



## Eurycoma longifolia Published Human Clinicals

### **LJ100® Human Clinical Research Andropause, Men's Sexual Health**

#### **1. LJ100® as a Potential Natural Energizer for Healthy Aging in Men.**

First Asian Andrology 2002. M.I.M. Tambi, S. Othman AND J.M. Saad.

#### **2. LJ100®, a Potent Adaptogen, Maintains Healthy Aging in Men**

International Journal of Andrology (2005). Vol. 28(Suppl 1):25-44. Asian Journal of Andrology, Oct 2006, 0154 (448). The Aging Male (2007). F11-Pg 92. Tambi, M.I. Kadir, A.B.

#### **3. LJ100® in Managing Idiopathic Male Infertility**

Asian Journal of Andrology (2010) 12: 376–380. Mohd Ismail Bin Mohd Tambi<sup>1</sup>, M. Kamarul Imran  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3739276/>

#### **4. LJ100® as Testosterone Booster for Managing Men with Late-onset Hypogonadism**

First International Journal of Andrologia 2011. M. I. B. M. Tambi, M. K. Imran & R. R. Henkel  
<https://onlinelibrary.wiley.com/doi/abs/10.1111/j.1439-0272.2011.01168.x>

#### **5. Phytoandrogenic Properties of LJ100® as Natural Alternative to Testosterone Replacement Therapy**

Andrologia. Jan 2014. George A, Henkel R  
<https://onlinelibrary.wiley.com/doi/abs/10.1111/and.12214>

#### **6. Effects of LJ100® on Sexual Performance & Well-being in Men with Reduced Sexual Potency**

Published: Evidence-Based Complementary and Alternative Medicine, Volume 2014, Article ID: 179529  
Udani J, Gruenwald J, Miller M, George A, Mufiza M, Abas A,  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3914427/pdf/ECAM2014-179529.pdf>

#### **7. Randomized Clinical Trial on the Use of LJ100® for the Improvement of Quality of Life and Sexual Well-Being in Men**

Evidence-Based Complementary and Alternative Medicine, Volume 2012. Shaiful Bahari Ismail, Wan Mohd Zahiruddin W Mohammad, Annie George, Nik Hazlina Nik Hussain, Zatul Mufiza Musthapa Kamal, & Eckehard Liske  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3518798/pdf/ECAM2012-429268.pdf>

#### **8. Effect of Eurycoma longifolia Standardised Aqueous Root Extract–LJ100® on Testosterone Levels and Quality of Life in Ageing Male Subjects: A Randomised, Double-blind, Placebo-Controlled Multicentre Study**

Food & Nutrition Research, 2021 Sasikala M. Chinnappan et al  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8254464/>

#### **9. The effect of Eurycoma Longifolia on the regulation of reproductive hormones in young males**

Andrologia. 2021 May;53(4):e14001. Kai Quin Chan et al  
<https://onlinelibrary.wiley.com/doi/10.1111/and.14001>



**10. A 6-month, double-blind, placebo-controlled, randomized trial to evaluate the effect of Eurycoma longifolia (Tongkat Ali) and concurrent training on erectile function and testosterone levels in androgen deficiency of aging males (ADAM)**

Maturitas. 2021 Mar;145:78-85. Alice Erwig Leitão et al  
<https://doi.org/10.1016/j.maturitas.2020.12.002>

**11. Exercise associated or not to the intake of Eurycoma longifolia improves strength and cardiorespiratory fitness in men with androgen deficiency**

Complementary Therapy Clinical Practice. 2021 Feb;42:101301. Alice Erwig Leitão et al  
<https://www.sciencedirect.com/science/article/abs/pii/S1744388120311762?via%3Dihub>

## **LJ100® Women's Reproductive Health**

**1. Effect of herbal extract Eurycoma longifolia (Physta®) on female reproductive hormones and bone biochemical markers: an ovariectomised rat model study**

