

Scientific evidence based studies of Tongkat Ali's benefits

The articles below are not mere statements by academics and scientists, but are backed by tests based either on double blind, placebo basis or In-Vitro and In-Vivo tests on actual human cancer cells or live samples. In other word, findings are based on evidence derived through currently accepted testing methodologies.

The reports are available for your further reading by clicking the web link provided here.

#	Date		Findings	Tests Done on/sample size	By which organisation
1.1	12.1.2014	Libido	<p>Tongkat Ali with another food ingredient <u>significantly increase sexual performance and satisfaction</u> in a randomized, double-blind, placebo-controlled study over 12 weeks. (study of 26 men between 40 to 65 years old with very low Testosterone level of 450 ng/DL and ED Index scores of 17-25)</p> <p>Results:</p> <ol style="list-style-type: none"> 1) Penile hardness duration increase from 7 minutes to 20 minutes 2) Significant increased satisfaction in penile hardness (from 0.28 to 0.70) 3) Significant improvement in Erectile Dysfunction condition 4) Significant improvement in erection last long enough to have successful intercourse (0.44 to 0.89) 5) Increase in sexual satisfaction (0.33 to 0.87) 	26 men aged 40-65 with low T and ED problems	Medicus Research LLC, Northridge, CA 91325, USA

			<p>6) Increase in total testosterone by 10.4 % 7) The waist measurements in the Tongkat Ali group were 8) significantly lower than those of the placebo group at week 6 9) The hip measurements in the Tongkat Ali group were significantly lower than those of the placebo group at week 12 10) No significant changes in relevant liver and kidney lab values</p> <p>https://www.hindawi.com/journals/ecam/2014/179529/ PDF article available (MUST READ THIS ARTICLE)</p>		
1.2	26.9.20 12	Libido	Tongkat Ali improves sexual libido, sperm motility, sperm volume https://www.hindawi.com/journals/ecam/2012/429268/	109 males over 12 weeks	Universiti Sains Malaysia,
1.3	13.2.20 13	Libido	Tongkat Ali improved spermatogenesis (sperm concentration) and fertility in male rats via the hypothalamic-pituitary-gonadal axis. https://www.ncbi.nlm.nih.gov/pubmed/23261482	rats	Universiti Sains Malaysia, Penang, Malaysia.
1.4	29.3.20 10	Libido	significantly improves semen volume, sperm concentration, sperm motility and the percentage of morphologically normal sperm in men with idiopathic infertility, allowing for 11 (14.7%) spontaneous pregnancies. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3739276/	75 men with infertility history of 5.3yrs. Average age of 32.7 yrs.	Damai Hospital & University Sains Malaysia
1.5	2003	Libido	Tongkat Ali enhances sexual motivation in middle-aged male mice and retired breeders https://www.ncbi.nlm.nih.gov/pubmed/14964739	Using mice	Uni Sains Penang, Msia

2.1	May 2012	Testos	<p>Tongkat ali, as testosterone booster for managing men with late-onset hypogonadism (reduction or absence of hormone secretion or other physiological activity of the testes) Before treatment only 10.5% of the patients did not show any complaint according to the AMS scale and 35.5% had normal testosterone levels. After the completed treatment 71.7% and 90.8% of the patients showed normal values, respectively. https://www.ncbi.nlm.nih.gov/pubmed/21671978</p>	76 men, 1 month of taking TA	Damai Service Hospital, Kuala Lumpur, Malaysia
2.2	26.5.2013	Stress	<p>Tongkat Ali improve tension (-11%), Anger (-12%), Confusion (-15%), Stress cortisol (-16%). Improve testosterone (+37%) https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3669033/</p>	32 men, 31 women, 4 weeks	Supplement Watch, USA
2.3	April 2014	Strength Testos	<p>Tongkat Ali gave many good results for Physically Active Male and Female Seniors. Significant increases in total and free testosterone concentrations and muscular force in men and women. 13 physically active male and 12 physically active female seniors (57to72years) took 400 mg extract Tongkat Ali for 5weeks. https://www.ncbi.nlm.nih.gov/pubmed/23754792 (PDF file available)</p>	13 men, 12 women, 5 weeks. (from Shenyang)	Damai service hospital, Uni of the Western Cape, South Africa. Shenyang Center for Disease Control and Prevention, China
2.4	11.6.2013	Strength Testos	<p>significant increases in total and free testosterone concentrations and muscular force in men and women Thirteen physically active male and 12 physically active female seniors (57-72 years) were supplemented with 400-mg TA extract daily for 5 weeks https://www.ncbi.nlm.nih.gov/pubmed/23754792</p>	13 men, 12 women, 5 weeks	Department of Medical Bioscience, University of the Western Cape, Bellville, 7535, South Africa.

