
Is Tongkat Ali safe for men to take? If so, what are the recommended doses?

Answer

Dear Reader,

While many people have probably not heard of it, Tongkat Ali has historically been used to treat health problems ranging from fevers to intestinal worms. This herbal extract is most popularly known (no wonder!) as an aphrodisiac for men. Although it comes from a plant in the Southeast Asian rainforests, it is now widely available either as a pill or an instant coffee additive. This herbal supplement, also known as Eurycoma Longifolia (EL), has not shown any severe health consequences in experiments conducted with rats. However, as a non-FDA approved substance which has not yet been tested extensively in humans, caution and careful consideration should be given along with consulting with a healthcare provider.

In one study, rats given various doses of Tongkat Ali were found to have increased sexual activity and greater sperm quality. Bigger effects were seen at higher doses, and doses ranged from 30 to 150 milligrams of drug per one kilogram of body weight (mg/kg). In another experiment with rats, administering doses of 1200 to 2400 mg/kg caused some liver damage in a few test subjects but did not otherwise harm them. While there are not studies of long-term use in animals or humans (including studies in women), researchers suggested further investigation of the impacts on the liver as well as research into sustained use.

If you are considering or taking Tongkat Ali pills, the largest dose usually recommended for humans is 400 milligrams per day, which is far below the toxic dose observed in the rat study. If you prefer Tongkat Ali-based coffee mix (TACM), a small trial with 20 human subjects showed that drinking 21 grams of TACM daily for four weeks improved participants? ability to orgasm and sexual satisfaction, but had no significant impact on their body mass index (BMI), waistline, erectile function, or blood pressure. It is important to note, however, that the study subjects were overall healthy individuals. As always, if you have any health problems or are taking other medication, it?s best to talk to your health provider before starting any supplement, including Tongkat Ali.

Wishing you safe and pleasurable experiences!

Alice!

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