Rhodiola Rosea with Ginseng

Reduce Your Mental & Physical Fatigue
Concentrated rhodiola and ginseng root extract in an effective dose

- Enhances athletic performance
- Reduces daytime drowsiness
- Supports the body in times of stress

Gluten Free  Vegan  Non-GMO  Brain Health Energy/Fatigue

AOR Code  Variant
AOR04258  60 VEGI-CAPS

Details
Rhodiola rosea and Panax ginseng are adaptogenic herbs, meaning that they support the body’s ability to handle stress. Rhodiola is a classic adaptogen in that it balances the levels of hormones and neurotransmitters normally associated with the body’s stress response. However, rhodiola is unique among adaptogens in that it has been clinically shown to increase energy reserves and reduce cortisol, the body’s main stress hormone.

Panax ginseng has been shown to improve performance during periods of mental or physical stress such as in school or intense exercise, and may also support blood sugar utilization. Panax ginseng has been studied in populations varying from women experiencing menopausal symptoms to patients with chronic obstructive pulmonary disease (COPD), in the latter of which it was shown to help improve functional capacity.

Rhodiola Rosea with Ginseng is an excellent herbal support for athletes, students, menopausal women, those who have physically or mentally demanding lifestyles, or for those with illnesses like COPD where exercise capacity is affected.
Discussion
Used in Herbal medicine to help enhance physical capacity and performance in cases of physical stress. Can also help support healthy glucose levels, cognitive function, and reduces mental fatigue in cases of mental stress.

Product Variation
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AOR04258     60 VEGI-CAPS

Supplements Facts
Serving Size: 1 Capsule  Amount
Rhodiola rosea (min. 3% rosavin, 1% salidroside) 100 mg
Panax ginseng (30:1 extract) 100 mg
Non-medical ingredients:
sodium stearyl fumarate. Capsule: hypromellose.

Guarantees
AOR™ guarantees that all ingredients have been declared on the label. Contains no wheat, gluten, corn, nuts, peanuts, sesame seeds, sulphites, mustard, soy, dairy, eggs, fish, shellfish or any animal byproduct.

Adult Dosage
Take 1 capsule twice daily, or as directed by a qualified health care practitioner.

Cautions
For occasional use only, unless directed by a health care provider. Consult a health care practitioner prior to use if you are pregnant or breastfeeding, have diabetes or are taking antidepressant medications, blood thinners or digoxin.

Source
Natural botanical root extracts

Main Application
Physical or psychological stress
Immune function
Sports nutrition

Disclaimer
The information and product descriptions appearing on this website are for information purposes only, and are not intended to provide or replace medical advice to individuals from a qualified health care professional. Consult with your physician if you have any health concerns, and before initiating any
new diet, exercise, supplement, or other lifestyle changes.

Research

Background

Panax ginseng's Roots

Panax ginseng is the Asian variety of ginseng, also known as red, Korean or Chinese ginseng. It has slightly different medicinal properties than other types of ginseng. The root looks like a human body with arms and legs. The main active constituents extracted from the root are the ginsenosides, of which more than 40 types have been identified. The ginsenosides have been noted to have beneficial health effects for just about every aspect of health. Although it is primarily recognized as a 'restorative' or an adaptogen, in Traditional Chinese Medicine Panax ginseng has been used effectively for thousands of years for a variety of ailments, more than what it is currently being studied for in Western medicine, which ranges from mood/stress/well-being to various aspects of cardiovascular health to cancer prevention to physical and mental performance, and more. The most recent interest is in its immune-modulating properties. Recently, Korean ginseng has been a best-seller for flu prevention, and there is currently a clinical trial underway to verify whether it is actually does so.

Rhodiola's Roots

Rhodiola is authentic Russian Rhodiola rosea, an herb with a long history of use as an adaptogen and sexual tonic in the traditional medicine of Iceland, Norway, the Carpathian Mountains of the Ukraine, and above all in Siberia, for adaptation to the rigors of life on the tundras of North-central Asia. Dioscorides, the father of medical botany, provides the earliest documented medicinal use of this botanical in De Materia Medica, a phytomedicinal text which formed the basis of Western pharmaceutical and herbal writing for the next 1500 years. In more recent times, Rhodiola preparations have been listed in the national pharmacopoeias of France, Sweden, Denmark, and the former USSR, as an adaptogen and “brain tonic.” In the nations of the former Soviet Union, Rhodiola is traditionally prepared in the form of a tincture called “nastojka”, decocted from fresh Rhodiola roots by soaking the roots in 40% alcohol for one week. Rigorous testing of Rhodiola's adaptogenic properties began in the former Soviet Union in the mid-60s, and has continued to this day. Four decades of animal studies and controlled clinical trials in humans clearly demonstrate that Rhodiola extract is a true adaptogenic botanical.

