

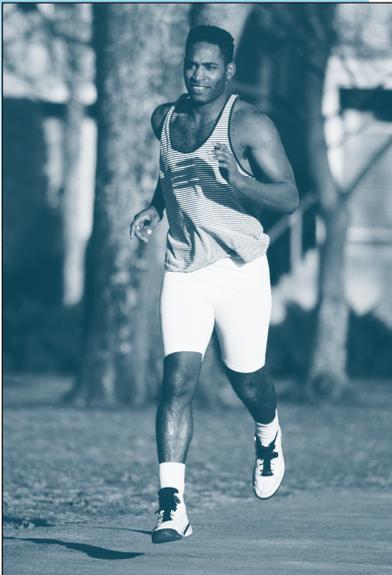
FULL SPECTRUM™ RHODIOLA ROSEA



Botanical Adaptogen from the Arctic

- **Legendary adaptogen from the Polar Arctic region of Siberia.**
- **Traditionally used as a strengthening tonifier to increase physical and mental stamina.**
- **Full Spectrum™ formulation provides a broad range of rhodiola's beneficial compounds.**

Rhodiola is a legendary botanical from the Polar Arctic regions of Eastern Siberia. Indigenous people of the area used rhodiola as a tonic against stress and for improved work capacity and stamina. This traditional use eventually led to modern research into its potential as an adaptogen—a substance that helps our bodies adapt to environmental, physiological and psychological stress. PLANETARY HERBALS FULL SPECTRUM RHODIOLA ROSEA combines a standardized extract of *Rhodiola rosea* root yielding rosavins and salidroside with whole root extract, providing a broad range of rhodiola's valuable constituents.



PLANETARY™
HERBALS

Expert Formulations – Exceptional Results

Siberian Tonic Herb

Rhodiola is a root of the *Rhodiola rosea* plant, which is native to Siberia. It was valued by the traditional aboriginal peoples of the region as a strengthening tonic that was believed to increase physical and mental stamina. In modern times, rhodiola has been researched for its adaptogenic properties.

The term adaptogen was coined by the Russian scientist Lazarev in 1947. Adaptogens are defined as substances that show a nonspecific activity in helping to support our body's natural defenses and maximize performance. Used to enhance health, vitality and mood, they support the normal mechanisms our bodies have for maintaining a healthy balance or homeostasis in the face of physical and emotional stress. Adaptogens must be safe and must not influence body functions more than necessary to achieve their desired effects.

Dynamics of Stress

According to the pioneering medical research of Dr. Hans Selye, our bodies respond to stressful situations via a process in which the sympathetic nervous system stimulates the hypothalamus-pituitary-adrenal gland axis. Although the exact mechanism of action of adaptogens is not known, evidence suggests that they enhance the general adaptive response of an organism, primarily by influencing the pituitary-adrenal gland axis.

Modern Research Focuses on Glycosides

Most research on rhodiola's benefits has focused on certain glycosides designated as rosavins and salidroside. These primary compounds have been studied for their ability to increase resistance to various stressors in animals. In these studies, anti-stress, endocrine and central nervous system effects have been reported. In one human trial, 10 mg of salidroside, administered orally, was shown to enhance mental function.

PLANETARY HERBALS FULL SPECTRUM RHODIOLA ROSEA delivers a concentrated extract of rhodiola, standardized to 0.8% rosavins and 0.8% salidroside, plus a 4:1 whole root extract, for a complete spectrum of rhodiola constituents.

Full Spectrum Formulation

PLANETARY HERBALS FULL SPECTRUM RHODIOLA ROSEA is one of a series of Full Spectrum single ingredient herbs, which provide the broadest range of benefits the plant has to offer. Combining various parts of the plant—roots, bark, flowers and leaves—or whole herb plus standardized extracts, maintains nature's wisdom while delivering standardized amounts of active constituents.

These preparations draw on the wisdom of traditional cultures and the new knowledge gleaned from scientific research, providing the best of what modern herbalism has to offer.

References:

Wagner, H., Nörr, H., Winterhoff, H. 1994. Plant Adaptogens. *Phytotherapy Research*, 1:63-76.

Adhering to the quality control requirements and codes of ethics of: American Herbal Products Association, National Nutritional Foods Association



Developed exclusively for Planetary Formulas by world renowned herbalist, acupuncturist, and author Michael Tierra, L.Ac., O.M.D., who has more than 30 years of clinical experience.



*The above information has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

