Tongkat Ali

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Tongkat Ali

Tongkat Ali is a very potent herbal product in South East Asia. It has been used by the locals for centuries to improve male’s vitality and virility.
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**Introduction**

**The miracle herb for male fertility in the Malaysian rainforest**

Tongkat Ali, also known as Long Jack or Eurycoma Longifolia, is most widely used herbal tonic from the South East Asia, especially Malaysia, and is famous for its aphrodisiac and energy boosting properties for adults. In traditional medicine, it is also used widely for fevers, malaria, high-blood pressure and diabetes.

Nowadays, Tongkat Ali extract is used for:

- Improving physical and mental performance
- Improving quality of sex life
- Improving sexual ability for the elders who has reduced sex drive
- Those who feel fatigue after sexual activities
- Infections and fevers

**Scientific Research**

As a result of its renowned properties, Tongkat Ali has become the most widely researched native medicinal plant, with numerous scientific studies published over the past 20 years in Malaysia, Japan and the United States. In animal studies, it has been proven the following:

- The formation of testosterone increased by 4.4 times.
- An increase in sperm production and improved sperm mobility
- An increase in fertility
- An increase in the number of times and length of sexual performance.

**Reasons why it works**

There are three basic requirements to improve libido and sexual strength in men, they are healthy level of testosterone, good circulation and well oxygenated blood. Alcohol, nicotine, diabetes and various other reasons have caused the reduced the capability of the blood to carry oxygen, which is needed to allow the penis to relax and expand successfully. Tongkat Ali improves health and fertility in men by increasing natural testosterone levels and by raising energy levels and reducing stress. Studies have proven that when taken regularly, for 1-2 weeks, male hormonal function can be increased, restoring a lagging sex drive, confidence and ability.
How Tongkat Ali Improves Sex Drive

According to research, Tongkat Ali has the ability to boost the testosterone level naturally in the human body. Testosterone is a steroid hormone which plays a key role in the development of male reproductive tissues such as the testis and prostate as well as promoting secondary sexual characteristic such as increased muscle and bone mass.

In a large study of men in Massachusetts, about 11% overall said they had a lack of sex drive. The researchers then tested all the men’s testosterone levels. About 28% of men with low testosterone had low libido. These men were relatively young, with an average age of 47; older men might have worse sexual symptoms.

Low testosterone is only one of the causes of low libido. Stress, sleep deprivation, depression, and chronic medical illnesses can also sap a man’s sex drive. This can be easily observed when human’s age is increasing. The fact that the produce of testosterone is reduced when human is aging.

In this sense, sufficient dosage of Tongkat Ali which boosting the testosterone level no doubt leads to higher sex drive!
Modern Research on Tongkat Ali (scientific research and validation)

Tongkat Ali Research
Over the past few years, there have been quite a number of studies that have tested Tongkat Ali in relation to sexual effects, with positive results. Studies have shown that Tongkat Ali does have libido enhancing effect on animals, and recently the same has been shown in human trials. The increase in testosterone brings about an increase in sex drive, improvement in sexual function, and reversal of some erectile dysfunction issues. One study found behavioural changes in rats that were given Tongkat Ali. Instead of roaming and exploring the cage like other rats, the ones given the herb stayed closer to the females. Ladies, this probably doesn’t mean that your man will join you in the kitchen for dishes or sit down for a nice heart to heart, but he may want to spend more “quality” time with you. Women who take this herbal supplement may notice an increase in libido as well, resulting in true “quality” time.

Tongkat Ali Research Update
Extracts of the plant Tongkat Ali have been shown to possess cytotoxic, antimalarial, anti-ulcer, antipyretic and plant growth inhibition activities. The present study investigated the effects of extracts and their chromatographic fractions from the root of Tongkat Ali on the growth of a human breast cancer cell line, MCF-7. Our data indicated that Tongkat Ali extracts and fractions exert a direct antiproliferative activity on MCF-7. The bioassay-guided root fractionation resulted in the isolation of three active fractions, F5, F6 and F7, which displayed IC50 values of (6.17+/-0.38) microg/ml, (4.40+/-0.42) microg/ml and (20.00+/-0.08) microg/ml, respectively. The resultant from F7 purification, F16, exhibited a higher cytotoxic activity towards MCF-7, and a certain degree of selectivity against a normal breast cell line, MCF-10A. These results suggest that Tongkat Ali extract F16 has antiproliferative effects on MCF-7 cells by inducing apoptosis through the modulation of Bcl-2 protein levels.
Sexual arousal in sexually sluggish old male rats after oral administration of Eurycoma Longifolia Jack - Tongkat Ali.


