



Rhodiola & Ginseng Complex

M1393

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There are many species of Rhodiola, but it is only *Rhodiola rosea* that contains the important constituents: the rosavins and salidroside. It is the root of *Rhodiola rosea* that has been used in Russian traditional medicine. Natural clinicians from China and the West have used Korean Ginseng (*Panax ginseng*) root for centuries in traditional medicine. Korean Ginseng, referred to here as Ginseng, root contains a mixture of dammarane saponins called ginsenosides. The important ones are ginsenoside Rb₁ and ginsenoside Rg₁.*

How Rhodiola & Ginseng Complex Keeps You Healthy

Supports the body during temporary stress, helps the body adapt to the changes of everyday life

Life exists by maintaining a complex dynamic equilibrium (homeostasis) that is constantly challenged by internal or external adverse forces (stressors). When faced with stress (physical or emotional) the body starts internal adaptive responses. These responses (involving the neuroendocrine and immune systems) take the body to a higher level of resistance to stress.^{1,2*}

The stress adaptive system of the body consists of many components. To name a few: the central nervous system (CNS), the hypothalamus-pituitary-adrenal (HPA) axis and the sympathoadrenal system (SAS). An adaptive response to stress can involve the body activating the responses of these components.*

In any stressful situation there are both “switch on” and “switch off” responses. The “switch on” system activates energetic and metabolic resources of the body. The “switch off” system protects cells and the body from overreacting to the “switch on” system.*

Herbs such as Rhodiola and Ginseng assist the body’s normal adaptation to stress. They may do this by helping the body:^{2*}

- respond to stressors at a higher level of resistance (so the response is then not so exaggerated)
- fine tune the “switch on” and “switch off” systems

Promotes vitality and stamina, maintains general well-being

Ginseng promotes vitality and stamina and maintains general well-being. Ginseng may do this because of the way it supports the body during the stress response. It contains constituents (the ginsenosides) that are structurally related to the corticosteroids. Corticosteroids have key functions in regulating the immune and endocrine systems that are mediated by the HPA axis.^{1*}

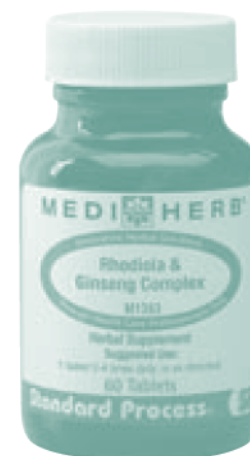
Supplement Facts		
Serving size:	1 tablet	
Servings per container:	60	
Amount per Serving		%DV
Calories	1	
Calcium	45 mg	4%
Rhodiola root 20:1 extract from <i>Rhodiola rosea</i> root 3.0 g Containing rosavins 4.5 mg and salidroside 1.5 mg	150 mg	†
Korean Ginseng root 5:1 extract from <i>Panax ginseng</i> root 500 mg Containing ginsenosides as Rg ₁ and Rb ₁ , 8.4 mg	100 mg	†

† Daily Value (DV) not established.

Other ingredients: Cellulose, calcium acid phosphate, sodium starch glycolate, maltodextrin, hypromellose and magnesium stearate.

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. Discontinue during an acute infection or fever.

Product No M1393 **Content** 60 Tablets



Associate Professor Kerry Bone
MediHerb Co-Founder and
Director of Research and Development

A Phytotherapist’s Passion

“Philosopher and teacher Rudolf Steiner once said that, for every human illness, somewhere in the world there exists a plant which is the cure. I believe that there is a healing potential locked inside plants which is integral with their evolution, just as it is part of human evolution to learn to tap this wonderful gift of Nature.”

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

Enhances mental clarity and supports cognitive function

Rhodiola enhances mental clarity and supports intellectual function. Rhodiola may do this because of the way it supports the body during the stress response. Rhodiola contains phenolic compounds (rosavins, salidroside) that are structurally related to the catecholamines. Catecholamines have important functions in the sympathoadrenal system. They provide a rapid response mechanism that mainly affects the acute ("switch on") response of the body to stress.^{1*}

Why use top quality Rhodiola and Ginseng from a reliable manufacturer?

Consumers need to be confident of the integrity of the herbal manufacturer to ensure that the product contains the stated amount of important constituents and that the correct species of plant is used.*

Unscrupulous herb traders have been known to adulterate the main root of Ginseng with other parts of the plant. The amount and ratio of ginsenoside Rb₁ and ginsenoside Rg₁ indicates good quality Korean Ginseng (*Panax ginseng*). Other species of Panax (such as American Ginseng, *Panax quinquefolium*) contain different amounts of these ginsenosides (Rg₁ and Rb₁).^{2*}

A study in 2001 analyzed 'Ginseng' products for sale in the United States. The quality was quite variable between the products. The amount of ginsenosides also varied from what was written on the label.^{3*}

Substitution with other species of Rhodiola that contain salidroside but not rosavins has also occurred. Analysis of the important constituents in several commercial samples available in the United States in 2000 found that the amount also varied a lot. One product contained less than 1 mg of rosavins for the suggested daily dose (compared to 9 to 18 mg for MediHerb's Rhodiola & Ginseng tablets).^{4*}

What Makes Rhodiola & Ginseng Complex Unique

Rhodiola & Ginseng Complex is unique in the professional herbal products industry because:

- It states on the label exactly how much each tablet contains of the important plant constituents (rosavins, salidroside and ginsenosides (Rb₁ and Rg₁))
- MediHerb tests the quantity of rosavins and ginsenosides in Rhodiola and Ginseng raw materials

Unique Manufacture & Analytical Testing

Quality and safety ensured

- Manufactured in Australia to the high standards of international pharmaceutical Good Manufacturing Practice
- Raw materials and finished product are subjected to tough quality standards, including use of the latest and most relevant chemical analysis methods

References

- ¹ Panossian A, Wagner H. *Phytother Res* 2005; **19**(10): 819-838
- ² Panossian A, Wikman G, Wagner H. *Phytomedicine* 1999; **6**(4): 287-300
- ³ Harkey MR, Henderson GL, Gershwin ME et al. *Am J Clin Nutr* 2001; **73**(6): 1101-1106
- ⁴ Ganzera M, Yayla Y, Khan IA. *Chem Pharm Bull* 2001; **49**(4): 465-467



Quality is our Passion

MediHerb products are developed by experts and leaders in the field of herbal therapy, using scientific evidence and hundreds of years of traditional knowledge.

Kerry Bone and over 20 health care professionals work within MediHerb while still managing their own clinical practices, plus we consult with an advisory board of health care professionals from around the world.

Our products are made using only the highest quality ingredients which are extensively tested for purity and potency. The MediHerb manufacturing plant operates to a strictly regulated pharmaceutical standard and is regularly audited by the Therapeutic Goods Administration (similar to the FDA), the same body that audits conventional pharmaceutical manufacturing facilities. The comprehensive regulations in Australia mean that you receive a safe and effective product that has been manufactured to pharmaceutical standards.

We know from our experience as health care professionals that the quality of a product you take makes a huge difference to the health outcome you experience. We dedicate ourselves to researching and making the best possible products to deliver health solutions that work.



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