

SIBERIAN GOLDEN ROOT (Siberian Rhodiola rosea root extract)



This adaptogen improves the indicators of physical work ability, like pulse and arterial pressure especially while in a state of fatigue. Thus it helps to shorten the recovery period after prolonged muscular workloads based on the rapid normalization of the cardiovascular system's functions. It has been found to prevent mental burnout.

For centuries, the Alpine plant, Siberian Rhodiola rosea L., known as "Zolotoy koren or Golden Root" with its native habitat in the mountains of Eastern Siberia, has been giving new and longer life to thousands of Europeans. It is called "Golden Root" because the many generations before us have prized it above all other indigenous plants as *"The Ultimate Traditional Medicine for General Health, Mental & Physical Performance and Longevity."*

The history, not myth or legend, of Siberian Rhodiola rosea's extraordinary healing and invigorating properties extend back several thousand years, even to pre-written history of Siberia. For millennia, Siberian Rhodiola rosea was revered as a *"gift of the spirits"* by the people of the local region. Traditionally, this marvelous plant was given to betrothed Siberian couples to ensure the birth of many healthy children.

Siberian Golden Root possesses anti-fatigue, anti-stress, and anti-depressant properties. It also increases the bioelectrical activity of the brain which improves memory and brain energy.

Need Physical and Sexual Performance?

Siberian Rhodiola rosea reduces exhaustion and accelerates the recovery processes after training or workouts. It also stimulates muscle energy status; glycogen synthesis in muscles and liver; muscle protein synthesis and anabolic activity. Throughout the years it has shown to substantially improve erectile dysfunction and/or premature ejaculation in men and normalizes their prostatic fluid.