

Introduction of *Rhodiola rosea*

General Information

Rhodiola rosea (“golden root” or “Arctic root”) is widely distributed at high altitudes in Arctic and mountainous regions throughout Europe and Asia. Its roots are considered adaptogens, meaning they help your body adapt to stress when consumed. Rhodiola is also known as arctic root or golden root, and its scientific name is *Rhodiola rosea*. Its root contains more than 140 active ingredients, the two most potent of which are rosavin and salidroside. Today, it’s widely used as a dietary supplement for its many health benefits.

Benefits

(1) Fight Fatigue

The adaptogenic nature of rhodiola makes it a popular supplement for fighting fatigue and other symptoms associated with stress.

(2) Help Reduce Symptoms of Depression

Rhodiola has been shown to improve many symptoms of depression. Similar to antidepressants, it may positively influence neurotransmitters that affect mood and emotion.

(3) Improve Exercise Performance

Rhodiola has the potential to decrease perceived exertion, which may allow you to work out longer and harder.

(4) Decrease Stress

Adaptogens like rhodiola rosea increase your body’s resistance to stress, allowing you to better cope during stressful times.

(5) Improves Brain Function

Rhodiola has been shown to increase mental performance during mentally stressful and physically strenuous times. However, more research is needed to verify these findings.



Rhodiola rosea Extract

1. Brief Introduction:

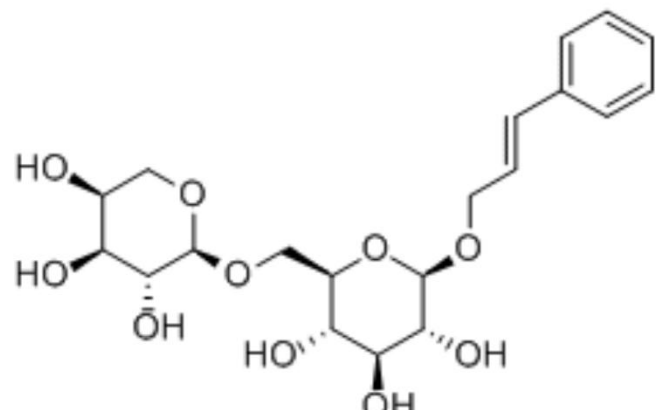
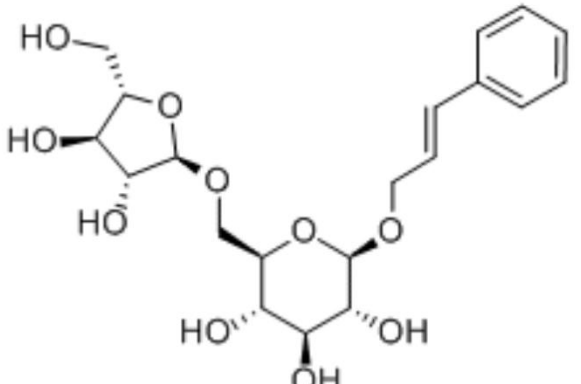
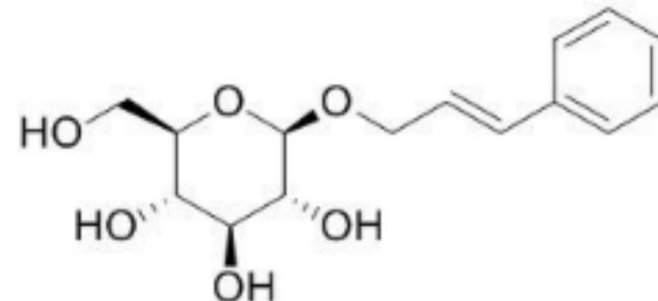
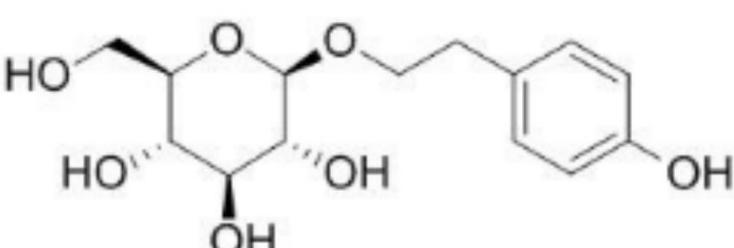
Product Name: Rhodiola Rosea Extract

Botanical Source: *Rhodiola Rosea* L.

Part of Plant Used: Root

Appearance: Brown Fine Powder

Main Active Ingredient: Rosavins (Rosavin, Rosarin, Rosin), Salidroside.

<p>Rosavin CAS number: 84954-92-7 Molecular Formula: $C_{20}H_{28}O_{10}$ Molecular Weight: 428.4² Structural Formula:</p> 	<p>Rosarin CAS number: 84954-93-8 Molecular Formula: $C_{20}H_{28}O_{10}$ Molecular Weight: 428.43 Structural Formula:</p> 
<p>Rosin CAS number: 85026-55-7 Molecular Formula: $C_{15}H_{20}O_6$ Molecular Weight: 296.32 Structural Formula:</p> 	<p>Salidroside CAS number: 10338-51-9 Molecular Formula: $C_{14}H_{20}O_7$ Molecular Weight: 300.30 Structural Formula:</p> 

2. Specifications We Offer:

Rosavins 3%/ Salidroside 1%

Rosavins 5%/ Salidroside 2%

3. Recommend Dosage: As rhodiola has been shown to have a bell-curve response before, it is recommended to not exceed the aforementioned 680mg dosage as higher doses may be ineffective.

4. Packaging: Low-density polyethylene bag with cardboard drum outside, 25kgs per drum.

5. Storage: Store at cool and dry place. Avoid from strong light and heat.

6. Shelf Life: 24 months when properly stored.

7. Contact Information:

Chengdu Nokete Bio-tech Co., Ltd.

Sales Manager: Eric Lee

Email: eric@hbnkt.com

Tel: +86-180.1056.0414