



Rhodiola & Ginseng Complex

Enhance your vitality and stamina
and get the most out of life.*



Delivering Health Solutions That Work

MediHerb was co-founded in 1986 by world-renowned phytotherapist, Professor Kerry Bone. In his words, "Our passion at MediHerb is to unlock the healing power of plants by combining the time-honored wisdom of traditional knowledge with sound clinical experience and the rigor of scientific research. This quest can only be attained by the total commitment to quality and continuous improvement which permeates every aspect of our endeavors."

In over 25 years of operation MediHerb has not only demonstrated an unwavering commitment to quality in herbal products, we have redefined it. We believe our unique approach to quality sets a standard for herbal products that is unsurpassed in the world today.

Kerry Bone and over 20 health care professionals work within MediHerb while still maintaining their own clinical practices. We know from our experience that the quality of a product you take makes a huge difference to the health outcome you experience. We dedicate ourselves to researching and making the best possible products to deliver you health solutions that work.

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Enhance Vitality and Stamina



Rhodiola & Ginseng Complex



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Rhodiola & Ginseng Complex – Enhance Vitality and Stamina

In today's frantically busy world, life moves at an ever-increasing pace. More than ever, stress is a constant presence. Many life events push our "stress buttons" – job pressures, family responsibilities, physical or emotional challenges.

Fight Fatigue and Boost Energy

MediHerb's Rhodiola & Ginseng Complex can help improve health and fitness. It supports mental clarity, boosts vitality and increases energy levels.*

The herbs Rhodiola & Korean Ginseng are potent natural stress reducers. They have a long history of traditional use and are well supported by modern research.*

What is Rhodiola & Ginseng Complex?

MediHerb's Rhodiola & Ginseng Complex is a synergistic herbal blend. Its formula contains *Rhodiola rosea* root and *Panax ginseng* main root. Rhodiola is standardized for two important compounds, rosavins and salidroside. Korean Ginseng is standardized to ginsenosides.

Rhodiola and Korean Ginseng work exceptionally well together. Both herbs increase stamina, and enhance health and vitality. Modern research supports this reputation. Since 1960, more than 2000 scientific studies have been published on Korean Ginseng and 180 on Rhodiola.*

Who Needs Rhodiola & Ginseng Complex?

Everyone who's interested in protecting their overall health and well-being. If you're dealing with stress, looking to enhance mental and physical performance, recovering from illness, or if you just want that little extra edge to get ahead - ask your health care professional about Rhodiola & Ginseng Complex. Discover its abundant fatigue-fighting, stamina-promoting benefits to health.*

How is MediHerb's Rhodiola & Ginseng Complex Unique?

Rhodiola & Ginseng Complex contains clinically effective levels of rosavins and salidroside from Rhodiola.

There are many species of Rhodiola but only *Rhodiola rosea* contains the important constituents: rosavins and salidroside. Good quality *Rhodiola rosea* has 3 times more rosavins than salidroside. That's the way the compounds occur naturally in the plant. Many Rhodiola products do not have *Rhodiola rosea's* 3:1 ratio. As a result, they are inferior in quality.

Ginsenosides are found in all parts of the Korean Ginseng plant. But only the main root is clinically proven with the correct ratio of ginsenosides.

MediHerb sources only the highest quality herbs. Then we test them extensively, to deliver you an optimal product.*



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Compelling Benefits

Rhodiola & Ginseng Complex increases the body's ability to cope with internal and external stress factors. It contains 500 mg Korean Ginseng root with 8.4 mg of ginsenosides (calculated as R₂ to R₁, is not less than 0.4 by HPLC), 3.0 g of *Rhodiola rosea*, 4.5 mg of rosavins and 1.5 mg of salidroside. Rhodiola & Ginseng Complex may help to:

- Support mental clarity and support cognitive function
- Promote vitality and stamina
- Help maintain proper energy
- Support physical endurance
- Maintain feelings of general well-being when experiencing temporary stress
- Help the body adapt to the changes of everyday life
- Support and maintain the body as it ages
- Support the body's natural defenses against stress*

Take steps to enhance your overall vitality and strength. Speak to your health care professional about Rhodiola & Ginseng Complex. They will be able to inform you of any cautions to be aware of when taking this product.*

* 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.

You Can Rely on Rhodiola & Ginseng Complex