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Current guidance
NCCIH · NIH Office of Dietary Supplements · NIH Know the Science

The Rhodiola Checklist

Twelve weeks, two measures, one end date, on one page.

12
WEEKS · WHERE THE SAFETY EVIDENCE RUNS OUT

1 Rule out what rhodiola cannot fix

Ordinary fatigue has causes no herb will touch.

- [ ] Book the basics first: thyroid, iron studies, B12, blood count, and a sleep review.
- [ ] Rhodiola has a reported interaction with losartan, a blood pressure medicine.
- [ ] Hand your clinician one written list of every supplement and medicine you take.
- [ ] Low mood that lasts is a medical conversation, not a supplement decision.

2 Set a 12-week window with an end date

Safety evidence in people stops at twelve weeks.

- [ ] Write today's date and the date twelve weeks from today on the bottle itself.
- [ ] Change nothing else inside the window or you will not know what worked.
- [ ] Start on a quiet week, not the week of a move, a deadline, or travel.
- [ ] At the end date, stop and decide. Do not drift into month five by default.

If nothing has changed by week twelve, that is a result too. Stopping is the cheapest thing this plan can do for you.

3 Measure two things, not a feeling

A feeling drifts. Two written numbers do not.

- [ ] Pick two things you can score 0 to 10 every Sunday, and only two.
- [ ] Score both once before the first capsule so you have a real starting line.
- [ ] A workable pair: afternoon energy, and how hard the first work hour feels.
- [ ] A three point move held for four weeks is a signal. One good day is not.

4 Use a bottle that states its extract

Label wording is the only quality you can see.

- [ ] The label should name the plant, the plant part, and the extract strength.
- [ ] A seal confirms what is in the bottle. It does not confirm that it works.
- [ ] Look for third party testing marks: NSF, USP or ConsumerLab on the bottle.
- [ ] One capsule daily, taken in the morning, keeps the twelve weeks simple to run.

THE BOTTLE WE USE

Thorne Rhodiola

One capsule a day, standardized extract, NSF Certified for Sport. About 40 cents a day.

Shop the bottle →

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