

# Tongkat Ali

*Male Libido Enhancer*



Source Naturals® presents Tongkat Ali, a Southeast Asian botanical, which has been used for centuries to enhance energy, endurance and stamina. It has been shown to shield the body from many of the effects of modern stress that can be detrimental to quality of life, sexual response and libido. Tongkat ali has long been used traditionally to support libido and sexual performance. It has been found to help maintain healthy testosterone levels in both human and preclinical studies.\*



*Strategies for Wellness*<sup>SM</sup>

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For many years in rural Malaysia, Singapore, Thailand and across Southeast Asia, men have stopped at roadside stalls for a bitter-tasting tea. Roots of the tongkat ali tree are crushed and brewed for many hours, resulting in a bitter tea. The benefits are greatly prized. Now, for Westerners, those benefits are available in convenient tablets.\*

Tongkat ali contains several biologically active components, including quassinoids, which have been found to help maintain healthy testosterone levels and sperm production in preclinical studies. In Southeast Asia, all parts of *Eurycoma longifolia* have been used for many health benefits for both men and women. It is particularly favored in Malaysia where it is traditionally used to support male virility.\*

In the Malaysian method, the root goes through a water extraction process. The resulting material has been shown to maintain healthy testosterone levels, support muscle size and strength, accelerate recovery from exercise, and reduce symptoms of fatigue.\*

In one study of men with an average age of 51 years, one month of daily supplementation with tongkat ali extract resulted in healthy levels of serum testosterone and positive quality-of-life parameters. In another study of healthy males with an average age of 25 years, significant benefit was shown in maintaining muscle mass in healthy exercisers. Studies with women have also shown favorable effects.\*

Tongkat ali, used for centuries in the traditional herbalism of Southeast Asia, has very modern benefits and significant potential for maintaining hormone balance and supporting mood in humans exposed to modern stress.\*

### Educational References

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