

Suggested Usage: Take 1 capsule 1 to 2 times daily on an empty stomach.

Rhodiola (*Rhodiola rosea*) is indigenous to the Arctic and Alpine regions of Europe, Asia and America and has long been used as a tonic by many cultures, including the Ancient Greeks. Rhodiola is generally known as an "adaptogen," a term which refers to any agent possessing the ability to support the body's natural capacity to adapt to life's changing conditions.* NOW® Rhodiola is standardized to 3% Total Rosavins and min. 1% Salidroside.

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

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Do Not Eat Freshness Packet.
Keep in Bottle.

CODE 4754 v8



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CAPSULE SIZE



Rhodiola

500 mg

Adaptogenic Herb*

- 3% Standardized Extract
- Helps body to adapt to stress of daily life*

60 Veg Capsules

A Dietary Supplement Vegetarian/Vegan



Botanicals/Herbs

Family owned since 1968.

Supplement Facts

Serving Size 1 Veg Capsule

Amount Per Serving

Rhodiola Extract (<i>Rhodiola rosea</i>) (Root)	500 mg*
(Standardized to min. 3% Total Rosavins and min. 1% Salidroside)	

* Daily Value not established.

Other ingredients: Cellulose (capsule), Cellulose Powder, Silica and Magnesium Stearate (vegetable source).

NOW FOODS, 395 S. Glen Ellyn Rd.
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Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Natural color variation may occur in this product.

Store in a cool, dry place after opening.

Please Recycle.

