



## - RHODIOLA EXTRACT -

## DATA SHEET

*Rhodiola rosea* (Golden Root, Roseroot, Aaron's Rod) is a plant in the Crassulaceae family that grows in cold regions of the world. These include much of the Arctic, the mountains of Central Asia, the Rocky Mountains, and mountainous parts of Europe, such as the Alps, Pyrenees, Carpathian Mountains, Scandinavia, Iceland, Great Britain and Ireland. The perennial plant grows in areas up to 2280 meters elevation.



*Rhodiola rosea* may be effective for improving mood and alleviating depression. Pilot studies on human subjects showed that it improves physical and mental performance, and may reduce fatigue.

*Rhodiola rosea's* effects are potentially mediated by changes in serotonin and dopamine levels due to monoamine oxidase inhibition and its influence on opioid peptides such as beta-endorphin, although these specific neurochemical mechanisms have not been clearly documented with scientific studies.

In Russia and Scandinavia, *Rhodiola rosea* has been used for centuries to cope with the cold Siberian climate and stressful life. Such effects were provided with evidence in laboratory models of stress using the nematode *C. elegans* and in rats in which *Rhodiola* effectively prevented stress-induced changes in appetite, physical activity, weight gain and the estrus cycle.

*Rhodiola* has been used in traditional Chinese medicine, where it is called *hóng jǐng tiān*.

In Italy it is listed as herbal extract approved with following claims: reduce fatigue, improves physical and mental performance.

### Products

Rhodiola Rosea Extarct R	Rosavin 3%
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Rhodiola Rosea Extarct S	Salidroside 1.0-5.0%