2.5	2013	Strength	<p>A significant increase in muscle strength was observed for the Tongkat Ali group compared to placebo in the back and leg strength test through muscular endurance, flexibility.</p> <p>The ratios of testosterone to epitestosterone did not change during a 12-weeks Tongkat Ali intake. The data suggest that this herb does not exhibit “doping”- like effects..</p> <p>https://www.omicsonline.org/the-eurycoma-longifolia-freeze-dried-water-extract-physta-does-not-change-normal-ratios-of-testosterone-to-epitestosterone-in-healthy-males-2161-0673.1000127.pdf</p>	109 healthy men aged between 30 to 55 years, 12 weeks. Double blind tests	Universiti Sains, Malaysia
2.6		Testos	<p>Tongkat Ali can help males with too much estrogen and reverse the effects</p> <p>Tongkat Ali is an agent for reversing the effects of estrogen by increasing spermatogenesis and sperm counts in rats after fourteen consecutive days of treatment.</p> <p>https://pdfs.semanticscholar.org/045e/225e95b6f2298c9dad047ffe7cfabc9b0205.pdf</p>	Use 24 rats	Universiti Kebangsaan Malaysia.
3.1	31.3.2015	Cancer	<p>Tongkat Ali inhibits growth of prostate cancer cells and anti-tumorigenic activity</p> <p>http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0121752</p> <p>(Tests using human prostate cancer, LNCaP and PC-3 cells, human normal prostate, RWPE-1 cells and human normal liver, WRL 68 cells were purchased from the American Type Culture Collection)</p>	Using Human prostate cancer cells. In Vitro and In Vivo	Faculty of Medicine, University of Malaya.

3.2	4.4.2005	Cancer	Tongkat Ali is anti-breast cancer . (Exert a direct antiproliferative activity on the growth of MCF-7, the most studied human breast cancer cell line). https://www.ncbi.nlm.nih.gov/pubmed/16158965 http://ar.iarjournals.org/content/25/3B/2205.long (full article)	Cancer cells	Universiti Kebangsaan Malaysia
3.3	10.7.2012	Cancer	Tongkat Ali is anti-cervical cancer (Eurycomanone induces apoptosis through the upregulation of p53 in human cervical carcinoma (Hela) cells) http://eprints.uad.ac.id/1395/	Cancer cells	Universiti Kebangsaan Malaysia
3.4	15.1.2012	Cancer	Tongkat Ali's anti-lung cancer activity . Tongkat Ali exhibited significant anti-proliferative and anti-clonogenic cell growth effects on A549 lung cancer cells. The treatment also resulted in suppression of the lung cancer cell tumor markers and several known cancer cell growth-associated genes. https://www.ncbi.nlm.nih.gov/pubmed/21903368	Using lung cancer cells	Faculty of Medicine, University of Malaya, Kuala Lumpur, Malaysia.
3.5	10.6.2009	Cancer	Tongkat Ali's anti-liver cancer activity. (Eurycomanone was cytotoxic on HepG2 cells by inducing apoptosis through the up-regulation of p53 and Bax, and down-regulation of Bcl-2). https://cancerbiomedcentral.com/articles/10.1186/1475-2867-9-16	Liver cancer cells in vitro	Universiti Kebangsaan Malaysia

