

Supplement Facts

Serving Size 1 capsule

Amount per serving	%DV
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<i>Rhodiola rosea</i>	250 mg †
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† Daily Value not established

Other ingredients:

Magnesium stearate, Gelatin

Suggested Use:

1 capsule daily or as directed by a health care professional.

LifeLink
Grover Beach, CA 93433
<http://www.lifelinknet.com>

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Rhodiola rosea

Standardized to 3% rosavin

DIETARY SUPPLEMENT

250

250 mg / 60 capsules

Rhodiola rosea is a northern Asian plant that is under study in Eastern Europe and China as a promoter of resistance against physical, chemical, and biological stressors—such as exercise, mental work, lack of sleep, and disease. Researchers have reported improvements in fitness, sleep patterns, mental performance, motivation, and mood in users of *Rhodiola* extracts during times of stress.

