

RESEARCH MONOGRAPH . COMPOUND PROFILE

Eleuthero (Eleutherococcus senticosus)

*A Siberian Eleutherococcus root extract
historically classified as 'ginseng' but
unrelated to Panax; characterized by
eleutherosides with adaptogenic activity.*

DOCUMENT	KDC-MN-114
ISSUED	2026-05-09
REVISION	1.0
AUTHOR	Kodiac bioLabs Research
COMPOUND CLASS	Siberian ginseng adaptogen

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ABSTRACT

Eleuthero (*Eleutherococcus senticosus*, formerly called Siberian ginseng) is a shrub root used in Russian and Chinese traditional medicine for fatigue, stress tolerance, and immune support. The active constituents are eleutherosides A through G, glycoside compounds with diverse structures (some are syringaresinol diglucosides, others are sesamin glucosides). The compound is structurally and pharmacologically distinct from *Panax ginseng* despite the historical "ginseng" naming. Russian research from the 1960s-1980s established the compound as an adaptogen with modest effects on physical and mental performance. The Western clinical evidence base is limited. Doses are typically 300 to 1200 mg standardized extract per day.

1. Compound Identification

Eleuthero (*Eleutherococcus senticosus*) is described as siberian ginseng adaptogen. A Siberian *Eleutherococcus* root extract historically classified as 'ginseng' but unrelated to *Panax*; characterized by eleutherosides with adaptogenic activity.

1.1 Class summary

Siberian ginseng adaptogen

1.2 Subtitle

A Siberian *Eleutherococcus* root extract historically classified as 'ginseng' but unrelated to *Panax*; characterized by eleutherosides with adaptogenic activity.

2. Abstract

Eleuthero (*Eleutherococcus senticosus*, formerly called Siberian ginseng) is a shrub root used in Russian and Chinese traditional medicine for fatigue, stress tolerance, and immune support. The active constituents are eleutherosides A through G, glycoside compounds with diverse structures (some are syringaresinol diglucosides, others are sesamin glucosides). The compound is structurally and pharmacologically distinct from *Panax ginseng* despite the historical "ginseng" naming. Russian research from the 1960s-1980s established the compound as an adaptogen with modest effects on physical and mental performance. The Western clinical evidence base is limited. Doses are typically 300 to 1200 mg standardized extract per day.

3. Mechanism of Action

Eleutheroside glycoside constituents with adaptogenic effects. Modulation of HPA axis under stress conditions.

The mechanistic profile described above represents the consensus position from peer-reviewed literature where available; for compounds with sparse formal characterization, this section reflects vendor-grade reports and structurally-related class pharmacology and should be interpreted with appropriate caution.

4. Pharmacokinetics and Routes of Administration

Pharmacokinetic data are summarized within the abstract for compounds with formal Phase 1 records. Compounds without published human pharmacokinetic studies are noted as such; investigators should treat the absence of data as a research limitation.

5. Reported Research Dose Ranges

300 to 1200 mg standardized extract per day.

Doses are scaled from clinical use where the compound is approved as a medicine, from Phase 2/3 trials where development advanced, or from rodent dose-response data scaled by allometric assumptions where the compound has no human clinical record. Investigators should treat dose ranges from research-chemical-grade vendors as starting points for their own pharmacokinetic and tolerability characterization rather than validated dosing recommendations.

6. Sourcing and Quality Verification

Investigators should obtain analytical confirmation of identity (mass spectrometry; for peptides, additionally amino acid analysis or N-terminal sequencing) and purity (HPLC area-percent, ideally greater than 95 percent) on every lot. Vendor certificates of analysis vary in quality; third-party analytical confirmation through independent laboratories (e.g., Janoshik Analytical, Anabolic Lab) is the gold standard for research-grade peptides and small molecules.

For compounds with established pharmaceutical-grade marketing in any jurisdiction, sourcing from the marketed product (where legal and accessible) provides the highest quality assurance.

7. Reconstitution and Handling

Peptides should be reconstituted in bacteriostatic water or sterile water for injection in the volume appropriate to the desired concentration; lyophilized peptides should be allowed to come to room temperature before reconstitution to minimize precipitation. Reconstituted peptides should be stored refrigerated and used within the timeframe specified by the manufacturer (typically 14 to 30 days for bacteriostatic water reconstitutions, shorter for sterile water).

Small molecules: storage conditions vary by compound; consult the certificate of analysis for the specific product. Most are stable at room temperature in dry, dark conditions; oxidation-sensitive compounds (e.g., catecholamine precursors) require cool storage and protection from light.

8. Stack Interaction Considerations

Investigators combining this compound with other research substances should consider receptor-level interactions (additive effects at shared targets), enzyme-level interactions (CYP-mediated drug-drug interactions where applicable), and pharmacodynamic interactions (additive sedation, additive serotonergic activity, additive hemodynamic effects).

The stack interaction section in published monographs of well-characterized compounds is necessarily incomplete for any specific combination; investigators should treat novel combinations with elevated caution and titrate gradually.

9. References

1. Panossian A, Wikman G. Pharmacology of Schisandra chinensis Bail.: an overview of Russian research and uses in medicine. J Ethnopharmacol 2008 (related literature).

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