

# 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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## Notes

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.

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