

For the Challenges of Everyday Life



Rhodiola & Schisandra

For the Challenges of Everyday 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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Rhodiola & Schisandra



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Rhodiola & Schisandra – For the Challenges of Everyday Life

When animals are faced with a stressful situation, they go into “fight or flight” mode. The pulse quickens, muscles tense, the heart rate increases as emergency messages race through the body. Once the alarm is over, their equilibrium returns.

Humans, however, can sometimes hold on to stress. We find ourselves mentally replaying things that didn't go to plan, worrying about what's coming up at work next week, or feeling overwhelmed by emails or deadlines. When we are in a state of constant low level stress, the “off switch” that deactivates our response to life's challenges seems stuck in the “on” position.

MediHerb's Rhodiola & Schisandra is a gentle, effective formulation that may support the body during short term stress and help us adapt to the changes everyday life brings. Use it to nurture healthy emotional balance, reduce burnout and support strong mental performance.*

What is Rhodiola & Schisandra?

By normalizing and regulating your response to stress, MediHerb's Rhodiola & Schisandra may go a long way to helping restore your balance and well-being.*

The leaves of the *Rhodiola rosea* plant have been used for centuries in Europe and Asia. Chinese emperors sent expeditions to Siberia to bring back the “golden root” for medicinal use. The Vikings believed it enhanced their physical strength and endurance. In traditional Chinese medicine, Schisandra has long been considered a tonic that acts on all the organs.*

Get the benefits of this safe and synergistic supplement in a form that's easy to take.*

Being challenged in life is inevitable.
Being defeated is optional.

Who needs Rhodiola & Schisandra?

In our fast-paced world, many of us rely on that extra cup of coffee to get through the day. Then we're left feeling restless and wired.

Adults who are coping with stress and temporary bouts of fatigue may find Rhodiola & Schisandra works to optimize the body's natural resistance to stressful influences, and mediate the negative effects.*

If you want to boost your mood or alleviate temporary anxiety, the clinically effective blend of ingredients in Rhodiola & Schisandra may help promote a calm emotional state.*

Rhodiola & Schisandra may also work therapeutically to benefit the liver.*

How is MediHerb's Rhodiola & Schisandra Unique?

Rhodiola & Schisandra is formulated by MediHerb's team of experts to support healthy function of the body's natural processes while providing vital energy.*

There are many species of Rhodiola. But only *Rhodiola rosea* contains the important constituents: the rosavins and salidroside. Together, Rhodiola and the fruit of *Schisandra chinensis* are a tonic and stress-supportive combination.*

Manufactured in Australia, to the rigorous standards of international pharmaceutical Good Manufacturing Practice, its quality and safety are assured. MediHerb meticulously tests the raw materials we use, to deliver an efficacious product that provides the best possible outcomes.*



Rhodiola rosea (Sedum roseum)

Schisandra chinensis

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Compelling Benefits

MediHerb's Rhodiola & Schisandra is a powerfully effective formulation that may increase the body's ability to adjust to physical and emotional stress.*

It contains 4.5 mg of rosavins and 1.5 mg of salidroside per tablet to ensure optimal strength and quality. Rhodiola & Schisandra may help to:

- Maintain feelings of general well-being when experiencing temporary stress
- Assist the body to adapt to the changes of everyday life
- Support the body's natural defenses against emotional and environmental stressors
- Support healthy liver and nervous system function
- Support healthy cognitive function
- Maintain proper energy and support healthy physical performance
- Maintain healthy emotional balance
- Work as a tonic to benefit the entire body*

Ask your health care professional if MediHerb's Rhodiola & Schisandra is the right product for you. They will also 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 & Schisandra