



Corrigendum: Effects of Rhodiola Rosea Supplementation on Exercise and Sport: A Systematic Review

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Yao Lu¹, Bin Deng², Luhua Xu², Hanjiao Liu³, Yinzhi Song² and Fengxia Lin^{2*}

Edited by:

Juan Mielgo-Ayuso,
University of Burgos, Spain

Reviewed by:

M. Ahmed,
Phcog.Net, India
Tiejie Wang,
Shenzhen Institute for Drug
Control, China

*Correspondence:

Fengxia Lin
szlinfx@163.com

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¹ School of Nursing, Fujian University of Traditional Chinese Medicine, Fuzhou, China, ² Department of Cardiology, Shenzhen Bao'an District Traditional Chinese Medicine Hospital, The Affiliated Hospital of Guangzhou University of Chinese Medicine, Shenzhen, China, ³ Department of Nursing, Shenzhen Bao'an District Traditional Chinese Medicine Hospital, The Affiliated Hospital of Guangzhou University of Chinese Medicine, Shenzhen, China

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A Corrigendum on

Effects of Rhodiola Rosea Supplementation on Exercise and Sport: A Systematic Review

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In the original article, there was a mistake in **Table 1** as published. Some of the reference details in **Table 1** were not complete. The corrected **Table 1** appears below.

The authors apologize for this error and state that this does not change the scientific conclusions of the article in any way. The original article has been updated.

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TABLE 1 | Characteristics of the studies include.

References	Study design	Sample	Age	Intervention/control	Duration	RR extract	Exercise test
Williams et al. (6)	Randomized double-blinded, crossover, counterbalanced clinical trial	10 Resistance-trained individuals (10 M)	24.8 ± 5.6 years	Group1: 1,500 mg/day of Rhodiola rosea and took an additional 500 mg dose of corresponding treatment 30 min prior to exercise testing. Group2: placebo (PL; gluten-free cornstarch)	3-day + 30 min prior	NOW Food Inc., Bloomingdale, IL, USA	Resistance exercise: 1 set × 2 explosive reps at 75% of one-repetition maximum (1 RM), 3 sets × repetitions to failure (RTF) at 75% 1 RM
MedBallmann et al. (7)	Randomized blinded and counter-balanced clinical trial	11 Physically active participants (11 W)	19.4 ± 0.8 years	Group1: Supplemented with 500 mg of Rhodiola rosea three times daily (~1,500 mg/day) and took an additional 500 mg dose of corresponding treatment 30 min prior to testing of each trial. Group2: Placebo (glu- ten-free cornstarch)	3-day+30 min prior	NOW Food Inc., Bloomingdale, IL, USA	Completed 3 × 15 second Wingate Anaerobic Tests (WAnTs)
Lin et al. (8)	Randomized double-blind, crossover clinical trial	12 healthy subjects. (12 M)	24.7 ± 0.5 years	Group1: Two Rhodiola rosea capsules (400 mg Rhodiola rosea per capsule) daily. Group2: Placebo (hydroxymethylcellulose)	After 3-day exercise period and during 5-day recovery period	Standard Chem & Pharm Co., Taiwan	Continuous endurance exercise: 30-min run at 75% VO ₂ max
Jowko et al. (9)	Randomized double-blind clinical trial	26 healthy students. (26 M)	PL: 20.9 ± 0.2 years. RR: 20.5 ± 0.3 years	Group1: 600 mg/day Rhodiola rosea Group2: Placebo	4 weeks before exercise test	Naturell, Sweden	Incremental cycle ergometer tests
Duncan et al. (10)	Double-blind crossover clinical trial	10 healthy young individuals and recreation exercisers. (10 M)	26 ± 6 years	Group1: 3 mg/kg body mass of Rhodiola rosea placed in a colored, opaque gelatin capsule. Group2: Placebo	60 min before exercise test	Indigo Herbs, Glastonbury, UK	Resistance exercise: completed two 30-min submaximal cycling trials at a workload of 70% VO _{2max} in a fasted state
Shanely et al. (11)	Randomized double-blind clinical trial	48 runners. (35 M and 13 W)	25–65 years	Group1: 600 mg/day Rhodiola rosea extract before running a marathon (2 Rhodiola rosea capsule and each capsule contained 300 mg of Rhodiola rosea extract). Group2: Placebo	30 days prior to and the day of the marathon and seven days after marathon	PL Thomas & Co., Inc. (Morristown New Jersey)	A competitive marathon

(Continued)

TABLE 1 | Continued

References	Study design	Sample	Age	Intervention/ control	Duration	RR extract	Exercise test
Noreen et al. (12)	Randomized double-blind, crossover clinical trial	18 recreationally active subjects. (18 W)	22 ± 3.3 years	Group1: 3 mg/kg of Rhodiola rosea. Group2: Placebo (carbohydrate)	1 h before test	Bulknutrition.com, Northborough, MA, USA	10-min warm-up followed by a simulated 6-mile time trial on a variable grade course using the Velotron electronic bicycle ergometer
Parisi et al. (13)	Double-blind clinical trial	14 well-trained athletes. (14 M)	25 ± 5 years	Group1: 170 mg/day Rhodiola rosea. Group2: Placebo	4 weeks before exercise test	Unspecified	Cardio-pulmonary exhaustion test with the cycloergometer at 75% VO ₂ max
Skarpanska-Stejnborn et al. (14)	Randomized double-blind clinical trial	22 professional rowers. (22 M)	PL: 21.0 ± 0.9 years. RR: 20.4 ± 1.2 years	Group1: 100 mg of Rhodiola rosea extract twice daily. Group2: Placebo	4 weeks before exercise test	Unspecified	2,000-m maximum test on a rowing ergometer
Walker et al. (15)	Randomized double-blind clinical trial	12 resistance-trained subjects. (12 M)	29.92 ± 4.51 years	Group1: 1,500 mg/day Rhodiola rosea and 1,000 mg the day of the test. Group 2: Placebo	3-day + the day of the test	Bali Herbal, Singapore	Incremental forearm wrist flexion exercise to volitional fatigue