

Rhodiola Rosea Extract

150mg of rhodiola rosea extract, standardized to contain 3% rosavin and 1% salidroside content. For improved mood, energy, sexual function, athletic performance and resiliency to stress.

Vegan

GMO Free

Gluten Free

Soy Free

Dairy Free



- Indicated for improving energy, mood, cognition, sexual function and athletic performance in those subjected to high levels of stress
- 150mg of rhodiola rosea per vegetable capsule
- Standardized to contain 3% rosavin and 1% salidroside content, an evidence-based ratio used in the original clinical trials on rhodiola rosea

Rhodiola rosea, also known as 'golden root', is a medicinal plant that has traditionally been used in Russia, Scandinavia and other European countries as an adaptogenic herb capable of improving the body's resiliency to stress. Its use as a stimulant to increase attention span, memory and physical endurance during times of stress has repeatedly been supported by clinical research.

For example, it has been shown to provide significant improvements in individuals suffering from burnout in areas of emotional exhaustion, fatigue and joy. Yet, its application and benefits are much greater than just cognitive functioning. These

same individuals showed improvements in sexual functioning and sexual interest.

Athletes may benefit from rhodiola's adaptogenic properties, too. This makes sense given that exercise is a form of stress on the body and mind. Case in point, short-term rhodiola use can increase time to exhaustion and oxygen utilization during athletic performance in untrained athletes. It has also been found to reduce levels of inflammation in the body after intense exercise, meaning that it can speed recovery times.

Finally, rhodiola is a powerful agent when it comes to mental health. In people suffering from mild to moderate mood disorders, rhodiola extract can significantly improve symptoms such as insomnia, self-esteem and emotional stability. Improvements in those who report being 'wired and tired' meaning that they are anxious but exhausted.

It appears that rhodiola is able to positively impact mood, energy and stress coping through cortisol balancing, blood sugar regulation and neurotransmitter support. Most notably, research has shown that it can prevent the breakdown of adrenaline, serotonin, dopamine and acetylcholine, thereby increasing their action in the

brain. Although there are many ingredients within the whole plant extract, rosavins and salidroside are the key active ingredients that provide medicinal action.

Cyto·Matrix's Rhodiola Rosea Extract provides 150mg of rhodiola rosea extract per vegetable capsule, standardized to contain the evidence-based 3% rosavin and 1% salidroside content. Rhodiola Rosea Extract is a great option for those feeling stressed or overwhelmed, to help the body adapt and adjust accordingly.

Each capsule contains

Rhodiola rosea extract 150mg
(root) 3.6% rosavins, 1% salidroside

Non-Medicinal Ingredients

Vegetable-grade magnesium stearate,
microcrystalline cellulose. Capsule: hypromellose.

Recommended Use Claim

To temporarily support physical stamina.

Directions of Use

Adults - Take 1 capsule, 2-3 times per day or as directed by a healthcare professional.

Cautions and Warnings

Do not use if safety seal is broken. Consult a healthcare professional prior to use especially if you are pregnant or breastfeeding.

Contraindications

Do not use if you have bipolar disorder or bipolar spectrum disorder.

Storage Conditions

Do not use if safety seal is broken.