

# THE EFFECT OF TONGKAT ALI SUPPLEMENTATION IN HEALTHY EXCERCISE- TRAINED MALES AND FEMALES

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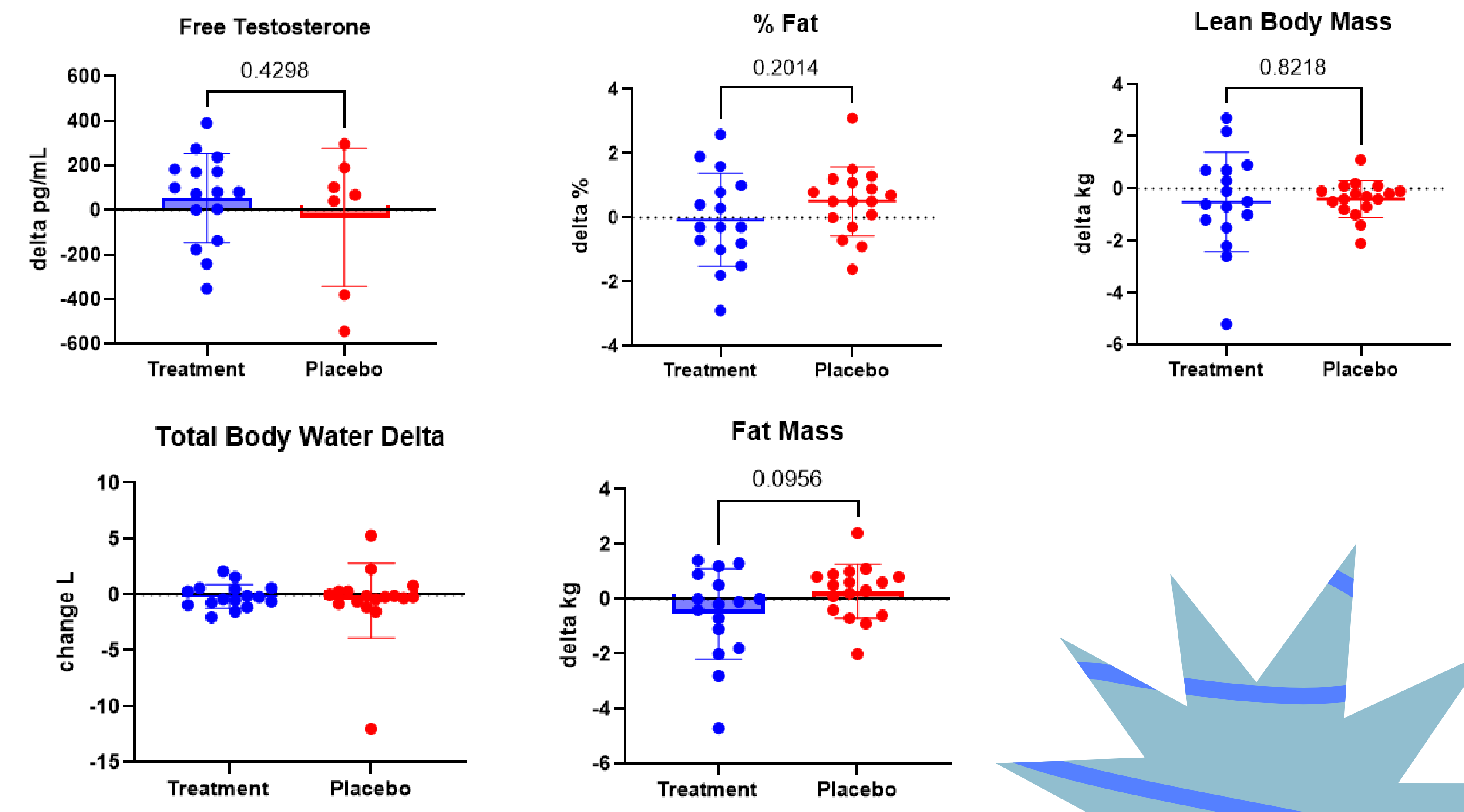
## INTRODUCTION

It has been suggested that supplementation with Tongkat Ali (i.e., the botanical name is Eurycoma longifolia) may affect testosterone concentrations. Whether this also affects body composition is unknown.

## OBJECTIVE

The purpose of this investigation was to determine if four weeks of Tongkat Ali (400 mg daily dose) supplementation affected body composition and salivary free testosterone concentrations.

## RESULTS



## FINDINGS

**There was no between-group difference in body composition regarding the delta score.**

Lean body mass – Tongkat Ali -0.5±1.9 kg, Placebo -0.4±0.7 kg (p=0.8218);

Fat mass – Tongkat Ali -0.5±1.6 kg, Placebo 0.3±1.0 kg (p=0.0956);

Percent body fat – Tongkat Ali -0.1±1.4, Placebo 0.5±1.1 (p=0.2014).

