

Rhodiola with Cordyceps

Nature's Harmony® Rhodiola with Cordyceps helps maintain energy, stamina and mental focus. Formulated specifically to help the body deal with fatigue, this product provides the optimal blend of clinically tested, proven traditional tonics.

PRODUCT CODE: 400730

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Maintains energy, stamina and mental focus.	Tablet	Take 2 tablets daily or as directed by a health care practitioner.

DESCRIPTION:

Nature's Harmony® Rhodiola with Cordyceps is a breakthrough formula that combines two unique adaptogens. This term refers to a substance that helps the body adapt to various types of stress, for example heat, cold, exertion, sleep deprivation, trauma, infection. An adaptogen helps the body move towards a balanced state and should not cause side effects.

Rhodiola is a herb extract from the *Rhodiola rosea* root, which is native to the polar arctic regions of eastern Siberia. The medicinal properties of the herb are attributed to the compounds rosavins and salidroside. Nature's Harmony® Rhodiola has been standardized to 5.0% total rosavins and 2.0% total salidroside.

Cordyceps sinensis is from the Ascomycetes family of mushrooms, traditionally found in the high mountain regions of China. The extract is used as a stimulant, a tonic and an adaptogen to increase energy, enhance stamina and reduce fatigue.

Recommended Daily Allowance: N/A

Food Sources: None.

Causes of Deficiency: Stress, environmental pollutants, excessive physical demands.

Symptoms of Deficiency: Fatigue, poor memory, lethargy.

Complementary Nutrients: Triple Fish Oil, iron, boron, 5-HTP, ginkgo biloba.

HOW IT WORKS:

Researchers believe rhodiola works by influencing central nervous system chemicals—neurotransmitters called monoamines, e.g. dopamine and serotonin. An imbalance of monoamines is believed to be involved in several hard-to-treat illnesses, such as fibromyalgia, chronic fatigue syndrome and seasonal affective disorder (SAD). Some herbalists believe that taking rhodiola to normalize monoamine levels may benefit these ailments. Cordyceps has a positive influence on organ function and is believed to strengthen the immune system.

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RESEARCH:

Rhodiola and cordyceps have both been clinically tested and have long histories as traditional tonics used to increase physical endurance and work productivity, as well as treat fatigue. In recent years, several uses for *Rhodiola rosea* have been proposed, including treating depression, enhancing memory and intellectual capacity and stimulating the nervous system. Many of these potential benefits relate to the herb's adaptogenic qualities.

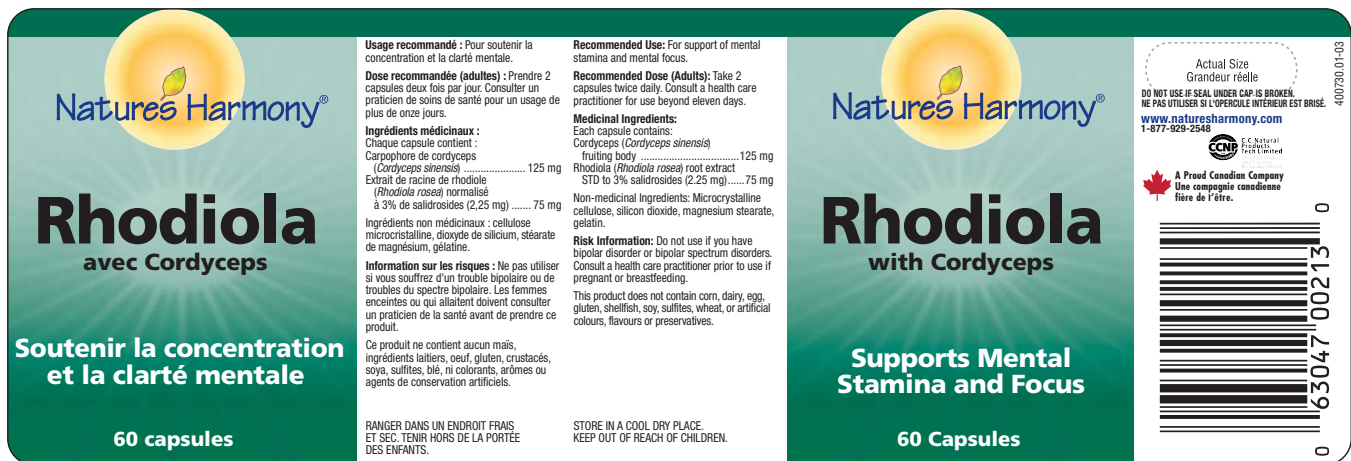
SIDE EFFECTS:

None known to date.

INTERACTIONS AND SAFETY CONSIDERATIONS:

Pregnant and breastfeeding women should avoid use. Do not take if allergic to the Ascomycetes family of mushrooms.

LABEL:



DID YOU KNOW...

The Russians have used Rhodiola rosea for years to combat climactic and environmental stress and to enhance the performance of athletes and cosmonauts.