

Finzelberg *Rhodiola rosea* Clinically proven

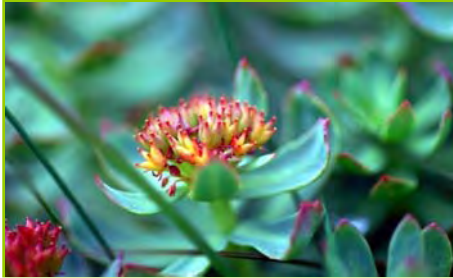


Rhodiola Species

Table 2. Comparison of human and animal studies of plants in the genus *Rhodiola* *

Species name	Animal Studies	Human Studies
<i>R. rosea</i>	32	17
<i>R. alterna</i>	0	0
<i>R. brevipetiolata</i>	0	0
<i>R. coccinea</i>	1	0
<i>R. crenulata</i>	4	1
<i>R. ellipticum</i>	0	0
<i>R. fastigita</i>	2	0
<i>R. gelida</i>	0	0
<i>R. henryi</i>	0	0
<i>R. heterodonta</i>	1	0
<i>R. kirilowii</i>	6	0
<i>R. pinnatifida</i>	1	0
<i>R. quadrifida</i>	1	0
<i>R. sachalinensis</i>	6	0
<i>R. sacra</i>	5	0
<i>R. walongensis</i>	1	0
<i>R. yunnanensis</i>	0	0

*NOTE: Numbers in this table indicate the number of animal and human studies on each plant species of the genus *Rhodiola*, according to a Copernic online database search, 2001. This article reviews many additional studies not listed in online databases.



RHODIOLA ROSEA

IMBOOST YOUR IMMUNE SYSTEM

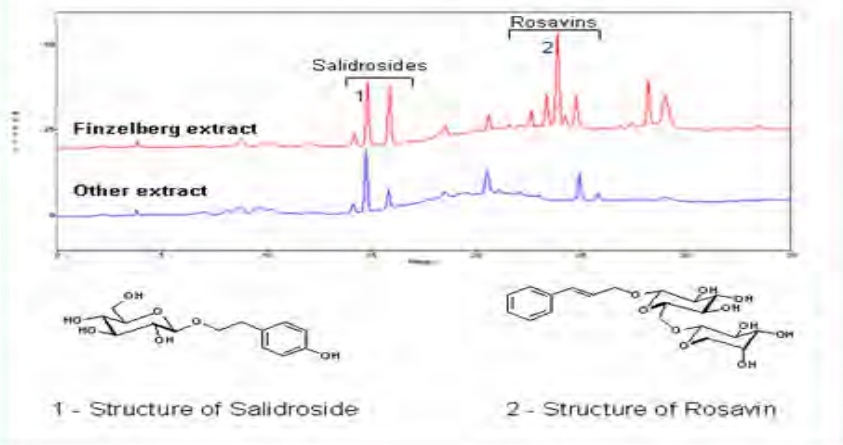
FINZELBERG'S RHODIOLA

STIMULATING
– MEMORY INCREASING

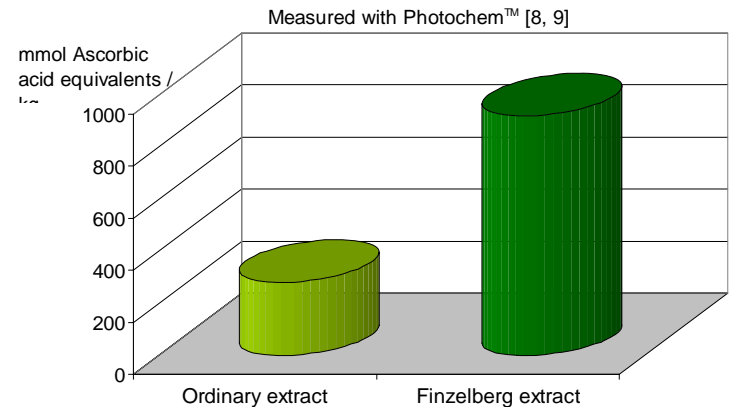
– ANTI OXIDANT
– POWERFUL ADAPTOGEN

GET THE REAL RHODIOLA ROSEA !!

Fig.5: HPLC comparison of Rhodiola rosea ethanolic-water extracts



Antioxidative capacity of ethanolic-water extracts from Rhodiola rosea



Finzelberg Study

International Journal of Sport Nutrition and Exercise Metabolism, 2004, **14**, 298-307
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Acute Rhodiola Rosea Intake Can Improve Endurance Exercise Performance

*Katrien De Bock, Bert O. Eijnde, Monique Ramaekers,
and Peter Hespel*

Purpose: The purpose of this study was to investigate the effect of acute and 4-week Rhodiola rosea intake on physical capacity, muscle strength, speed of limb movement, reaction time, and attention. *Methods:* PHASE I: A double blind placebo-controlled randomized study ($n = 24$) was performed, consisting of 2 sessions (2 days per session). Day 1: One hour after acute Rhodiola rosea intake (R, 200-mg Rhodiola rosea extract containing 3% rosavin + 1% salidroside plus 500 mg starch) or placebo (P, 700 mg starch) speed of limb movement (plate tapping test), aural and visual reaction time, and the ability to sustain attention (Fepsy Vigilance test) were assessed. Day 2: Following the same intake procedure as on day 1, maximal isometric knee-extension torque and endurance exercise capacity were tested. Following a 5-day washout period, the experimental procedure was repeated, with the treatment regimens being switched between groups (session 2). PHASE II: A double blind placebo-