

Please Take One!



SUPPLEMENT OF THE MONTH: Rhodiola

What is rhodiola?

Rhodiola is a plant found in many arctic regions of Europe, Asia, and Alaska. It is an “adaptogenic herb,” which means that it helps the body adapt to and increase its resistance to stress, without effecting normal biological functions. It contains many phytochemicals, including phenols and flavonoids, which make rhodiola a powerful antioxidant.

Where is it found?

It is a supplement, usually a standardized extract, which comes from the root of the plant. It does not come from any food sources.

What are the benefits?

Rhodiola is used to treat fatigue, depression, and anxiety. It helps the body adapt to and resist environmental, chemical physical stresses. Additionally, rhodiola is taken to increase energy, stamina, strength, and athletic performance. It also may help increase mental acuity and sexual performance. Some evidence suggests rhodiola may also treat some cancers.

Are there side effects?

Some people report symptoms of dizziness and dry mouth. Rhodiola should not be taken at night, because it increases energy and may interfere with sleep.

Are there interactions with medications?

None known.