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Eurycoma Longifolia Jack commonly known as Tongkat Ali in Malaysia, has been used in Malaysia to increase male virility and sexual prowess. The objective of this study is to evaluate sexual arousal in sexually sluggish old male rats, 24 months old and retired breeders, receiving 200, 400, or 800 mg/kg of various fractions of Tongkat Ali, twice daily, for 10 days. Control rats received 3 ml/kg of normal saline. The aphrodisiac effect was monitored by the act of yawning and stretching because yawning, either alone or associated with stretching, is considered an ancestral vestige surviving throughout evolution that promotes sexual arousal. The results showed that 800 mg/kg of Tongkat Ali increased yawning by 50% and stretching by 16% in sexually sluggish old male rats, by 676-719% and 31-336%, respectively, in sexually active male rats, and by 22-44% and 75-100%, respectively, in middle aged, 9 months old and retired breeders. We conclude that the results of this study support the folk use of this plant as an aphrodisiac.

Eurycoma Longifolia Jack enhances sexual motivation in middle-aged male mice.


Tongkat Ali was investigated for sexual motivation activity in adult, middle-aged male mice and in retired breeders. Each mouse received 500 mg/kg of one of 4 fractions of Tongkat Ali: chloroform, methanol, butanol, and water, whereas the mice in the control and yohimbine groups received 3 ml/kg of normal saline and 30 mg/kg of yohimbine daily respectively for 10 d. The results show a transient increase in the percentage of male mice responding to the right choice after chronic consumption of the fractions with 50 percent of the adult middle-aged male mice treated with tongkat ali and yohimbine scoring the right choice after 8 and 5 days post-treatment respectively. In conclusion, this study has shown that tongkat Ali continues to enhance sexual motivation in adult, middle-aged male mice and in retired breeders.
**Effects of Eurycoma longifolia Jack (Tongkat ali) on sexual qualities in middle aged male rats.**

*Phytomedicine. 2003;10(6-7):590-3.*

The effects of tongkat ali were studied on the sexual qualities of middle aged male rats after dosing them with 0.5 g/kg of various fractions of tongkat ali whilst the control group received 3 ml/kg of normal saline daily for 12 weeks. Results showed than tongkat ali enhanced the sexual qualities of the middle aged male rats by decreasing their hesitation time as compared to controls. Besides these, there was a transient increase in the % of the male rats responding to the right choice after chronic administration of 0.5 g/kg tongkat ali, with more than 50% of the male rats scored right choice after 2 weeks post-treatment. However, there was no sexual enhancement of the middle aged male rats which consumed normal saline since only 45-55% of the male rats responded to right choice throughout the investigation period. Hence, this study shows that tongkat ali enhanced the sexual qualities of the middle aged male rats, further supports the folk use of tongkat ali as an aphrodisiac.

**Effect of Eurycoma longifolia Jack (Tongkat Ali) on libido in middle-aged male rats.**


The effect of increasing doses of various fractions of tongkat ali extracts on libido was examined in middle-aged male rats. The results showed that a high dose (800 mg/kg) of all tongkat ali extracts significantly increased mount frequency (MF) over that of untreated controls, but had no effect on the frequency of intromission or ejaculation. Methanol, chloroform, water, and butanol tongkat ali fractions exhibited MF of 2.5, 2.6, 2.5 and 2.6, respectively, in adult, middle-aged male rats, and retired breeders versus 2.3 in untreated controls. The results of this study show that tongkat ali extracts can increase libido in middle-aged male rats.

**Effect of Eurycoma longifolia Jack (tongkat ali) on orientation activities in middle-aged male rats.**


The effects of various fractions of Eurycoma longifolia Jack were studied on the orientation activities of the inbred, adult middle-aged Sprague-Dawley rats, 9 months old and retired breeders towards the receptive females (anogenital sniffing, licking, mounting), the environment (climbing, raring, exploration), themselves (nongenital grooming, genital grooming) and mobility (restricted, unrestricted) after treating these subjects twice daily for 10 days. Results showed that subjects treated with 800 mg/kg of tongkat ali increased orientation activities towards the receptive females (anogenital sniffing, licking and mounting), increased genital grooming towards themselves and restricted movements to a particular area of the cage but decreased interest in the external environment (climbing, raring, exploration) as compared with the controls.
during the investigation period. In conclusion, this study gives further evidences that different fractions of tongkat ali modified the orientation activities of the middle-aged male rats.