BMC Complementary Medicine and Therapies (2020) 20:31. Sasikala M. Chinnappan, Annie George, Godavarthi Ashok and Yogendra Kumar Choudhary  
[https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7076899/pdf/12906\\_2020\\_Article\\_2814.pdf](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7076899/pdf/12906_2020_Article_2814.pdf)

**2. Efficacy of Labisia pumila and Eurycoma longifolia standardized extracts on hot flushes, quality of life, hormone and lipid profile of peri-menopausal and menopausal women: a randomised, placebo-controlled study**

Food & Nutrition Research 2020. Sasikala M. Chinnappan, Annie George, Malkanthi Evans, and Joseph Anthony.

## **LJ100® Human Clinical Research Sport Nutrition**

**1. The Ergogenic Effects of LJ100®**

British Journal of Sports Medicine (2003). BASEM Abstract 37:465-466. Hamzah, S and Yusuf, A.  
<https://pdfs.semanticscholar.org/f08d/579cb3ad8dd587c5784b2761a59dc7618722.pdf>

**2. Effect of LJ100® on Anabolic Balance During Endurance Exercise**

Journal of International Society of Sport Medicine 3 (1): S32 2006. Talbott S, Talbott J, Negrete J, Jones M, Nichols M, and Roza J.

**3. Effects of Strength Training and LJ100® Supplementation on Strength and Muscle Size in Middle-aged Women**

4th Asia-Pacific Conference on Exercise and Sport Science & 8th International Sports Science Conference (2009). Sarina, M.Y.

[https://www.researchgate.net/publication/301258972\\_Enhancement\\_Effects\\_of\\_Tongkat\\_Ali\\_Eurycoma\\_longifolia\\_Supplementation\\_on\\_Performance\\_Functions\\_Following\\_Strength\\_Training\\_in\\_Middle-Aged\\_Women](https://www.researchgate.net/publication/301258972_Enhancement_Effects_of_Tongkat_Ali_Eurycoma_longifolia_Supplementation_on_Performance_Functions_Following_Strength_Training_in_Middle-Aged_Women)

**4. LJ100® as a Potential Herbal Supplement for Physically Active Male and Female Seniors**

PHYTOTHERAPY RESEARCH (2013). Ralf R. Henkel, Ruxiang Wang, Susan Bassett, Tao Chen, Na Liu, Ying Zhu, and Mohd Ismail Tambi

<https://onlinelibrary.wiley.com/doi/abs/10.1002/ptr.5017>

## **5. Supplementation of Eurycoma longifolia Jack Extract for 6 Weeks Does Not Affect Urinary Testosterone: Epitestosterone Ratio, Liver and Renal Functions in Male Recreational Athletes**

Int J Prev Med. 2014 Jun; 5(6): 728–733. Chee Keong Chen, Wan Mohd Zahiruddin Wan Mohamad, Foong Kiew Ooi, Shaiful Bahari Ismail, Mohamad Rusli Abdullah, and Annie George

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4085925/>

## **6. Effects of Eurycoma Longifolia Jack Supplementation Combined with Resistance Training on Isokinetic Muscular Strength and Power, Anaerobic Power, and Urinary Testosterone: Epitestosterone Ratio in Young Males**

International Journal of Preventive Medicine. 2019; 10: 118. Chee Keong Chen, Foong Kiew Ooi, Nurul Ain Abu Kasim, and Mohd Asnizam Asari

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6639844/>

## **7. The effect of Eurycoma Longifolia on the regulation of reproductive hormones in young males**

Andrologia. 2021;00:e14001. Kai Quin Chan, Claire Stewart, Neil Chester, Sareena H. Hamzah, Ashril Yusof

<https://doi.org/10.1111/and.14001>

## **Adapticort® Human Clinical Research Cortisol, Mood, Immune**

### **1. Effect of Adapticort® on Stress Hormones and Psychological Mood State in Moderately Stressed Subjects**

Journal of the International Society of Sports Nutrition 2013, 10:28. Shawn M Talbott, Julie A Talbott, Annie George, Mike Pugh