3.6	7.1.2014	Cancer	TA is anti-leukemic cancer . (Anti-Tumor Activity of Eurycoma longifolia Root Extracts against K-562 Cell Line) http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0083818	In Vitro and In Vivo (on cancer cells)	Universiti Sains Malaysia
4.1	25.8.13	Safe	Powdered Root Tongkat Ali is safe to take even at 6g/kg body weight (420 gm powder root for 70kg person). Many good health results readings instead. (Evaluation of Acute 13-Week Subchronic Toxicity and Genotoxicity of the Powdered Root of Tongkat Ali. (acute oral LD50 was more than 6 g/kg body weight) https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3767077/	rats	Taipei Medical University, Taiwan.
4.2	June 2014	Safe	1) At this dosage (extract 400mg/day for 12 weeks) was safe, did not affect the liver and renal functions. 2) Will not fail the doping tests of the International Olympic Committee as Did not affect the urinary T:E ratio (double blind, placebo-controlled tests) https://www.ncbi.nlm.nih.gov/pubmed/25013692	13 male recreational athletes. 400 mg/day for 12 weeks	Universiti Sains Malaysia
4.3	Mar 2013	Safe	Tongkat Ali has no adverse effect on the prostate of rats unless at extremely high doses. Immaterial changes to prostate size when rats took at a dosage of 1gm/kg body weight. Assume man is 60kg, means take 60gm of TA roots/day https://pdfs.semanticscholar.org/9728/e622b3ffdc150dc3530a326bf1727a786c56.pdf	45 rats. Take TA for 4 weeks	International Islamic University, Msia

5.1	19.2.20 18	Anti- protozoal	Tongkat Ali is antibacterial, antiprotozoal, and antifungal https://www.ncbi.nlm.nih.gov/pubmed/29468964		Universiti Kebangsaan Malaysia
5.2	18.6.20 15	Anti- protozoal	Tongkat Ali exhibited the highest anti-protozoal activity compared to other herbs, and about same strength as the drug, MTZ. https://parasitesandvectors.biomedcentral.com/articles/10.1186/s13071-015-0942-y	Using human stools	University of Malaya Malaysia
6.1	23.8.20 12	Anti- oxidant	Tongkat Ali is antioxidant and anti-inflammatory http://www.ijpsnonline.com/Issues/1875_full.pdf	In Vitro	AIMST university, Kedah, Malaysia
6.2	20.6.20 15	Antidiabetic Effect	Tongkat Ali assist in the treatment of diabetes https://www.ncbi.nlm.nih.gov/pubmed/25862960	In Vitro	Hokkaido University, Japan
6.3	Dec 2004	Lower blood glucose level	Blood glucose decreased 38% to 47% in hyperglycemic (high glucose in blood) adult rats after treatment of 150 mg/kg body weight. In normoglycaemic (normal) rats, no significant reduction was noted when the same extracts were used. https://www.ncbi.nlm.nih.gov/pubmed/15507337		Universiti Kebangsaan Malaysia
6.4	6.6.201 2	Osteoporosi s Prevention & treatment	Tongkat Ali in the Prevention and Treatment of Male Osteoporosis due to Androgen Deficiency https://www.hindawi.com/journals/ecam/2012/125761/	Chemical analysis	Universiti Kebangsaan Malaysia
6.5	2013	Anti-ulcer	Tongkat Ali is anti-ulcer and is as effective as ranitidine in the treatment of ethanol-induced gastric lesions in rats' stomachs (so is good for regular alcohol drinkers and those with stomach ulcers) http://docsdrive.com/pdfs/ansinet/pjbs/2013/1815-1818.pdf	Rats fed with TA	Universiti Kebangsaan Malaysia

