

Rhodiola & Weight Loss

Scientific Ingredient Explainer

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Ingredient: Rhodiola Rosea (Golden Root)

Rhodiola Rosea is a flowering herb traditionally used in Europe and Asia to fight fatigue and stress.

It is known as an adaptogen - meaning it helps the body adapt to physical and emotional stress.



Top 3 Health Benefits

1. Reduces stress and cortisol levels
2. Boosts physical and mental energy
3. Supports cognitive performance and mood

How It Supports Weight Loss

Rhodiola regulates cortisol, the stress hormone that contributes to fat storage.

It also improves energy production by supporting mitochondrial biogenesis, helping convert fat into usable energy.

Scientific Reference

Panossian A, Wikman G. 'Effects of adaptogens on the central nervous system and the molecular mechanisms associated with their stress-protective activity.' *Pharmaceuticals*. 2010;3(1):188-224.

Link: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3991026/>

Why It's in Mitolyn

Rhodiola is one of six key natural ingredients in Mitolyn.

It works synergistically with Maqui Berry and others to reduce inflammation, boost metabolism, and improve mitochondrial efficiency - making it an essential part of Mitolyn's fat-burning formula.

For more info, please visit MitolynSecret.com

To your health,
The MitolynSecret Crew