

# RHODIOLA ROSEA

Rhodiola rosea



## Areas of application

- Altitude sickness
- fatigue
- Depressive moods
- Stress
- Boosting the immune system

## Family

(Crassulaceae)

## Based in

Cold regions of Eurasia and North America

## Plant parts used

The tuberous root and the rhizome

## Ingredients

Phenylethyl derivatives such as salidroside and p-tyrosol, flavonoids, monoterpenes, triterpenes and phenolic acids, rosavin, rosin and rosarin

## Usage/Indications

Rhodiola rosea, also known as Rhodiola, is a hardy medicinal plant native to the cold regions of Europe and Asia. It owes its name to the rose-like scent of its fresh root. In herbal medicine, Rhodiola is regarded as an adaptogen, a plant that helps the body to better adapt to physical and mental stress.

It is used to enhance physical and mental performance and supports the body during times of stress, exhaustion and high demands. Rhodiola rosea has a balancing effect on the nervous system and can promote concentration, stamina and resilience.

Its main uses include stress-related fatigue, reduced performance, nervous restlessness and mild depressive moods. Rhodiola rosea is also used for states of exhaustion and to provide support during periods of increased mental demands. Thanks to its strengthening effect, it can help stabilise general well-being.

## Good to know

In Russia and Scandinavia, Rhodiola rosea was traditionally given to miners and explorers to help them cope with extreme cold, hunger and long working hours.

Essentially, 'superpowers from a plant'

## Side effects/Contraindications

As Rhodiola rosea helps to combat depression and listlessness, it should not be used in cases of hyperactivity, manic episodes and/or inner restlessness, as it may exacerbate these conditions.

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