



# Rhodiola with Cordyceps

*Nature's Harmony® Rhodiola with Cordyceps helps maintain energy, stamina and mental focus. Formulated specifically to help the body deal with fatigue, this product provides the optimal blend of clinically tested, proven traditional tonics.*

PRODUCT CODE: 400730

## HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Maintains energy, stamina and mental focus.	Tablet	Take 2 tablets daily or as directed by a health care practitioner.

## DESCRIPTION:

Nature's Harmony® Rhodiola with Cordyceps is a breakthrough formula that combines two unique adaptogens. This term refers to a substance that helps the body adapt to various types of stress, for example heat, cold, exertion, sleep deprivation, trauma, infection. An adaptogen helps the body move towards a balanced state and should not cause side effects.

Rhodiola is a herb extract from the *Rhodiola rosea* root, which is native to the polar arctic regions of eastern Siberia. The medicinal properties of the herb are attributed to the compounds rosavins and salidroside. Nature's Harmony® Rhodiola has been standardized to 5.0% total rosavins and 2.0% total salidroside.

*Cordyceps sinensis* is from the Ascomycetes family of mushrooms, traditionally found in the high mountain regions of China. The extract is used as a stimulant, a tonic and an adaptogen to increase energy, enhance stamina and reduce fatigue.

**Recommended Daily Allowance:** N/A

**Food Sources:** None.

**Causes of Deficiency:** Stress, environmental pollutants, excessive physical demands.

**Symptoms of Deficiency:** Fatigue, poor memory, lethargy.

**Complementary Nutrients:** Triple Fish Oil, iron, boron, 5-HTP, ginkgo biloba.

## HOW IT WORKS:

Researchers believe rhodiola works by influencing central nervous system chemicals—neurotransmitters called monoamines, e.g. dopamine and serotonin. An imbalance of monoamines is believed to be involved in several hard-to-treat illnesses, such as fibromyalgia, chronic fatigue syndrome and seasonal affective disorder (SAD). Some herbalists believe that taking rhodiola to normalize monoamine levels may benefit these ailments. Cordyceps has a positive influence on organ function and is believed to strengthen the immune system.

# Rhodiola with Cordyceps

**RESEARCH:**

Rhodiola and cordyceps have both been clinically tested and have long histories as traditional tonics used to increase physical endurance and work productivity, as well as treat fatigue. In recent years, several uses for *Rhodiola rosea* have been proposed, including treating depression, enhancing memory and intellectual capacity and stimulating the nervous system. Many of these potential benefits relate to the herb's adaptogenic qualities.

**SIDE EFFECTS:**

None known to date.

**INTERACTIONS AND SAFETY CONSIDERATIONS:**

Pregnant and breastfeeding women should avoid use. Do not take if allergic to the Ascomycetes family of mushrooms.

**LABEL:**

**Natures Harmony®**

**Rhodiola avec Cordyceps**

**Soutenir la concentration et la clarté mentale**

**60 capsules**

**Usage recommandé :** Pour soutenir la concentration et la clarté mentale.  
**Dose recommandée (adultes) :** Prendre 2 capsules deux fois par jour. Consulter un praticien de soins de santé pour un usage de plus de onze jours.  
**Ingédients médicinaux :**  
 Chaque capsule contient :  
 Carpothore de cordyceps (Cordyceps sinensis) ..... 125 mg  
 Extrait de racine de rhodiola (Rhodiola rosea) normalisé à 3% de salidroside (2,25 mg) ..... 75 mg  
 Ingrédients non médicinaux : cellulose microcristalline, dioxyde de silicium, stéarate de magnésium, gélatine.  
**Information sur les risques :** Ne pas utiliser si vous souffrez d'un trouble bipolaire ou de troubles du spectre bipolaire. Les femmes enceintes ou qui allaitent doivent consulter un praticien de la santé avant de prendre ce produit.  
 Ce produit ne contient aucun maïs, ingrédients laitiers, oeuf, gluten, crustacés, soya, sulfites, blé, ni colorants, arômes ou agents de conservation artificiels.  
 RANGER DANS UN ENDROIT FRAIS ET SEC. TENIR HORS DE LA PORTÉE DES ENFANTS.

**Recommended Use:** For support of mental stamina and mental focus.  
**Recommended Dose (Adults):** Take 2 capsules twice daily. Consult a health care practitioner for use beyond eleven days.  
**Medicinal Ingredients:**  
 Each capsule contains:  
 Cordyceps (Cordyceps sinensis) ..... 125 mg  
 Fruiting body ..... 125 mg  
 Rhodiola (Rhodiola rosea) root extract STD to 3% salidroside (2.25 mg) ..... 75 mg  
 Non-medicinal Ingredients: Microcrystalline cellulose, silicon dioxide, magnesium stearate, gelatin.  
**Risk Information:** Do not use if you have bipolar disorder or bipolar spectrum disorders. Consult a health care practitioner prior to use if pregnant or breastfeeding.  
 This product does not contain corn, dairy, egg, gluten, shellfish, soy, sulfites, wheat, or artificial colours, flavours or preservatives.  
 STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

**Natures Harmony®**

**Rhodiola with Cordyceps**

**Supports Mental Stamina and Focus**

**60 Capsules**

Actual Size  
 Grandeur réelle  
 DO NOT USE IF SEAL UNDER CAP IS BROKEN.  
 NE PAS UTILISER SI L'OPÉRETTE INTÉRIEURE EST BRISÉE.  
[www.naturesharmony.com](http://www.naturesharmony.com)  
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**?** DID YOU KNOW...

*The Russians have used Rhodiola rosea for years to combat climactic and environmental stress and to enhance the performance of athletes and cosmonauts.*