Adaptogens Help Us Adapt

As classic adaptogens, Rhodiola rosea and Panax ginseng extracts both steel the organism against the eventuality of stressors, and prevent an overshoot into burnout when those stressors are endured. This can be seen in the simultaneous bolstering of the baseline levels of adaptive neurotransmitters and hormones that are typically increased in response to adaptation to the rigors of endurance training and in the prevention of overactivation of those same pathways when the organism is in a stressful environment.
Cardiovascular Adaptation

When lab animals are subjected to extreme cold or to massive doses of the stress hormone adrenaline, the regular, controlled beating of their hearts is disrupted and the oxygen supply is temporarily cut off. But Rhodiola supplements prevent arrhythmia, reduce the damage to the muscle cells of the heart, and balance the overflow of stress neurotransmitters normally associated with these stressors.

As another example of the adaptive, balancing effect of Rhodiola, its key component salidroside has been found to prevent excessive blood sugar levels after an injection of adrenaline (which normally causes the body to pump out more glucose) and to prevent blood sugar levels from falling too low after an injection of insulin.

Panax ginseng has also been studied extensively for blood sugar control, but a recent meta-analysis found that the results on this topic have been inconsistent, possibly due to varying ginsenoside content of the different extracts used. However, a recent 12-week study on menopausal women showed significant reductions in the thickness of the carotid artery wall, in LDL and in Total Cholesterol, as well as in a menopausal symptoms rating scale with 3g of Panax ginseng per day.

Physical Performance and COPD

Clinical trials have observed the effects of both Rhodiola rosea and Panax ginseng intake on physical performance in healthy adults, and Panax ginseng is even known to be a safe supplement to improve the physical capacity of those suffering from COPD (chronic obstructive pulmonary disease). Both herbs can increase time to exhaustion and improve breathing parameters. Athletes have been known to consume Panax ginseng before an event. Interestingly, one Rhodiola study showed that physical performance parameters did not improve more over 28 days of supplementation than they already had after just 2 days!

Cognition

In another study, a Rhodiola rosea extract along with a combination of vitamins and minerals was given to 120 adults with physical and cognitive deficiencies in a 12 week drug monitoring study. There was a significant improvement in these deficiencies, with observed improvements in symptoms such as exhaustion, decreased motivation, daytime sleepiness, sleep disturbances, concentration deficiencies, forgetfulness, susceptibility to stress and irritability. This is likely due to Rhodiola’s ability to influence the levels of several neurotransmitters in the brain. In rats, Rhodiola Rosea has been found to benefit learning and memory, as well as responses to stress.

Panax ginseng has been reported to promote a sense of calmness during mental stress and improve working memory and cognitive endurance during mentally demanding tasks. One study showed improved calmness and better mental math skills with 400mg over just 8 days. It has also been studied in small subject groups as a potential support for those with Alzheimer’s, although larger studies are needed.

How Do They Work?

Animal studies have given us some clues to the neurochemical basis of these effects: Rhodiola has
well-documented effects on the metabolism of a variety of neurotransmitters. For instance, Rhodiola enhances the transport of the serotonin precursors tryptophan and 5-hydroxytryptophan (5-HP) across the blood-brain barrier, and decreases the action of the serotonin-degrading catechol-O-methyltransferase (COMT) enzyme. It also boosts brain levels of dopamine, acetylcholine, and norepinephrine, all of which are key neurotransmitters targeted by major classes of antidepressant drugs. Rhodiola also appears to influence the synthesis, levels, and/or activity of endorphins and enkephalins, since blocking the receptors for some of these “feel-good” peptides negates some of Rhodiola’s effects.

On the other hand, the mechanisms of action of Panax ginseng on the stress response are not yet well understood. However, they are thought to affect any combination of the hypothalamic –pituitary-adrenal axis (the hormonal stress axis), neurotransmitter signaling or the cardiovascular system (for example, improved nitric oxide production).

It is often difficult to pin down exactly how adaptogens work, possibly because the stress response is a combination of so many different body processes including physical, emotional and mental. However, we do know that they work, giving our bodies the extra boost they need to keep going.

Market Trends

Rhodiola and ginseng are among the most effective adaptogenic substances on the market. Some of the other common adaptogenic supplements available are maca, schisandra and ashwagandha.

AOR Advantage

AOR’s Rhodiola Rosea with Ginseng provides a concentrated form of both pure Rhodiola and ginseng root extract in an effective dosage. The efficacy of both substances is backed by longstanding scientific research.

References


Fintelmann V, Gruenwald J. Efficacy and tolerability of a rhodiola rosea extract in adults with physical and cognitive deficiencies. Advances in Therapy 2007;24(4):929-939


Abstract

Panax ginseng (G115) improves aspects of working memory performance and subjective ratings of calmness in healthy young adults.


Reay JL, Scholey AB, Kennedy DO.

There is a lack of research into the cognitive and mood effects of repeated ginseng ingestion. The
The present study assessed the effects of Panax ginseng (G115) on subjective mood and aspects of ‘working' memory processes, following a single dose and following sub-chronic (7 days) ingestion, in healthy volunteers. A placebo-controlled, double-blind, randomised, crossover was utilised. Thirty volunteers (mean age 22.87 years; SD 4.01) received each treatment (200 mg; 400 mg; placebo) for 8 days, in a counter balanced order, with a 6-day wash-out period. Testing was on days 1 and 8 of each treatment period, at pre-dose, 1, 2.5 and 4 h post-dose. Results revealed dose-related treatment effects (p < 0.05). Two hundred milligrams slowed a fall in mood at 2.5 and 4 h on day 1 and at 1 and 4 h on day 8, but slowed responding on a mental arithmetic task across day 1 and at 1 and 2.5 h on day 8. The 400 mg dose also improved calmness (restricted 2.5 and 4 h on day 1) and improved mental arithmetic across days 1 and 8.


