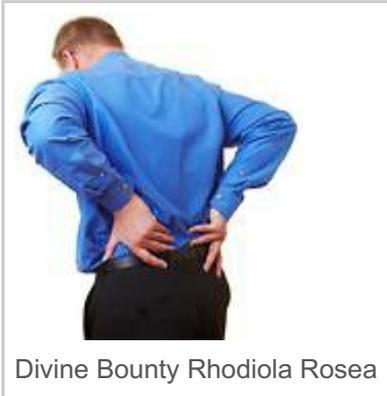


Studies Suggest Rhodiola Could Have Strong Fatigue-fighting Effects

Melissa Scott June 11, 2019



When it comes to fighting fatigue and increasing mental performance, it appears that natural remedies like rhodiola are helpful.

(Newswire.net -- June 11, 2019) Orlando, FL -- Health authorities have long warned that fatigue can cause life imbalances. Unfortunately, many people live a reduced quality of life due to this condition.

According to studies, there are major contributing factors of fatigue. It may be due to anxiety or depression, adrenal fatigue, following an unhealthy diet, poor sleep, and overworking.

Fatigue has further been found to be possibly due to medication side effects or thyroid and hormone imbalances. There are experts who strongly recommend making some dietary and lifestyle changes to combat fatigue.

This includes consuming a good breakfast instead of missing it. It is similarly important to make healthy food preferences, such as selecting an apple instead of a candy bar. Previous studies have long revealed that some foods actually have energy-boosting effects. These are also the same edible items that work wonders in producing a variety of therapeutic benefits inside the body.

It has also been recommended by experts to consume more water. Water intake is extremely important as chronic dehydration has been closely linked with fatigue or exhaustion.

When it comes to fighting fatigue and increasing mental performance, it appears that natural remedies like rhodiola are helpful. Scientists conducted a study involving 56 healthy, young physicians in their nighttime clinic duty.

The subjects were treated with rhodiolarosea's for the 6 weeks. In just two weeks of treatment, there were significant improvements in mental performance tests.

Researchers have long been investigating on rhodiolarosea's therapeutic goodness.

In another human study, rhodiola's effects include improvements in strength, focus, endurance, limb speed, and even reaction time. Investigators reveal that the 200 mg dose of rhodiola enhanced endurance exercise capacity in all participants.

This therapeutic ingredient has long been used for a range of medicinal purposes. Today, it is widely consumed through supplementation like the use of Divine Bounty RhodiolaRosea.

According to researchers, rhodiola can strengthen the body's resistance to psychological and physical stress. It delivers these benefits without interfering with normal bodily functions.

What makes it even more beneficial is that it can protect against many of the factors of aging, which include age-related decline of the immune system.

While more studies are still being conducted to strengthen claims of its benefits, it is hard to deny that its use is widespread and highly recommended by experts.

One of the most popular supplements is Divine Bounty RhodiolaRosea, which is known for its high potency and purity.

What makes it even more beneficial is that it is protected with a money back guarantee (www.amazon.com/Rhodiola-Rosea-Supplement-Siberian-Salidroside/dp/B07416DYPB).

About Divine Bounty

Divine Bounty is a family-owned brand that manufactures high-quality turmeric curcumin supplements. Passionate about the potential health benefits of turmeric, the team behind Divine Bounty have carefully researched and sourced only the best ingredients to create the ideal blend of turmeric curcumin. More details are available at <http://www.DivineBounty.com>.

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