

Tongkat Ali Extract

Wouldn't it be great if mother nature provided us with an herb that increase our testosterone, improved our sex life and posted our manly vitality exponentially?

Well I have good news. She did.

That herb is [Tongkat ali extract](#).

Tongkat ali extract is one of the most misunderstood herbs on the planet. But beyond that mystery lies **intense** power.

Not limited to: enhancing libido, increasing sperm count, building muscle, torching fat & even increasing the size of sex organs, tongkat ali is one of most amazing herbs mother nature has bestowed upon us.

But with this power has come an insane amount of advertising, misinformation and ultimately *confusion*. Everyone wants you to think their tongkat ali is the best. Some don't even put the right stuff in the capsule just so they can make a quick buck.

It's scary. It may even drive you to stay away completely.

Fear not. In this article I am going to tell you *everything* you need to know about tongkat ali extract ([plus where to buy it](#)) to end this confusion, once and for all. But best of all, I am going support every single piece of information with proven facts and links to those studies. It's time to close the door on all the confusion and open the door to better sex, a leaner body and optimal performance.

Here is everything you need to know about tongkat ali extract.

What is Tongkat Ali Extract?

If you haven't heard of tongkat ali extract, you are probably like what the *\$#% is this guy talking about. A powerful herb surrounded by mysticism? Sorry for being dramatic, but I had to capture your interest.

Tongkat ali is really not that much of a mystery, the only confusion comes from the mass marketing that surrounds it. With scientific advances we now *know* what tongkat ali truly does and how to use it for whatever benefit you want.

So what is it?

Tongkat ali is a South East Asian herb that grows in the jungles of Malaysia, Thailand & Indonesia. It is commonly known as tongkat ali, Tung Saw & Pasak Bumi, depending on which country you are in (respectively). It is also known to some as herbal viagra, but we'll get into that a little bit later.

For centuries, this root has been used by natives as a potent [aphrodisiac](#), a health tonic and energy enhancer. And now, it is available to you to use at your discretion.

So what does this magic herb do exactly? Let's find out.

Uses & Benefits of Tongkat Ali Extract

The list of tongkat ali's benefits is a long one. But we are going to go through everything.

1) Increase in testosterone levels

One of the biggest reasons that so many guys are using tongkat ali extract is because of its ability to [increase your testosterone levels](#). Tongkat ali will indeed give you a large boost in testosterone, but thankfully not in the way that most testosterone boosters do.

While most synthetic testosterone boosters increase the amount of testosterone being produced by your Leydig cells (which in turn causes them to eventually stop producing testosterone), tongkat ali actually boosts your amount of Leydig cells you have while also helping your body use it's natural amount of hormones more effectively. The result, no rebound effect and epic testosterone levels.

Bare with me, I will explain:

There is a hormone in your body called SHGB (sex hormone-binding globulin) which does exactly what it is named for. It binds to your sex hormone, testosterone, and renders it inert. Along with increasing Leydig production, what tongkat ali extract does is release this bind and lower your levels of SHGB so that your body can use more of it's natural free testosterone. This wards off the fear of your body producing less sex hormones over time, like it does with most testosterone boosters. This is one of the main reasons why the longer you use tongkat ali extract, the bigger the boost in free testosterone you will have.

Powerful stuff.

Studies:

a) Here are some AST testosterone tests after [4 weeks](#) and [8 weeks](#) of being on tongkat ali. Compare these to normal testosterone levels [here](#).

b) Here is another study from 2012 out of Malaysia on seventy-six men with hypogonadism. Before the trial 35% percent of the men had abnormally low testosterone levels. After the trial, 90% of the men's testosterone levels had jumped to the normal range.

For more tips on increasing your testosterone check out [this epic article](#).

2) Increase in Libido

One of the most popular reasons guys buy tongkat ali extract is for its *proven* strength as a [natural aphrodisiac](#).

Cool, but does it work on humans?

You bet.

Here is an account of a 76 year old man's experience with the herb. He started it due to a lack in sexual desire with his wife. After 10 days on the herb he describes his experience as:

[quote]"Sexual fantasies all day long, semi erection, fullness in testicles. Wanted sex in the worst way."[/quote]

Read more.

For more natural aphrodisiacs for men check out [this epic article](#).

3) Increase in Sperm Count And Quality

Increased sperm quality is one of the most noted and desirable effects of tongkat ali extract. In a world where most modern luxuries are against your sperm count (cell phones, GMO's, etc.) it's good to know tongkat ali has got your back.

Studies:

A study of 75 men who consumed tongkat ali extract every day experienced significant improvements in sperm count and quality that lasted for months after the study ended. In fact, a follow-up semen analyses in these patients showed significant improvement in *all semen parameters*. [[Source-5](#)]

4) More Powerful Ejaculations

Along with having better sperm, tongkat ali extract will actually allow you to shoot it stronger and farther.

[Here is an account of a man's experience in doing just that \[Source-6\]](#).

In the end he states:

[quote]As ejaculatory function has been the most difficult to enhance over many years, I was, of course, quite pleasantly surprised when I found out that on 1 gram of 1:50 tongkat ali extract obtained from Sumatra Pasak Bumi, I was able to produce shooting ejaculations. This, I consider quite an achievement.[/quote]
The stuff we link to below, is the same stuff he used.

[Read How to Be a Generous Lover](#)

5) Better Sex

Better sex? How?

While tongkat ali won't turn you into a porn star, it will help you come close.

Users commonly notice a reduce refractory period means more back to back sessions. Some men have even reported the refractory period being so low they can achieve [multiple orgasms](#).

Plus with harder erections, a higher libido, more sperm and more firing power – it's hard not to have a better sex life.