**Moreover, the other assessments had no between-group differences (e.g., handgrip strength, mood, sleep, and salivary free testosterone and cortisol).**

## Related Literature

Effects of Eurycoma Longifolia Jack Supplementation Combined with Resistance Training on Isokinetic Muscular Strength and Power, Anaerobic Power, and Urinary Testosterone



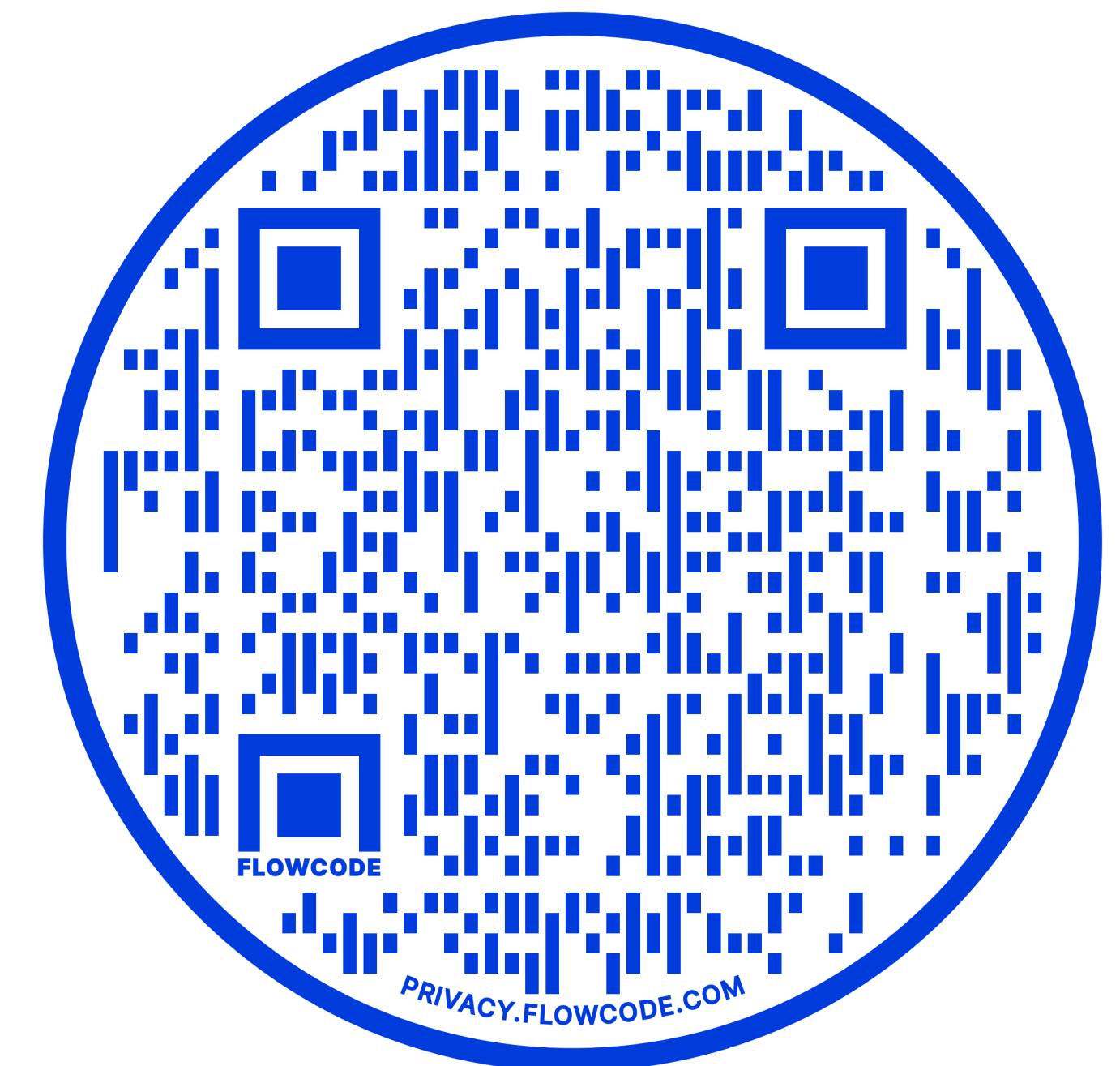
## METHODOLOGY

Thirty-three exercise-trained males (n=19) and females (n=14) volunteered for this investigation. Research participants were pre- and post-tested for:

- body composition (InBody 270)
- Profile of Mood States (POMS)
- Handgrip strength
- Sleep (Pittsburgh Sleep Quality Index [PSQI]).
- Saliva samples were collected and analyzed for cortisol and free testosterone

• 400mg of Tongkat Ali vs. Placebo daily for 4 weeks

## SCAN TO READ THE PAPER



## CONCLUSION

Four weeks of supplementation with Tongkat Ali in exercise-trained males and females does not affect body composition, mood, sleep, vigilant attention, handgrip strength, cortisol, and free testosterone.