



## Rhodiola & Ginseng Complex

Enhance your vitality and stamina  
and get the most out of life.



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Enhance Vitality and Stamina



Rhodiola & Ginseng Complex



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## Rhodiola & Ginseng Complex - Enhance Vitality and Stamina

In today's frantically busy world, life moves at an ever-increasing pace. More than ever, stress is a constant presence. Many life events push our 'stress buttons' – job pressures, family responsibilities, physical or emotional challenges.

### Fight Fatigue and Boost Energy

MediHerb's Rhodiola & Ginseng Complex can significantly improve health and fitness. It enhances mental clarity, boosts vitality and increases energy levels.

The herbs Rhodiola & Korean Ginseng are potent natural stress reducers. They have a long history of traditional use and are well supported by modern research.

### What is Rhodiola & Ginseng Complex?

MediHerb's Rhodiola & Ginseng Complex is a synergistic herbal blend. Its formula contains *Rhodiola rosea* root and *Panax ginseng* main root. Rhodiola is standardized for two important compounds, rosavins and salidroside. Korean Ginseng is standardized to ginsenosides.

Rhodiola and Korean Ginseng work exceptionally well together. Both herbs increase stamina, and enhance health and vitality. Modern research supports this reputation. Since 1960, more than 2000 scientific studies have been published on Korean Ginseng and 180 on Rhodiola.

### Who Needs Rhodiola & Ginseng Complex?

Everyone who's interested in protecting their overall health and well-being. If you're dealing with stress, looking to enhance mental and physical performance, recovering from illness, or if you just want that little extra edge to get ahead - ask your health care professional about Rhodiola & Ginseng Complex. Discover its abundant fatigue-fighting, stamina-promoting benefits to health.

### How is MediHerb's Rhodiola & Ginseng Complex Unique?

Rhodiola & Ginseng Complex contains clinically effective levels of rosavins and salidroside from Rhodiola, and ginsenosides from Korean Ginseng.

There are many species of Rhodiola but only *Rhodiola rosea* contains the important constituents: rosavins and salidroside. Good quality *Rhodiola rosea* has 3 times more rosavins than salidroside. That's the way the compounds occur naturally in the plant. Many Rhodiola products do not have *Rhodiola rosea's* 3:1 ratio. As a result, they are inferior in quality.

Ginsenosides are found in all parts of the Korean Ginseng plant. But only the main root is clinically proven with the correct ratio of ginsenosides. Rest assured, the dose MediHerb recommends is the clinically effective one.

MediHerb sources only the highest quality herbs. Then we test them extensively, to deliver you an optimal product.



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### Compelling Benefits

Rhodiola & Ginseng Complex increases the body's ability to cope with internal and external stress factors. It contains 500 mg Korean Ginseng root with ginsenosides as Rg<sub>1</sub> and Rb<sub>1</sub> 8.4 mg and *Rhodiola rosea* root 3.0 g, and rosavins 4.5 mg and salidroside 1.5 mg. Rhodiola & Ginseng Complex may help to:

- Enhance mental clarity and support cognitive function
- Promote vitality and stamina
- Help maintain proper energy
- Support physical endurance
- Maintain a feeling of general well-being when experiencing temporary stress
- Help the body adapt to the changes of everyday life
- Support and maintain the body as it ages
- Support the body's natural defenses against emotional and environmental stressors\*

Take steps to enhance your overall vitality and strength. Speak to your health care professional about Rhodiola & Ginseng Complex. They will be able to inform you of any cautions to be aware of when taking this product.

\*These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

You Can Rely on Rhodiola & Ginseng Complex