

# Rhodiola

**Botanical Name:** *Rhodiola rosea*

**Family:** Crassulaceae

**Energetics:** Warming, adaptogenic

**Taste:** Bitter, slightly sweet, aromatic

**Actions:** Adaptogen, nervine, mild stimulant, stress support, endurance enhancer

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## Overview

Rhodiola is traditionally used as an adaptogenic herb to support stress resilience, mental clarity, endurance, and mild fatigue. It is warming and slightly stimulating.

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## Uses

### Internal Uses

- Supports stress resilience and adaptogenic response
- Enhances mental clarity and focus
- Mild stimulant to combat fatigue
- Supports endurance and physical performance

### External Uses

- Rarely used externally; sometimes in tonics or infused oils for fatigue support

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## Medication Interactions

- May interact with stimulant medications
- Caution with antidepressants or medications affecting serotonin

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## Contraindications

- Pregnancy: avoid
- Children: not recommended
- Individuals with high blood pressure or stimulant sensitivity

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## Caution & Safety

- Moderate doses recommended
- Avoid combining with other stimulants
- Monitor for insomnia or jitteriness

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## Herbal Pairings

### Blends Well With

- Ashwagandha (adaptogenic synergy)
- Siberian Ginseng (endurance and stress support)
- Eleuthero (stress resilience support)

### Avoid Combining With

- Stimulant medications
- High doses of caffeine or other stimulants

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## Possible Side Effects

- Insomnia if taken too late in the day
- Mild jitteriness or headaches
- Rare allergic reactions

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## Forms & Dosage

### Tea / Infusion

- 1 tsp dried root per cup water
- Steep 5-10 minutes
- 1-2 cups daily in morning

### Tincture (1:5)

- 2-4 mL, 1-2 times daily

### Capsules / Powder

- Follow manufacturer instructions (common 250-500 mg daily)

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Rhodiola is a warming adaptogenic herb ideal for stress support, mental clarity, and mild endurance enhancement. Best used in teas, tinctures, or capsules in moderation.

*For educational purposes only; not intended to diagnose, treat, or cure any condition.*

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