

Supplementary Product Documentation S1

Original Product Photographs and English-Translated Label Information for the Rhodiola Product

S1. Product Identification

Product name: Tongrentang Brand Rhodiola Capsule
Manufacturer: Beijing Tongrentang Health Pharmaceutical Co., Ltd., Beijing, China
Chinese health-food registration no.: G20100243
Batch no.: 2025202010
Production date: 1 August 2025
Expiry date: 31 July 2027

S2. Product Label Information

Label item	English translation
Product name	Product name: Tongrentang Brand Rhodiola Capsule
Raw material	Raw material: Rhodiola (irradiated)
Excipients	Excipients: None
Characteristic constituent and content	Characteristic constituent: salidroside, 0.4 g per 100 g of product
Suitable population	Suitable population: individuals exposed to hypoxic environments
Not suitable for	Not suitable for: children, pregnant women, and lactating women
Health function	Health function: helps improve tolerance to hypoxia
Recommended intake and administration	Recommended intake: three capsules twice daily, orally
Specification	Specification: 0.4 g per capsule
Shelf life	Shelf life: 24 months
Storage	Storage: keep sealed in a cool, dry place
Production date	Production date: 1 August 2025
Batch number	Batch no.: 2025202010
Expiry date	Expiry date: 31 July 2027
Net content	Net content: 48 g (0.4 g × 120 capsules)
Product standard	Product standard: Q/DXTJP 0087J
Food production license number	Food production license no.: SC12711310100130
Precautions	Precautions: this product is not a substitute for medication; individuals outside the indicated population are not recommended to consume this product; this product does not provide supplemental oxygen.

S3. Study Administration

Participants assigned to RHO-containing conditions consumed three capsules twice daily, 30 min before breakfast and dinner, for four weeks. At 0.4 g per capsule, the administered product mass was 2.4 g/day.

Based on the label-declared salidroside content of 0.4 g per 100 g of product, the nominal label-derived daily salidroside intake was approximately 9.6 mg/day. The label-declared constituent content was not independently verified.

S4. Original Product Photographs



Figure S4A. Original front-view photograph of the Tongrentang Brand Rhodiola Capsule.



Figure S4B. Original side-view photograph showing ingredients, labeled use, specification, production date, batch number, and expiry date.



Figure S4C. Original side/back-view photograph showing manufacturer, registration, production-license, product-standard, and barcode information.

S5. Documentation Note

All information above was transcribed and translated from the original product packaging shown in Figures S1A–S1C. The label identifies the raw material as *Rhodiola* (irradiated). The label does not state a botanical species, extraction ratio, or standardized-extract status.