

# VITANICA® ~ RHODIOLA



Rhodiola is an adaptogenic herb with a broad range of action, promoting mental and physical stamina, hormonal harmony, and immune support, especially in times of stress.

## Featured Ingredients:

- Traditionally Rhodiola has been used for centuries in Eastern Europe, Scandinavia and Asia as folk medicine to promote physical endurance, productivity and adaptogenic support to high altitudes
- Research has identified adaptogenic compounds in the roots, the most important ones being the rosavins - rosavin, rosin and rosarin - specific to the species **Rhodiola rosea**
- Positive support for several different neurotransmitters in the brain promote mental acuity and memory, as well as supporting mood
- Research has indicated the many areas where Rhodiola is supportive: **Central Nervous System, Cardiovascular System, Endocrine System**

**Indications:** Rhodiola has the broadest range of action of any other medicinal herb to date. Its adaptogenic activity supports a variety of bodily systems. We utilize the extract and the whole root.

**Suggested Use:** 1 capsule, up to two times per day. Best taken on an empty stomach, 30 minutes before breakfast and/or lunch.

Size ~ 60 caps; UPC code ~ 7-08118-01230-3

Contact ~ 800.572.4712; email ~ [info@vitanica.com](mailto:info@vitanica.com)

## Supplement Facts

Serving Size 1 Capsule  
60 Servings per Container

Amount per Serving		% Daily Value
Rhodiola rosea root extract (3% rosavins, 1% salidroside)	200 mg	†
Rhodiola rosea root	85 mg	†

† Daily Value not established

Other ingredients: Vegan capsule (HPMC, water), L-leucine.

**Rhodiola is suitable for vegetarians and vegans.**