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3669033/>

### **2. Immunomodulation in Middle-Aged Humans Via the Ingestion of Adapticort®**

Phytotherapy Research 2016. Annie George, Naoko Suzuki, Azreena Binti Abas, Kiminori Mohri

<https://onlinelibrary.wiley.com/doi/abs/10.1002/ptr.5571>

### **3. Efficacy and safety of Eurycoma longifolia (Adapticort®) water extract plus multivitamins on quality of life, mood and stress: a randomized placebo-controlled and parallel study**

Food Nutr Res. 2018; 62: 10.29219/fnr.v62.1374. Annie George, Jay Udani, Nurhayati Zainal Abidin, and Ashril Yusof

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6294837/>

## **In Vitro & In Vivo Published Research Sexual Health**

### **1. Phenolic-rich extracts of Eurycoma longifolia and Cylicodiscus gabunensis inhibit enzymes responsible for the development of erectile dysfunction and are antioxidants**

J Basic Clin Physiol Pharmacol. 2018 Nov 27;29(6):689-696. Ganiyu Oboh, Adeniyi A Adebayo, Ayokunle O Ademosun

<https://pubmed.ncbi.nlm.nih.gov/29777610/>

### **2. Brain Cortical and Hippocampal Dopamine: A New Mechanistic Approach for Eurycoma longifolia Well-Known Aphrodisiac Activity and Its Chemical Characterization**

Evidence-Based Complementary and Alternative Medicine Volume 2019, Article ID 7543460.  
Shahira M. Ezzat, Marwa I. Ezzat, Mona M. Okba, Salah M. Hassan, Amgad I. Alkorashy, Mennatallah M. Karar,  
Sherif H. Ahmed, and Shanaz O. Mohamed  
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### **3. Rho-Kinase II Inhibitory Potential of Eurycoma longifolia New Isolate for the Management of Erectile Dysfunction**

Evid Based Complement Alternat Med. 2019: 4341592. Shahira M. Ezzat, Mona M. Okba, Marwa I. Ezzat,  
Nora M. Aborehab, and Shanaz O. Mohamed  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6541974/>

## **In Vitro & In Vivo Published Research Weight Loss**

### **1. Antiadipogenic effects of a standardized quassinoids-enriched fraction and eurycomanone from Eurycoma longifolia**

Phytotherapy Research. 2018 Jul;32(7):1332-1345. D Balan, Kit-Lam Chan, D Murugan, Sazaly A Bakar, Pooi-Fong Wong  
<https://onlinelibrary.wiley.com/doi/epdf/10.1002/ptr.6065>

### **2. Selection of Thai Medicinal Plants with Anti-Obesigenic Potential via in vitro method**

Pharmaceuticals 2020, 13, 56; Wijitrapha Ruangaram 1 and Eisuke Kato  
<https://www.mdpi.com/1424-8247/13/4/56>

## **In Vitro & In Vivo Published Research Bone Health**

### **1. Combined Effects of Eurycoma longifolia and Testosterone on Androgen-Deficient Osteoporosis in a Male Rat Model**

Evid Based Complement Alternat Med. 2012; 2012: 872406. Halimatun S.A Razak, Ahmad N Shuid, and Isa N Mohamed  
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### **2. Effects of Eurycoma longifolia on Testosterone Level and Bone Structure in an Aged Orchidectomised Rat Model**

Evidence-Based Complementary and Alternative Medicine Volume 2012, Article ID 818072  
Abdul Shukor Tajul Ariff, Ima Nirwana Soelaiman, J. Pramanik, and Ahmad Nazrun Shuid  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3433727/pdf/ECAM2012-818072.pdf>

### **3. Eurycoma longifolia as a potential alternative to testosterone for the treatment of osteoporosis: Exploring time-mannered proliferative, differentiative and morphogenic modulation in osteoblasts**

