Energy Blend

Energy Blend is a caffeine-free herbal extract built for clean, steady energy — mental clarity and physical stamina without the jitters or crash of stimulants. It pairs two classic adaptogen roots with a warming digestive mover and a calming aromatic, so the lift stays smooth and grounded rather than wired.

This Herbal Combination



Rhodiola Rosea Root — A high-altitude adaptogen root long used to ease mental fatigue and support energy, focus, and mood under stress. It's the "drive" herb in this blend — clearing brain fog and sharpening clarity.



Eleuthero Root — Also known as Siberian Ginseng, Eleuthero builds steady, stress-adapted stamina — supporting the body's ability to handle physical and mental strain without crashing afterward. It pairs with Rhodiola as the energizing core of this blend.



Ginger Root — Ginger is the warming, digestive mover of the formula — supporting circulation and helping the body tolerate and absorb the two adaptogen roots, which can otherwise sit heavy on the stomach.



Lemongrass — A bright, aromatic herb that brings a gentle calming, mood-lifting quality to the blend. It's the "cooler" — keeping the lift from Rhodiola and Eleuthero smooth and clear rather than tipping into a wired, jittery feeling.

How It Works

Rhodiola Rosea Root and Eleuthero Root work together as the energizing core of this blend — Rhodiola for mental drive and clarity, Eleuthero for steady, stress-adapted stamina. Ginger Root supports digestion and circulation, helping the body tolerate and make good use of the two adaptogens. Lemongrass rounds out the formula with a calming, grounding note that keeps the energy clear and steady rather than wired.

Suggested Use

As an herbal extract, start with about 1 mL (roughly 30 drops) once in the morning, 20 to 30 minutes before food. This is a morning-only formula — both Rhodiola and Eleuthero are energizing and are best taken earlier in the day.

Please Note

Rhodiola and Eleuthero, the two adaptogens in this blend, are best avoided by anyone with bipolar disorder, significant anxiety or insomnia, or who is pregnant or breastfeeding, or taking antidepressants, stimulants, or blood pressure medication — Rhodiola in particular can interact with blood pressure medications.

This information is provided for educational purposes as part of traditional herbal practice and is not intended to diagnose, treat, cure, or prevent any disease. Always consult a qualified healthcare provider regarding any health condition.

For more on this formula, see my blog post "Clean Energy Without Caffeine" at www.daradietz.me.