



RHODIOLA ROSEA ROOT

Botanical Name: *Rhodiola rosea*

Common Name: Arctic rose, golden root, king's crown, roseroot, rosewort, snowdown rose

Medicinal part: Root

Description: *Rhodiola* is a perennial flowering plant in the family *Crassulaceae*. It grows in cold regions of the world, including much of the Arctic, the mountains of Central Asia, scattered in eastern North America from Baffin Island to the mountains of North Carolina, and mountainous parts of Europe, such as the Alps, Pyrenees, Sudetes and Carpathian Mountains, Scandinavia, Iceland, Great Britain and Ireland. It grows on sea cliffs and on mountains at altitudes up to 2280 meters where several shoots grow from the same thick root.



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