

Rhodiolife®

POWERFUL ADAPTOGEN



World leading producer of quality wild
harvested Siberian *Rhodiola rosea*

nektium

SCIENCE BASED
NATURAL INGREDIENTS

WHY RHODIOLIFE®?

Nektium is the global market leader in the production of outstanding quality *Rhodiola rosea* extracts.

One of our founders, Dr. Zakir Ramazanov, first observed the endurance enhancing effects of this powerful adaptogen when he was serving in the Russian army in Afghanistan and soon after pioneered its worldwide use.

SUPERIOR RAW MATERIAL

Nektium is one of a few select companies in the world that are authorized by a special permit issued by the Russian Government to export *Rhodiola rosea* from the pristine Altai Mountains in Siberia with a loyal supplier relationship that spans more than 20 years.

GUARANTEED BIOACTIVES

We pride ourselves on being true specialists in the production of outstanding *Rhodiola rosea* and vouch for the specified levels of Rhodiolife®'s key bioactives.

COMPETITIVE PRICING AND FLEXIBILITY

As we control the whole supply chain of our *Rhodiola rosea* roots, we are able to offer you competitive prices. We provide Rhodiolife® in two bioactive grades and can also standardize it to your customized specifications.

ACCOLADE



The European Specialist Sports Nutrition Alliance honoured Rhodiolife® with the 2019 ESSNA award in the category: **“Best Targeted Sports Nutrition Product 50+”**.

CERTIFICATION



Rhodiolife® is also available as a sports grade, being part of the BSCG Certified Drug Free program, which assures athletes that the ingredient is free from banned substances set by major international sports organisations.

Rhodiolife®

What is Rhodiolife®?

Rhodiolife® is Nektium's standardized extract of *Rhodiola rosea* roots, available in two specifications: $\geq 3\%$ total rosavins and $\geq 1\%$ salidroside and $\geq 5\%$ total rosavins and $\geq 1.8\%$ salidroside.

How does Rhodiolife® work?

Rhodiolife® is a powerful adaptogen that produces a non-specific state of adaptation and resistance in the body to physical, emotional and environmental stress. Rhodiolife® is experiential, a distinct advantage over other adaptogens. Even a single dose provides tangible activation of mental energy and improved focus.

PRECLINICAL STUDIES

Nektium investigated the Central Nervous System activities of Rhodioliife® using cutting-edge neurophysiological studies such as *in vivo* functional electroencephalogram (EEG), recording of field potentials from the depth of the brain *in vivo*, and Long-Term Potentiation studies in the hippocampus.

RESULTS

Rapid onset, long lasting effect

Rhodioliife® ingestion resulted in a rapid onset of stimulant activity, but with beneficial effects lasting for at least five hours. The EEG signature was very similar to the signature of Caffeine, *Paullinia cupana* and *Ginkgo biloba*¹.

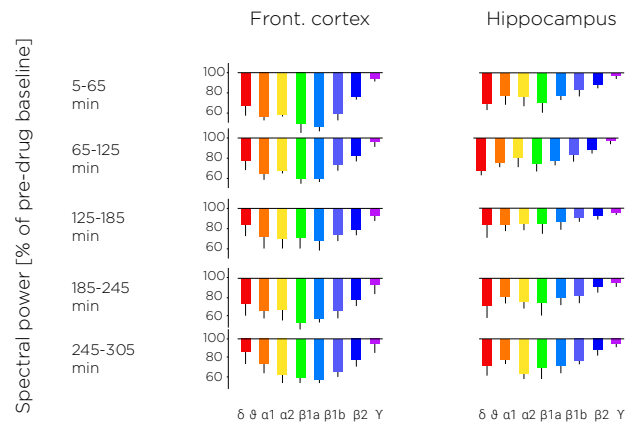
Memory

Rhodioliife® increases Long-Term Potentiation in the hippocampus, related to improvements in spatial and temporal memory¹.

Neuroprotection

The gene modulation profile showed a significant upregulation of 3 GPCR-genes, suggesting improvements in spatial and temporal memory².

Brain waves (EEG)



CLINICAL STUDIES

There have been many studies on Rhodioliife® that demonstrate benefits in diverse models of physical and psychological stress.

RESULTS

Protection of skeletal muscle

In 36 healthy volunteers Rhodioliife® protects against physical exercise induced muscle damage and inflammation (reduced CRP levels) and facilitates recovery after exercise³.

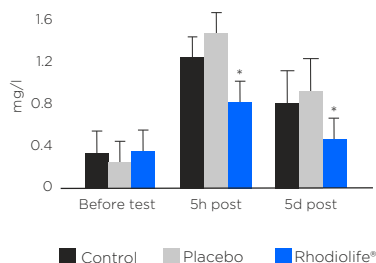
Immune support in sport

In a study in 48 marathon runners, Rhodioliife® protects against viral infections after physical exhaustion⁴.

Anxiety

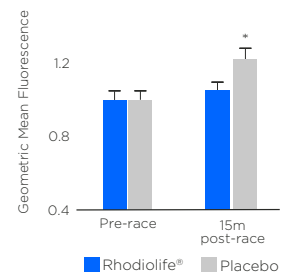
In 10 participants, Rhodioliife® significantly improves anxiety with a reduction in Hamilton Rating Scale scores⁵.

Protection of skeletal muscle cells Reduced CRP levels



* Compared with control and placebo groups $p < 0.05$

Virus load



* $p = 0.013$

ACTIVE PRINCIPLES OF RHODIOLIFE®

The adaptogenic activity of Rhodiolife® is attributed to the presence of four principal active ingredients: salidroside, rosin, rosavin

and rosarin. Rhodiolife® is standardized to the content of salidroside and the content of the total rosavins (rosin, rosavin, and rosarin).

PRODUCT FEATURES

Botanical origin

Rhodiola rosea (roots)

Cultivated or wild

Wild-crafted in Altai region of Siberia

Cropping pattern

Rotation of wild-harvesting areas

Appearance

Fine powder

Pack size

25kg

Shelf life

3 years

Taste

Astringent

Solubility

3%: Practically insoluble

5%: Freely soluble

Recommended serving

Rhodiolife® 3% / sports grade:
100-300mg twice a day

Rhodiolife® 5%:
100-250mg twice a day

Quality

GMO free, BSE/TSE free, allergen free, DNA barcoding, full traceability

Product certification

Kosher, Halal

Available products

Rhodiolife® 3% / sports grade:
total rosavins \geq 3%
salidroside \geq 1%

Rhodiolife® 5%:
total rosavins \geq 5%
salidroside \geq 1.8%

BENEFITS

Central Nervous System

- + Mental energy, learning and memory
- + Stress, anxiety & depression
- + Neuroprotection
- + Anti-inflammatory

Sport & Muscle Health

- + Protection of skeletal muscle cells
- + Improved endurance exercise performance
- + Improved physical working capacity
- + Improved recovery
- + Immune support in sports

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Nektium Pharma SL holds GMP certification (ES19/85835) and FSSC 22000 Food Safety System Certification (ES19/86276) by SGS

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