

Rhodiola & Schisandra

Support During Everyday Stress*

Rhodiola and Schisandra are traditionally used in herbal preparations to help:

- ✓ Support the **nervous system during stress** (adaptogenic)
- ✓ Support mental **concentration** under stressful conditions
- ✓ Reduce **mental fatigue** under stressful conditions
- ✓ The body adapt to occasional **stress-related fatigue**, working as an adaptogen
- ✓ Support **cognitive function** such as mental focus and mental stamina
- ✓ The body adapt to the **changes of everyday life**
- ✓ Maintain proper **energy** and support healthy **physical performance***

Rhodiola and Schisandra are used for their:

- ✓ **Antioxidant** properties*

MediHerb Rhodiola & Schisandra contains high-quality herbal extracts of Rhodiola root and Schisandra fruit. Both herbs belong to a remarkable and distinctive class of herbs known as ‘adaptogens,’ which are highly valued in their respective traditional systems in North-East Europe, Asia and China to support the body during everyday stress(es). In addition, Rhodiola (also known as ‘Golden Root,’ ‘Rose Root’ or ‘Arctic Root’)¹ is standardized to provide the important bioactive components rosavins and salidroside.

What Are Adaptogens and How Do They Work During Stress?

Most people consider ‘stress’ to cause ‘distress’. However, compared to being just calm, a normal level of stress (also known as ‘eustress’) is needed to increase our productivity or performance,² like training physically for a marathon or studying for an exam. The more we practice, the better we get at it. Or do we? At the optimal level, our performance will reach its peak. Exceeding this optimal level however, tends to disrupt our normal balance or ‘homeostasis’ and lead to a decline in our performance.³ Using adaptogenic herbs like Rhodiola and Schisandra during these (often temporary) stressful conditions can help us adapt better, maintain that crucial balance, and therefore a feeling of general well-being (see Figure 1). Moreover, as adaptogens typically work in non-specific ways, they can target multiple normal body functions, such as mental, emotional and physical functions, all at once.⁴



M1800 60 Tablets

Suggested Use:

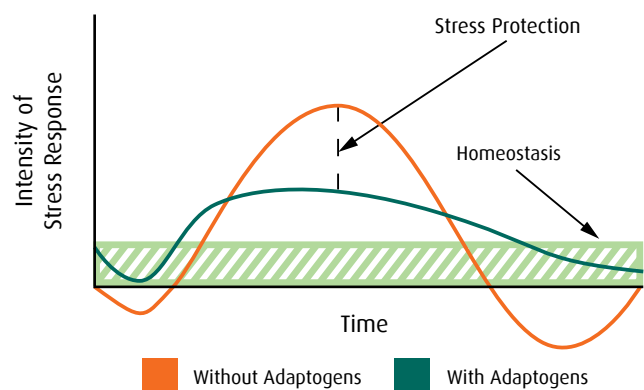
1 tablet 2 – 4 times daily, or as directed.

Supplement Facts		
Serving size:	1 Tablet	
Servings per container:	60	
	Amount per Serving	%DV
Calcium	89 mg	6%
Rhodiola root 4:1 extract from <i>Rhodiola rosea</i> root 600 mg Containing salidroside 1.5 mg and rosavins 4.5 mg	150 mg	†
Schisandra fruit 6:1 extract from <i>Schisandra chinensis</i> fruit 660 mg	110 mg	†
† Daily Value (DV) not established.		

Other Ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, sodium starch glycolate, hypromellose, magnesium stearate and silicon dioxide.

Cautions: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Figure 1: General Overview of Stress Response Linked to Adaptogens



How Rhodiola & Schisandra Supports Your Health:



Rhodiola is a popular and highly valued adaptogen from the traditional systems of Eastern Europe, Scandinavia and Asia. It was reportedly used by Vikings to support physical strength and endurance.^{1,5,6} However, Rhodiola is not only used traditionally to support physical performance, but also mental concentration and nervous system function, especially where these are affected by everyday stress. In addition to this, Rhodiola helps the body adapt to occasional stress-related fatigue.^{5*}



Schisandra, originally a well-known traditional Chinese herb,^{7,8} gained recognition as an adaptogen in the USSR in the early 1960s.⁹ During temporary stress, it helps to support our mental concentration, focus and stamina. Overall, Schisandra supports our ability to adapt to the changes of everyday life and therefore reduces any stress-related fatigue.^{10*}



Rhodiola^{5,6} and **Schisandra**¹ also provide important antioxidant activity,¹¹ which helps to counteract oxidative stress caused by everyday stress.^{12*}

References

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