

# RHODIOLA ROOT

The popularity of Rhodiola root in folk medicine owes much to it being a major ingredient in many love potions. In the polar arctic regions of eastern Siberia, it is said that Rhodiola will increase vigour and promote long life. *Rhodiola rosea* (also known as Golden Root, Arctic Root and Rose Root) is a plant native to the alpine regions of Russia and Asia.

The medical benefits of this plant were so highly regarded that the areas where it grew remained jealously hidden for 3,000 years. Despite the fact that Russian scientists have been researching Rhodiola root since the early 1930s, it wasn't until the beginning of the 1990s that their results started to reach the Western World. *Rhodiola rosea* improves mental and physical performance and recovery from exertion and illness. The Russian Government has been supplying it to athletes, soldiers and politicians for years.

## The Benefits of Rhodiola

**Increases physical exercise ability** - Dr L Utkin, a Russian botanist and nutritionist, demonstrated in the early 1930s that Rhodiola root increased physical endurance. It is said to help maintain energy levels and to increase strength and mobility.

**Reduced recovery time** - Rhodiola is believed to increase the levels of the enzymes and proteins important to the recovery of muscle after extensive exercise.

**Stress** - Rhodiola is said to possess mood lifting properties because of its ability to optimise levels of serotonin, dopamine and other neurotransmitters.

**Sexual Health** - Improved sexual function has been demonstrated in men suffering from weak erections and/or premature ejaculation.

Early work has also shown that Rhodiola may be of use in women where the menstrual cycle is absent.

**Increases mental fitness** - Extract of *Rhodiola rosea* has been shown to increase attention span, mental performance, alertness and memory.

**Cardioprotective** - In a 1994 Russian study, *Rhodiola rosea* was found to prevent street induced cardiac damage.

**Debility** - Symptoms of asthenia (literally a failure of strength) are believed to be reversed by Rhodiola.

## Properties

Rhodiola possesses several unique active compounds, the most important of which are salidroside, rosavin, rhodiolin, rosarin and rosin. Because Rhodiola's roots properties are so unique, it is not claimed as a remedy for any specific ailment, more as an extra help in most disorders. The majority of its effects are attributed to powerful adaptogenic properties.

## Contra-indications / Precautions

At high doses, irritability and/or insomnia may occur. People suffering from cardiovascular disorders should consult their doctor before taking *Rhodiola rosea*.

Not recommended for use during pregnancy or lactation.

## Why Choose Natures Aid Rhodiola?

Each Natures Aid Rhodiola root tablet contains 500mg of extract which is standardised to provide 1% salidroside and 40% polyphenols in a convenient one-a-day formula.

SUITABLE FOR VEGETARIANS AND VEGANS

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