**Rhodiola 100%**

**TABLETS**

Highly purified extract of *Rhodiola rosea*.

**INGREDIENTS:** microcrystalline cellulose, Roseroot (*Rhodiola rosea*) dry extract titrated at 5% in Rosavine, calcium phosphate, magnesium stearate, silicon dioxide.

Rhodiola, also known as Golden Root or Aaron’s Rod is a plant in the Crassulaceae family that grows in cold regions of the world. These include much of the Arctic, the mountains of Central Asia, the Rocky Mountains, and mountainous parts of Europe. This plant may be effective for improving mood and alleviating depression. Pilot studies on human subjects showed that it improves physical and mental performance. The effects of Rhodiola are potentially mediated by changes in serotonin and dopamine levels due to monoamine oxidase inhibition. Its good action is linked to its high number of nutritional facts, vitamins, micro and macroelements. Furthermore, it contains glycosides, such as rhodioyanoside A and B. Salidroside, P-tyrosol, Beta-Sitosterol, gallic acid and pyrogallol are also present inside this herb.

**RHODIOLA 100%** has following characteristics:
- Protective activity from psycho-physical stress
- Antioxidant and antiaging agent
- Increases physical resistance and sexual performance
- Increases of memory skills
- Cardio-protective activity
- Immuno-stimulating

**SUGGESTED DOSE:** please take 2 tablets twice a day.

**NUTRITIONAL VALUES**

<table>
<thead>
<tr>
<th>(Average)</th>
<th>per 100 g</th>
<th>per 4 tablets</th>
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<tbody>
<tr>
<td>Rhodiola d.e of which Rosavine</td>
<td>g</td>
<td>40</td>
</tr>
</tbody>
</table>

Package 60 tablets

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**Resveratrol 100%**

**TABLETS**

Highly purified extract titrated and standardised of *Resveratrol*.

**INGREDIENTS:** Polygonum Cuspidatum (*Polygonum cuspidatum*) dry extract titrated at 50% in Resveratrol, magnesium stearate, calcium phosphate, microcrystalline cellulose, silicon dioxide.

Resveratrol is a polyphenol compound found in many plant species, including grapes and its noblest by-product, wine, whose beneficial properties have been the object of many studies in recent years. Resveratrol has been proven to carry out the following actions: cardio-protective, hypocholesterolemic and hypolipidemic action, hypotensive action, anti-inflammatory action, immune-stimulating action and anti-aging action.

**RESVERATROL 100%** is recommended thanks to its action:
- Antioxidant
- Cellular and dermal anti-aging
- Anti-inflammatory
- Cardioprotective

**SUGGESTED DOSE:** 1 tablet a day.

**NUTRITIONAL VALUES**

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<th>(Average)</th>
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<th>per 1 tablet</th>
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<tr>
<td>Polygonum cuspidatum d.e of which Resveratrol</td>
<td>g</td>
<td>50</td>
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Package 30 tablets

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