**Effects of Eurycoma longifolia jack on levator ani muscle in both uncastrated and testosterone-stimulated castrated intact male rats.**

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It has been reported that Eurycoma longifolia Jack commonly known as Tongkat Ali has gained notoreity as a symbol of man's ego and strength by the Malaysian men because it increases male virility and sexual prowess during sexual activities. As such, the effects of 200, 400 and 800 mg/kg of butanol, methanol, water and chloroform fractions of Tongkat Ali were studied on the laevator ani muscle in both uncastrated and testosterone-stimulated castrated intact male rats after dosing them for 12 consecutive weeks. Results showed that 800 mg/kg of butanol, methanol, water and chloroform fractions of Tongkat Ali significantly increased (p<0.05) the levator ani muscle to 58.56+/-1.22, 58.23+/-0.31, 60.21 +/-0.86 and 62.35 +/-0.98 mg/100 g body weight, respectively, when compared with the control (untreated) in the uncastrated intact male rats and 49.23+/-0.82, 52.23+/-0.36, 50.21+/0.66 and 52.35+/-0.58 mg/100 g body weight, respectively, when compared to control (untreated) in the testosterone-stimulated castrated intact male rats. Hence, the pro-androgenic effect as shown by this study further supported the traditional use of Tongkat Ali as an aphrodisiac.

**Aphrodisiac evaluation in non-copulator male rats after chronic administration of Eurycoma longifolia Jack (Tongkat Ali).**


The aphrodisiac effect of Eurycoma longifolia Jack (Tongkat Ali) (0.5 g/kg) was evaluated in noncopulator male rats using an electrical cage. Fractions of Tongkat Ali decreased the hesitation time of noncopulator male rats, throughout the investigation period. Furthermore, it possessed a transient increase in the percentage of the male rats responding to the right choice, more than 50% of the male rats scored "right choice" after 3 weeks post Tongkat Ali treatment and the effect became more prominent after 8 weeks post-treatment (only 40-50% of the control male rats responded to the right choice) using the electrical copulation cage. Hence, this study lends further support to the use of the Tongkat Ali plant by indigenous populations as a traditional medicine for its aphrodisiac property.
**Eurycoma longifolia (tongkat ali) increases sexual motivation in sexually naive male rats.**

*Arch Pharm Res. 1998 Dec;21(6):779-81.*

The aim of this study is to provide evidence on the aphrodisiac property of Tongkat Ali. An electric grid was used as an obstruction in the electrical copulation cage in order to determine how much an aversive stimulus the sexually naive male rat for both the treated with Tongkat Ali and control groups were willing to overcome to reach the estrous receptive female in the goal cage. The intensity of the grid current was maintained at 0.12 mA and this was the intensity in which the male rats in the control group failed to crossover to reach the goal cage. Results showed that Tongkat Ali continued to enhance and also maintain a high level of both the total number of successful crossovers, mountings, intromissions and ejaculations during the 9-12th week observation period. In conclusion, these results further enhanced and strengthened the aphrodisiac property of Tongkat Ali.
Toxicity and contraindications

Safety

Tongkat Ali should not be used by pregnant or nursing women or children. Dosage should be taken according to instruction. For those cases of over dosage, Tongkat Ali reported side effects include insomnia, anxiety, and restlessness.
Are there side effects associated with ingesting Tongkat Ali?

Tongkat Ali is a natural supplement that increases the levels of the natural hormone Testosterone. Side effects have been seen in rare occasions. Those are minor and temporary. In some cases, the rise in Testosterone level can cause a rise in aggressiveness, sleeplessness and frequent erections. If you encounter those side effects please consult with your physician.

Is Tongkat Ali safe?

Consuming Tongkat Ali in the right dosage has not been found to have any adverse side effects. There have been those that experience nausea the first few days upon starting Tongkat Ali. However this usually goes away after a few days. Alternately smaller doses can be taken until a tolerance is built up.
Dosage & availability

Tongkat Ali Coffee

There is a variety of ways to consume Tongkat Ali. The traditional way is to boil the root in water for several hours and the water can be drunk later. Anyone who has tasted Tongkat Ali before know that it is one of the most bitter substance in the entire world. Therefore the Tongkat Ali water is very bitter. To cover the bitterness, the Malay normally mixes it with either coffee or tea. Tongkat Ali coffee has become a very popular drink within the Malay community. Many businesses have come up with Tongkat Ali instant coffee. One of the most popular is Ali Café and huge sum of money has been spent on marketing and advertising. An alternative to the commercially available instant Tongkat Ali coffee is to make one yourself. It is actually very simple. Boil some Tongkat Ali in water and use the water to make coffee as how we normally prepare coffee or tea. This is a great way to improve vitality and energy for the day. The taste will be bitterer than normal coffee but that proves that authentic Tongkat Ali has been used.

Tongkat Ali Extract

For simplicity, we have come out with Tongkat Ali extract capsules. The highest strength is 30:1, i.e. 30g for Tongkat Ali root is boiled and distilled to form 1g of extract. The capsules can be taken like supplements. A lot of websites claim that they can produce 100:1 or even 200:1 extract which is quite impossible.
Dosage
Different people react differently to Tongkat Ali. Our recommendation is to take 2 capsules a day, 1 in the morning and 1 before going to bed.

Cycling
To gain maximum effects from Tongkat Ali, the consumption must be cycled. Consume for 5 days and then stop for 2 days.
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