

# 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.

## Each capsule contains:

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



90 vegetable capsules

Gluten, soy and dairy free.

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

## Key points

- 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

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.

CytoMatrix'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.

## Related products

Adrenal-Matrix  
Bio-B6  
Cyto B-Complex  
Cyto-Calm  
Cyto Theanine

**Non-Medicinal Ingredients:** Vegetable-grade magnesium stearate, microcrystalline cellulose. Capsule: hypromellose.

**Indications:** To temporarily support physical stamina.

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

**Contraindications:** Do not use if you have bipolar disorder or bipolar spectrum disorder.

**Warnings:** Do not use if safety seal is broken. Consult a healthcare professional prior to use if pregnant or breastfeeding.