J Ethnopharmacol . 2017 Jan 4;195:143-158. Hnin Ei Thu, Isa Naina Mohamed, Zahid Hussain, Ahmad Nazrun Shuid  
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### **4. The Effects of Quassinoid-Rich Eurycoma longifolia Extract on Bone Turnover and Histomorphometry Indices in the Androgen-Deficient Osteoporosis Rat Model**

Nutrients 2018, 10, 799; Putri Ayu Jayusman , Isa Naina Mohamed , Ekram Alias, Norazlina Mohamed and Ahmad Nazrun Shuid

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6073572/>

### **5. An Evidence-Based Review: The Effects of Malaysian Traditional Herbs on Osteoporotic Rat Models**

Malays J Med Sci. 2018 Jul; 25(4): 6–30. Nur Adlina Mohammad, Norfarah Izzaty Razaly, Mohd Dzulkhairi Mohd Rani, Muhammad Shamsir Mohd Aris, Nadia Mohd Effendy

[https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6422536/pdf/02mjms25042018\\_ra1.pdf](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6422536/pdf/02mjms25042018_ra1.pdf)

### **6. Exploring molecular mechanism of bone-forming capacity of *Eurycoma longifolia*: Evidence of enhanced expression of bone-related biomarkers**

Journal of Ayurveda and Integrative Medicine 9 (2018) 272e280. Hnin Ei Thu, Isa Naina Mohamed, Zahid Hussain, Ahmad Nazrun Shuid

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### **7. *Eurycoma longifolia*, a promising suppressor of RANKL-induced differentiation and activation of osteoclasts: An in vitro mechanistic evaluation**

Journal of Ayurveda and Integrative Medicine 10 (2019) 102e110. Hnin Ei Thu, Zahid Hussain, Isa Naina Mohamed, Ahmad Nazrun Shuid

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6598823/pdf/main.pdf>

## **In Vitro & In Vivo Published Research Inflammation**

### **1. Eurycomanone and Eurycomanol from *Eurycoma longifolia* Jack as Regulators of Signaling Pathways Involved in Proliferation, Cell Death and Inflammation**

Molecules 2014, 19, 14649-14666. Shéhérazade Hajjoui, Sébastien Chateauvieux, Marie-Hélène Teiten, Barbora Orlikova, Marc Schumacher, Mario Dicato, Chee-Yan Choo and Marc Diederich

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6270735/pdf/molecules-19-14649.pdf>

### **2. NF- $\kappa$ B Inhibitors from *Eurycoma longifolia***

J Nat Prod. 2014 Mar 28; 77(3): 483–488. Thi Van Anh Tran, Clemens Malainer, Stefan Schwaiger, Atanas G. Atanasov, Elke H. Heiss, Verena M. Dirsch, and Hermann Stuppner

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3971761/pdf/np400701k.pdf>

### **3. Anti-inflammatory and analgesic effects of *Eurycoma longifolia* extracts**

Arch Pharm Res. 2016 Mar;39(3):421-8. Young Min Han, Sang-Uk Woo, Min Sun Choi, Yu Na Park, Seung Hyun Kim, Hyungshin Yim, Hye Hyun Yoo

<https://link.springer.com/article/10.1007/s12272-016-0711-2>

### **4. Eurycomalactone Inhibits Expression of Endothelial Adhesion Molecules at a Post-Transcriptional Level**

Journal of Natural Products. 2017, 80, 3186–3193. Clemens Malainer, Daniel Schachner, Enrico Sangiovanni, Atanas G. Atanasov, Stefan Schwaiger,

Hermann Stuppner, Elke H. Heiss, and Verena M. Dirsch

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5744186/pdf/np7b00503.pdf>

## 5. Nephroprotective Effect of Herbal Extract *Eurycoma longifolia* on Paracetamol-Induced Nephrotoxicity in Rats

Evidence-Based Complementary and Alternative Medicine. Volume 2019, Article ID 4916519

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