

USAGE: Take 1 capsule per day with a meal or as directed by your qualified health care consultant.

NOTE: If you have a medical condition (especially anxiety or manic/bipolar disorders), are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your health care practitioner before using this product.

Rhodiola is an adaptogenic herb that has been used for centuries and validated for its beneficial effects on energy production and reduction of fatigue.* Though there are greater than 20 species of rhodiola, only authentic *Rhodiola rosea* contains the three active rosavin compounds: rosavin, rosin, and rosarin.

Jarrow FORMULAS® Rhodiola extract is standardized to contain a minimum of 5% rosavins, the highest potency available.

Keep out of the reach of children.

* 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.

Lot #. Best Used Before:

Jarrow FORMULAS®

Rhodiola Rosea 500

Physical Stress Adaptogen*

Russian Root

**Enhances Energy*
and Reduces Fatigue***

Standardized Extract 5% Rosavins

500 mg 60 Capsules
Dietary Supplement

Supplement Facts

Serving Size 1 Capsule Servings Per Container 60

	Amount Per Capsule	% DV
Rhodiola Root Extract	500 mg	*
<i>(Rhodiola rosea)</i> (5% Rosavins) (from Russian Root)		

* Daily Value not established.

Other Ingredients: Magnesium stearate (vegetable source), cellulose and silicon dioxide. Capsule consists of gelatin.

No wheat, no gluten,
no soybeans, no dairy,
no egg, no fish/shellfish,
no peanuts/tree nuts.

Distributed Exclusively by:

Jarrow FORMULAS®

Superior Nutrition and FormulationSM

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1210RHOD
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