

# The first cultivation of *Rhodiola rosea* in Swiss mountains

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Since 2005 ILIS introduced the first culture of *Rhodiola rosea* in Swiss mountains.

*Rhodiola rosea* is a rare plant growing mainly in Siberian and Scandinavian regions. Also categorized as an "adaptogen" allowing the organism to increase its resistance against chemical, biological and physical stresses " *Rhodiola rosea* is famous for its cardioprotective activities and its positive effects on the nervous system. It stimulates the memory, works as antidepressant, enhances work performance, eliminates fatigue and increases the resistance to the psychological stress. *Rhodiola rosea* is also very active in asthenic conditions such as headaches, sleep difficulties, poor appetite and irritability. Present researches show that this plant is also a strong antioxidant able to prevent some cancers.

Being conscious of all the benefits on human metabolism provided by this plant, also growing in the Swiss Alps, since 2005 ILIS laboratory decided to introduce the first cultivation of *Rhodiola rosea* in Swiss mountains (Valais).