



# Rhodiolife®

POWERFUL ADAPTOGEN

## ABOUT

Rhodiolife® is our *Rhodiola rosea* extract from the pristine Siberian Altai region with significant adaptogenic activity. We standardize our Rhodiolife® to two different grades of rosavins and salidroside.

We studied Rhodiolife® in both *in vitro*, *in vivo* and in human trials and showed a significant increase of brain activity, a reduction of anxiety and stress and improved muscle protection and recovery after exercise.

## SCIENTIFIC EVIDENCE

### CLINICAL STUDIES DEMONSTRATE:

- Protection against viral infection after physical exhaustion
- Protection of skeletal muscle
- Support for recovery after physical exhaustion
- Reduced anxiety and stress

### PRECLINICAL STUDIES DEMONSTRATE:

- Sustained increase of brain activity
- Activation and long-term potentiation
- Increased Hsp70 expression
- Decreased inflammation

## REFERENCES

1. Abidov, M., et al. Effect of Extracts from *Rhodiola rosea* and *Rhodiola crenulata* Crassulaceae) Roots on ATP Content Inmitochondria of Skeletal Muscles. Bull. Exp. Biol. Med. 136, 585-587 (2003).
2. Bystritsky, A., et al. A Pilot Study of *Rhodiola rosea* (Rhodax®) for Generalized Anxiety Disorder (GAD). J. Altern.Complement. Med. 14, 175-180 (2008).
3. Ahmed, M., et al. *Rhodiola rosea* Exerts Antiviral Activity in Athletes Following a Competitive Marathon Race. Front. Nutr. 2, 1-7 (2015).
4. Pooja, et al. Anti-inflammatory Activity of *Rhodiola rosea* -"A Second-generation Adaptogen". Phytother. Res. 23, 1099-102 (2009).

## KEY BENEFITS

### Sports

### Cognitive health

- Reduces fatigue
- Protects muscle cells
- Antioxidant and anti-inflammatory
- Provides sustained mental energy
- Enhances learning and memory

## PRODUCT FEATURES

### BOTANICAL ORIGIN

*Rhodiola rosea*  
(roots)

### BIOACTIVES

Total rosavins ≥ 3%  
Salidroside ≥ 1%  
or  
Total rosavins ≥ 5%  
Salidroside ≥ 1.8%

### CULTIVATED OR WILD

Wild-crafted in Altai  
region of Siberia

### APPEARANCE

Fine, light brown powder

### SAFETY & QUALITY

GMO free, BSE/TSE free,  
allergen free, DNA-barcode to  
identify raw material

### SHELF LIFE

3 years

### TASTE

Astringent

### SOLUBILITY

3%: Practically insoluble  
5%: Freely soluble

### PACKAGING MATERIAL

25kg

### PRODUCT CERTIFICATION

Kosher, Halal

### RECOMMENDED SERVING

3%:  
100-300mg twice a day  
5%:  
100-250mg twice a day

## CERTIFICATIONS

