

**USAGE:** Take 1 capsule per day with a meal or as directed by your qualified healthcare professional.

**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 healthcare professional 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 associated with intense activities.\* 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% [25 mg] 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

Standardized Extract 5% Rosavins

# Rhodiola Rosea

Russian Root

Physical Stress Adaptogen\*

Enhances Energy\*  
and Reduces Fatigue\*

500  
MILLIGRAMS

60  
CAPSULES

DIETARY  
SUPPLEMENT

## Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 60

|  | Amount Per Serving | % DV |
|--|--------------------|------|
| Rhodiola Root Extract ( <i>Rhodiola rosea</i> )<br>(5% [25 mg] Rosavins) (from Russian Root) | 500 mg             | †    |

† Daily Value not established.

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

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

Store in a cool, dry place.

11218RHOD      PROD # 114070



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