings the body back to homeostasis, particularly when under stressful influences.*

A remarkable characteristic of this herbal extract is that rhodiola rosea optimizes attention span and the capacity to learn, while at the same time encouraging a calm and relaxed emotional state.*

POSITIVE ADAPTOGEN EFFECTS OF RHODIOLA

- Supports healthy emotional levels & resistance to stress
- Helps maintain physical energy & mental alertness
- Supports normal sleep patterns & appetite
- Helps maintain healthy sexual function for men & women
- Promotes healthy cardiovascular function by helping maintain normal emotional balance

COMPLEMENTARY HERBS/FORMULAS

Eleuthero Phyto-Caps™

SAFETY EVALUATION/CONTRAINDICATIONS

Do not take during pregnancy or lactation.*

KNOWN DRUG INTERACTIONS

There are no known drug interactions with this herb. Before using this product, talk with your healthcare professional if you take any medications.*

REFERENCES

Brown RP, Gerbarg PL, Ramazanov Z. Rhodiola rosea: a phytomedicinal overview. *Herbalgram* 2002;56:40–52.

Darbinyan V, Kteyan A, Panossian A, et al. Rhodiola rosea in stress induced fatigue - a double blind cross-over study of a standardized extract SHR-5 with a repeated low-dose regimen on the mental performance of healthy physicians during night duty. *Phytomedicine* 2000;7(5):365-71.

Petkov VD, Yonkov D, Mosharoff A, et al. Effects of alcohol aqueous extract from *Rhodiola rosea* L. roots on learning and memory. *Acta Physiol Pharmacol Bulg* 1986;12(1):3-16.

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*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

Gaia Herbs products: Always packaged in glass to protect potency, the environment, and you.