



Rhodiolife®

POWERFUL ADAPTOGEN



Now also available
as **sports grade**
BSCG Certified Drug Free®

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 \geq 3%
Salidroside \geq 1%
or
Total rosavins \geq 5%
Salidroside \geq 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

Rhodiolife® 3%:
100-300mg twice a day

Rhodiolife® 5%:
100-250mg twice a day

CERTIFICATIONS



Nektium Pharma SL holds GMP certification (ES19/85835) and FSSC 22000 Food Safety System Certification (ES19/86276) by SGS

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