# Arctic root (Rhodiola Rosea) - the powerful new ginseng alternative

Kensington Books - 9781575664538: Arctic Root (Rhodiola Rosea): The Powerful New Ginseng Alternative



Description: -

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National characteristics, Japanese

Tasmania -- History. [from old catalog]

Illumination of books and manuscripts -- History

Mollusks -- Colorado.

Bivalvia -- Colorado.

Plants, Medicinal.

Arctic Root

Plants, MedicinalArctic root (Rhodiola Rosea) - the powerful new ginseng alternative

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Notes: Includes bibliographical references (p. [155]-170).

This edition was published in 1999



Filesize: 39.87 MB

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### Jawlāt fī al

Contract 93-11-615 Stage 2 Phase I.

### Rhodiola rosea root (golden root) in Russian herbal medicine

De Bock K, Eijnde BO, Ramaekers M, Hespel P.

### Jawlāt fī al

Half of the mice received an oral rhodiola extract, while the control group was given only water.

## Benefits of Rhodiola Rosea

Available evidence suggests it can be a suitable substitute in conditions where other adaptogens might be considered. A preliminary review of studies on adaptogens: comparison of their bioactivity in TCM with that of ginseng-like herbs used worldwide.

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Rhodiola rosea: a phytomedicinal overview. Effect of Rhodiola rosea extract on ovarian functional activity.

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