6) Increased Fertility

It is also common sense that with a higher libido, better sperm, and more shooting power – you are going to have the increased chance in fertility.

Most of you guys are probably not buying tongkat ali extract with the goal of pregnancy. But if you are, you're in luck!

Studies:

The same [study](#) about the semen volume that we talked about above resulted in 15% of the participants reporting new pregnancies. This is staggering if you think about it. But it makes sense, being that better sperm, more concentration and higher in mobility is a key factor that impacts male fertility. [[Source-8](#)]

Be careful with this stuff – If you are not ready for children, invest in some protection *before* your hormones are raging.

7) Male Enhancement (Penis Enlargement)

I bet this headline got you excited. Well it should. [Penis enlargement](#) is a cool thing.

There have been some claims floating around the internet that tongkat ali can actually increase the size of your penis and testicles. While there is no doubt that it will increase your libido, volumize your sperm and increase the power of your ejaculations – there is not too much to prove that it can actually increase the size of you dick. But – there *ishope*.

In reality, it is increased stimulation in the Leydig Cells in pubescent boys which sparks penis growth. Tongkat ali has been shown to activate these same Leydig Cells which in turn increase testosterone.

Does this translate to penis growth?

It just may. The evidence below shows promise of tongkat ali extract working in terms of penis enlargement. Even if it doesn't work miracles, it definitely can be a great addition to any PE routine.

Studies:

I found some great articles where guys claim to have an increase in size from tongkat ali alone. I link to them below for your reading pleasure:

8) Mood & wellbeing enhancement

Okay, so now that we are done with the staggering sexual benefits of tongkat ali extract, we can move on to the other stuff.

First is that tongkat ali extract has been proven to provide a mood enhancement and a boost in wellbeing. (Be careful though – too much can cause insomnia and agitation – see side effects section below)

Studies:

In a study on tongkat ali's effect on stress hormones and psychological mood state in moderately stressed subjects, the tongkat ali group was found to have an 11% decrease in tension, a 12% decrease in anger, and a 15% decrease in confusion. [[Source-10](#)]

It is also important to note that in this study, the same group was recorded to have reduced cortisol exposure (-16%) and increased testosterone status (+37%). More test boosting evidence.

9) Muscle Gain an Fat Loss

For the athletes, if you are not interested in the sex part, which you probably still are, tongkat ali extract also has been shown to increase muscle and boost fat loss.

It is common sense that when your cortisol drops and your testosterone rises, you are going to shred fat and lean up. You are putting your body in the perfect muscle man homeostasis.

Also, this boost in testosterone and reduction in cortisol will benefit anyone who is under intense stress. Essentially anyone who is training their ass off.

Studies:

The British Journal of Sports Medicine reported that in a double-blind placebo controlled scientific trial, the use of tongkat ali extract resulted in a 5% increase in lean body mass in the user group, while no significant changes were observed in the placebo group. [[Source-12](#)]

5% of lean muscle mass in only 5 weeks is *huge*. That can equate to 20% in just 20 weeks.

Among other interesting facts, the journal article states:

[quote]”The mean arm circumference of the treatment group increased significantly by 1.8 cm after the supplementation, from 30.87 (1.88) to 32.67 (1.96) cm ($p = 0.011$), but there was no significant increase in the placebo group.” [/quote]

The boost in vigor and hormone support may be just what you need to meet your fitness goals.

10) Athletic Performance

I am inclined to say that tongkat ali will help athletic performance. The increase in test and the energy boost will no doubt make you a beast on the field. But I also want to say that it is known to increase your heart rate and body temperature, so

it may not be the best combo for people doing intense aerobic training on a hot day.

It is great for weight lifting and working out, no doubt.

But I wouldn't pop it before your next half marathon. You would probably be fine!

There has been nothing reported. But I like to edge on the safe side.

Wrapping up The Benefits of Tongkat Ali Extract

And the manliest herb on the planet award goes to..!

Seriously this stuff crushes. But before you go run out and buy it, keep reading because there is a lot of stuff you need to know. Plus, we will let you know where we gets ours so you don't get dooped.

Correct Way to Take Tongkat Ali Extract and The Proper Dosages



It is important to know how to properly take tongkat ali before you start. It's not like other supplements where you can just pop one in everyday for 3 months. Well you can, but it won't work as well.

You Have to Cycle it

To get the most out of your investment, it is recommended that you cycle it and run a break period about 40% the length of your on cycle.

So for example, this could mean taking it for 8 weeks and then breaking for 3.5 weeks. Or taking it for 5 days and then taking off 2 days. I highly recommend the

second cycle as it is more for people looking to boost their sex drive and will allow you to keep taking it long term.

Why do you have to do this?

Simply because if you don't, your body builds up a tolerance to the herb. But by simply adding in this cycling, the body stays receptive *and* the effect of the tongkat build up over time. You are not starting back at square one after each weekly cycle. See each on as another step up.

As far as how many pills to take and when. That will be listed on your manufacturers recommendations. They will also have more information on how to cycle etc.

What to Expect When You Start a Tongkat Ali Extract Regime

Well for starters, expect good things.

But saying this, there are a lot of things that you need to know and everybody is different.

Don't expect crazy results week 1. It takes time to kick in.

By week 2 you should start to notice an increase in your sex drive and better recovery after workouts

By week 3 you should start to feel it coming on strong. Sex drive, better ejaculations, some more drive and vigor and a better sense of well being may be present.

After a month you will have a significantly higher level of testosterone coursing through your blood. This will result in some fat loss, muscle tone and everything else we mentioned.

Just keep cycling it and doing your thing. Just be patient.