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Rhodiola Radix: The Most Useful Herb You've Never Heard Of

Deep within mountainous Siberia grows a botanical so useful that Chinese emperors sent expeditions to return the mysterious plant to China, where the benefits of longevity it offered could be enjoyed. Also called Golden Root or Arctic Root, *Rhodiola rosea* is probably the least known adaptogen in the West although in the East it has been used traditionally for 3,000 years for overall good health and stress relief. The most accepted reason for this lack of notoriety is that, because of its extraordinary medicinal properties, the places where *Rhodiola* grew were kept secret. A large body of recent clinical research confirms the astounding and myriad properties of this truly amazing herb.

Rhodiola is an alpine plant growing at 3,300-5,400 meters above sea level. Though used for centuries, it was not studied until 1931 when a Russian botanist performed some of the first research on the plant. It demonstrated effects on increasing physical endurance as well as a related issue - sexual potency.

Rhodiola radix

- Increases physical endurance and lessens fatigue
- Indicated for serotonin and dopamine-related conditions
- Helps with weight management
- Enhances learning and memory
- The ideal supplement for well-being in healthy people

The research did not stop there. Phenylpropanoids, which include salidroside, rosavin, rhodolin, rosarin and rosin, were identified as the most active phytochemicals with the highest biological activity. This group of active constituents, specifically rosavin and salidroside, have a demonstrable effect on increasing the levels of serotonin in the brain, thus having a beneficial effect on one of the primary mechanisms causing depression. This makes the plant an ideal alternative to St. John's Wort.

Since lack of serotonin has also been indicated in causing of migraine headaches, it follows that *Rhodiola* has an effect in this area as well. *Rhodiola* also has an effect on dopamine levels and therefore can be prescribed clinically for such rare dopamine-related conditions as Parkinson's disease.

The root of the plant has powerful stimulatory effects and is rich in antioxidants. It has been clinically demonstrated to improve learning and memory skills. The most dramatic effects demonstrated by this botanical involve increasing levels of physical endurance through oxygen efficiency, lessening fatigue, decreasing recovery time, and building muscle tissue instead of fat for optimal weight management.

What an incredible array of applications! It is clear that *Rhodiola* is useful for a multitude of purposes to be taken both medicinally for certain

conditions or for overall well-being in healthy people. It is an ideal supplement that could be positioned to meet a variety of consumer and professional needs. Draco's *Rhodiola* is water extracted, full spectrum standardized to 1 and 2% salidroside, water soluble, and contains the full range of active constituents in the balanced proportions that nature intended. *For more information on Rhodiola, our custom formulas, or our state-of-the-art extraction process, contact us at 408.287.7871.* ❖

Partial Bibliography

- Phytomedicine, 2000, 7(2): 85-89.
- Polozhy, A.V., Biology of Siberian Plants, Nozobirsk, 1985, pp 85-114.
- Saratikov, A.S., *Rhodiola rosea*: A Valuable Medicinal Plant, Tomsk University-Publisher, 1987, p. 252.
- Peng, J.N., Chemical Constituents of *Rhodiola*, Journal of Chinese Medicine, 1994, vol. 19:1, pp 676-677.

Upcoming Industry Presentation

Draco is proud to be speaking on Feb. 20th at the Nutraceutical/ Functional Foods Product Development conference held Feb. 18-22, 2001, at Texas A&M University. For more information call 979.845.2749

Welcome Aboard, Darrin!

We are also pleased to announce the addition of Durrin Duber-Smith to the Draco team in the capacity of Marketing Director. Durrin has over 10 years of natural products industry experience as well as an extensive educational background.

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