



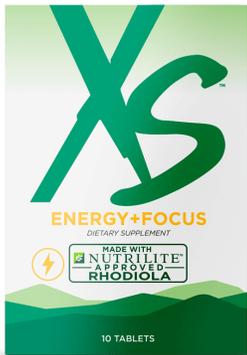
# XS™ Energy + Focus Dietary Supplement

Item #101593 - 60 Tablets  
Item #107843 - 30 Tablets blister pack

**Give your workout your full attention**

Helps maximize physical endurance, and increase mental focus during exercise.†

- Natural caffeine from green tea extract combined with rhodiola rosea helps promote physical endurance and mental focus for more vigorous workouts.†
- Research suggests rhodiola rosea supports the body's stress response system, which can help with recovery time.†



## Advisories

Contains 75 mg of caffeine per tablet. Not recommended for children, pregnant or nursing women and those sensitive to caffeine. Children under 12 years of age, pregnant women or nursing mothers, or anyone with a medical condition should consult with a physician before using this product. Keep out of reach of children.

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

## Rhodiola the Herbal Stress Buster

### What is Rhodiola Rosea?

Rhodiola Rosea is a plant that grows in frigid temperatures and high rocky altitudes. Rhodiola can be found growing above 10,000 feet in the Altai Mountains of Siberia. The plant can grow from 12-30 inches and has yellow flowers and is often called the Golden Root, Siberian Root, Roseroot or Arctic Root.

Rhodiola use as a medicinal plant can be traced back to 77 A.D. - when Greek Physician Dioscorides documented Rhodiola (called rodia riza back then) in his medical text - *De Materia Medica*. The Vikings used Rhodiola to increase endurance and stamina during their journeys. The Chinese Emperors would commission expeditions to remote parts of the Siberian Mountains to bring back the prized Golden Root - Rhodiola. In 1725 the herb was given its current name - Rhodiola by Swedish botanist Carl Linnaeus.

While the powers of Rhodiola were known by a few elite scientists in the Soviet Union for many years, it took the fall of the Soviet Union and the incredible efforts of Dr. Ramazanov to bring Rhodiola to the United States. Once Dr. Ramazanov started to unearth and translate the previously classified studies on Rhodiola it did not take long for the rest of the world to become very interested in the health benefits of Rhodiola.

There are over 200 species of Rhodiola, however Siberian Rhodiola Rosea has the active phytonutrients that achieve results. Competitors can and do legally label their products as "Rhodiola" even though they contain the much less expensive species which result in no significant benefits.

Check out [www.powersupplements.com/rhodiola/newsweek-feb2003.pdf](http://www.powersupplements.com/rhodiola/newsweek-feb2003.pdf) for a great **NewsWeek** article on **Rhodiola**.