Planta Med. 2009 Feb;75(2):105-12.

Olsson EM, von Schéele B, Panossian AG.

The aim of the study was to assess the efficacy of the standardised extract SHR-5 of roots of Rhodiola Rosea L. in the treatment of individuals suffering from stress-related fatigue. The phase III clinical trial took the form of a randomised, double-blind, placebo-controlled study with parallel groups. Participants, males and females aged between 20 and 55 years, were selected according to the Swedish National Board of Health and Welfare diagnostic criteria for fatigue syndrome. A total of 60 individuals were randomised into two groups, one (N = 30) of which received four tablets daily of SHR-5 extract (576 mg extract/day), while a second (N = 30) received four placebo tablets daily. The effects of the extract with respect to quality of life (SF-36 questionnaire), symptoms of fatigue (Pines’ burnout scale), depression (Montgomery-Asberg depression rating scale – MADRS), attention (Conners’ computerised continuous performance test II – CCPT II), and saliva cortisol response to awakening were assessed on day 1 and after 28 days of medication. Data were analysed by between-within analyses of variance. No serious side effects that could be attributed to the extract were reported. Significant post-treatment improvements were observed for both groups (placebo effect) in Pines’ burnout scale, mental health (SF-36), and MADRS and in several CCPT II indices of attention, namely, omissions, commissions, and Hit RT SE. When the two groups were compared, however, significant effects of the SHR-5 extract in comparison with the placebo were observed in Pines’ burnout scale and the CCPT II indices omissions, Hit RT SE, and variability. Pre- VERSUS post-treatment cortisol responses to awakening stress were significantly different in the treatment group compared with the control group. It is concluded that repeated administration of R. ROSEA extract SHR-5 exerts an anti-fatigue effect that increases mental performance, particularly the ability to concentrate, and decreases cortisol response to awakening stress in burnout patients with fatigue syndrome.

Acute Rhodiola rosea intake can improve endurance exercise performance.
PURPOSE: The purpose of this study was to investigate the effect of acute and 4-week Rhodiola rosea intake on physical capacity, muscle strength, speed of limb movement, reaction time, and attention.

METHODS: PHASE I: A double blind placebo-controlled randomized study (n= 24) was performed, consisting of 2 sessions (2 days per session). Day 1: One hour after acute Rhodiola rosea intake (R, 200-mg Rhodiola rosea extract containing 3% rosavin 1% salidroside plus 500 mg starch) or placebo (P, 700 mg starch) speed of limb movement (plate tapping test), aural and visual reaction time, and the ability to sustain attention (Fepsy Vigilance test) were assessed. Day 2: Following the same intake procedure as on day 1, maximal isometric knee-extension torque and endurance exercise capacity were tested. Following a 5-day washout period, the experimental procedure was repeated, with the treatment regimens being switched between groups (session 2). PHASE II: A double blind placebo-controlled study (n = 12) was performed. Subjects underwent sessions 3 and 4, identical to Phase I, separated by a 4-week R/P intake, during which subjects ingested 200 mg R/P per day.

RESULTS: PHASE I: Compared with P, acute R intake in Phase I increased (p

CONCLUSION: Acute Rhodiola rosea intake can improve endurance exercise capacity in young healthy volunteers. This response was not altered by prior daily 4-week Rhodiola intake.

Ginseng improves pulmonary functions and exercise capacity in patients with COPD.


Ginseng is a root that has been used to treat patients with various illnesses for the last 2000 years. The purpose of this study was to evaluate the effects of Ginseng extract (G115) on Pulmonary Function Tests (PFTs), Maximum Voluntary Ventilation (MVV), Maximum Inspiratory Pressure (MIP) and Maximal Oxygen Consumption (VO2max) in patients with moderately-severe Chronic Obstructive Pulmonary Disease (COPD). Ninety-two adults were randomly divided into the experimental (n = 49, G115 100 mg bid for three months) and placebo-control (n = 43) groups. PFTs, MVV and MIP were studied before treatment and every two weeks for the 3-month-study period. Exercise test and VO2max measurements were performed before the beginning and after six weeks and three months. P lower than 0.05 was considered significant. Baseline demographics and pulmonary parameters were similar between the groups. In the experimental, but not in the control group, all parameters significantly increased above baseline and compared with the placebo group. Maximum increase, compared with baseline was FVC-32.5%, FEV1.0-27.0%, PEF-27.5%, FEF50-45.4%, FEF75-56.9%, MVV-40.4%, MIP-47.0% and VO2max-37.5%. No side effects were observed. G115 100 mg bid for three months, but not placebo, improved PFTs, MVV, MIP and VO2 max in patients with moderately-severe COPD with no side effects.