

THE COACH'S PLAN

The Rhodiola Trial Plan

For anyone weighing rhodiola who wants the honest version before they buy.

3 of 5

Mental fatigue trials positive

All included studies carried a high risk of bias

12 weeks

The safety window

NCCIH describes rhodiola as possibly safe up to 12 weeks

2 markers

What a real label prints

Rosavins and salidroside, stated as percentages

Cleveland Clinic says rhodiola relieves fatigue and helps performance under stress. NCCIH says there is not enough reliable evidence to say rhodiola is useful for any health-related purpose. Both are right. One summarises what the trials suggest, the other grades how good those trials are, and the gap between them is the whole buying decision.

What the evidence actually says

- 1 NCCIH states most human research on rhodiola is of low to moderate quality and no health use is established.
- 2 A systematic review found 3 of 5 mental fatigue trials positive and 2 of 6 physical fatigue trials positive.
- 3 Every study in that review carried a high risk of bias or reporting flaws.
- 4 One trial in shift working student nurses found rhodiola made fatigue worse than placebo.
- 5 Reviews name dose, duration and active concentration as the main reason rhodiola results disagree.

Your 3-step plan

1 Step 1: Fix the free inputs first, for two weeks

Cleveland Clinic calls adaptogens a temporary bandage rather than a solution to long term stress. Give sleep, daylight, a stop time on the working day and caffeine timing a fair two weeks. If the fatigue lifts, you have your answer and saved the money.

2 Step 2: Run a defined four to eight week test

NCCIH describes rhodiola as possibly safe for up to 12 weeks, and Cleveland Clinic notes adaptogens appear to work best over shorter durations. Pick a start date, take it in the morning, and write down two things you will judge it on before you begin.

3 Step 3: Clear it against your medicine list first

NCCIH reports an interaction between rhodiola and losartan, a common blood pressure medicine. Side effects can include dizziness, headache and insomnia, and little is known about pregnancy or breastfeeding. Ask a pharmacist before the first capsule.

The safety line

Persistent fatigue has medical causes worth ruling out, and NCCIH notes that depression is a serious illness warranting a conversation with a health care provider rather than self management. Adaptogens can raise blood pressure, lower blood sugar, disrupt sleep, increase thyroid activity and counteract antidepressants. This plan is education, not medical advice.

Read the full article: <https://www.agelesscoach.com/articles/cleveland-clinic-and-the-nih-disagree-about-rhodiola>

These statements have not been evaluated by the Food and Drug Administration. This guide is educational and is not medical advice, and is not intended to diagnose, treat, cure, or prevent any disease. Talk with your clinician before changing any supplement or medication.