Rhodiola the Herbal Stress Buster

What is Rhodiola Rosea?

Rhodiola Rosea is a plant that grows in frigid temperatures and high rocky altitudes. Rhodiola can be found growing above 10,000 feet in the Altai Mountains of Siberia. The plant can grow from 12-30 inches and has yellow flowers and is often called the Golden Root, Siberian Root, Roseroot or Arctic Root.

Rhodiola use as a medicinal plant can be traced back to 77 A.D. - when Greek Physician Dioscorides documented Rhodiola (called rodia riza back then) in his medical text - *De Materia Medica.* The Vikings used Rhodiola to increase endurance and stamina during their journeys. The Chinese Emperors would commission expeditions to remote parts of the Siberian Mountains to bring back the prized Golden Root - Rhodiola. In 1725 the herb was given its current name - Rhodiola by Swedish botanist Carl Linnaeus.

While the powers of Rhodiola were known by a few elite scientists in the Soviet Union for many years, it took the fall of the Soviet Union and the incredible efforts of Dr. Ramazanov to bring Rhodiola to the United States. Once Dr Ramazanov started to unearth and translate the previously classified studies on Rhodiola it did not take long for the rest of the world to become very interested in the health benefits of Rhodiola.

There are over 200 species of Rhodiola, however Siberian Rhodiola Rosea has the active phytonutrients that achieve results. Competitors can and do legally label their products as "Rhodiola" even though they contain the much less expensive species which result in no significant benefits.
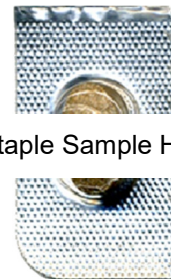
What does it do?
Helps increase *mental* and *physical* performance. Research suggests that it may also shorten recovery time after exercise by improving your body's stress response system.

What does it cost?
$34.00 for 60 ct bottle
$19.00 for 30 ct blister pack

Staple Sample Here

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for great articles on **Rhodiola.**