Interreg Co-funded by the European Union
Northern Periphery and Arctic
CHARGE

Ruusujuuri Golden Root

Rhodiola rosea



Golden Root grows in the north, and the Sámi have used it as a wild vegetable. In Russia it has a long history as a special and diverse medicine. Studies on the plant's properties and active ingredients continue, but it is at least a tonic that boosts general health and it is marketed as 'northern ginseng'.

The problem: The use of golden root is not permitted in food products.

Food Status

Root and herb

NOT NOVEL IN FOOD SUPPLEMENTS R FS

https://www.arktisetaromit.fi/kick-off-rovaniemi/