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Doctor's Corner

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LJ100™ Tongkat Ali: A Testosterone Breakthrough to Restore Health and Youth

There is a powerful new performance-enhancing ingredient clinically proven in humans. It's called LJ100™ Tongkat Ali. Four years ago no one in the United States had heard of Tongkat Ali. Today the herb is becoming increasingly well-known as an athletic performance enhancer, an overall youth-promoting agent, and a libido builder.

Tongkat Ali is the popular folk name for *Eurycoma longifolia*, a medium-sized, slender rain forest tree. The name Tongkat Ali means "Ali's walking stick" and the plant is native to Malaysia, lower Burma, Thailand and Indonesia. Tongkat Ali enjoys a history of use that dates back to the 1700s, and today there is a growing body of serious science that corroborates its traditional uses, specifically for the patented and proprietary brand LJ100™ Tongkat Ali standardized extract containing 28% bioactive glycopeptides.

LJ100™ Tongkat Ali

LJ100 is a proprietary, patented ingredient, and has become recognized as the premier brand of *Eurycoma*

longifolia for supplements that build and tone muscles, boost energy levels, decrease body fat, slow the aging process, and increase libido for health-conscious consumers. LJ100 has undergone an exclusive, patented extraction process to capture the most potent, biologically active compounds. SourceOne™ Global Partners, headquartered in Chicago, holds the exclusive distribution rights to market and sell LJ100 Tongkat Ali in dietary supplements.

ATP and Lean Muscle

In studies, LJ100 Tongkat Ali extract greatly increases ATP production. ATP, or adenosine triphosphate, is the basic unit of energy in the body, responsible for keeping us alive and going. By increasing ATP, overall energy and vitality are increased. Most people seek more energy and LJ100 Tongkat Ali provides it, without hyperstimulation, jittery nerves or insomnia. Promoting human energy production is a valuable health benefit by itself to make LJ100 Tongkat Ali an enduring botanical superstar. People want energy more than just about any other functional attribute.

Endocrinologists have known for a long time that testosterone increases

the body's ratio of lean muscle mass to fat. In both animals and humans, LJ100 Tongkat Ali increases muscle mass. In a study of men, half the subjects ingested LJ100 and half did not. In an eight-week physical training program the men who consumed LJ100 experienced greater gains in muscle mass and strength than those that did not. This demonstrates the powerful anabolic properties of Tongkat Ali. Instead of turning to the use of dangerous and potentially lethal steroids, it is recommended that more athletes opt for Tongkat Ali. In Malaysia, many professional field hockey players use LJ100 Tongkat Ali as an androgen and swear to its performance-enhancing effects. According to Chris Kilham, ethnobotanist, author and lecturer, in a recent article in *Physical Magazine*, "LJ100 Tongkat Ali has the potential to revolutionize the sports nutrition category."

Maintaining Normal Cortisol / Testosterone Ratios

LJ100 is clinically proven to enhance weight loss and maintain high energy levels by maintaining normal levels of cortisol and testosterone during weight loss. More particularly,



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LJ100 studies have shown it to help maintain normal (low) cortisol and normal (high) testosterone levels during the stress of weight loss. This hormonal control provides energy to a person in a weight loss phase while simultaneously helping them lose weight. As a result, effective doses of LJ100 help prevent the body from seeking to gain weight by storing fat and increasing appetite. LJ100 can help stop the “yo-yo” diet effect where a dieter’s initial weight loss of a few pounds sends the body into a catabolic state, leading to binge eating and fat storage.

LJ100's Testosterone Breakthrough

LJ100 Tongkat Ali root contains numerous beneficial compounds, including potent protective antioxidants which inhibit cellular aging. What excites many people about LJ100 Tongkat Ali is that the root significantly boosts libido in men and women by increasing testosterone. Agents identified as glycoproteins are now proven to be the libido-boosting ingredients in the plant.

Increasing testosterone is the key factor in increasing libido. Testosterone is the most important of the male sex hormones, known as androgens, produced in the gonads. Testosterone plays a key role in the development and maturity of male sex organs. The hormone promotes secondary sex characteristics, including the appearance of facial hair, enlargement of the larynx (producing a deeper voice), sexual desire and sexual behavior. Testosterone also stimulates metabolism,

promotes lipolysis (burning of fat), increases the formation of red blood cells and accelerates muscle growth.

Testosterone doesn't stay with us. From age 30 or so, blood levels of this hormone decline at a rate of about 2 percent per year. By age 50, the level is around 55 percent. As testosterone decreases, muscle tone, energy and sex drive all begin to decline. But testosterone is not just for men. The same decline in testosterone occurs in women, though the amounts involved are lower. In both sexes, sex drive, function, fat metabolism and energy decline into middle age.

One of the questions that many health researchers have pondered is what if you could boost your testosterone levels to more youthful levels? With LJ100 Tongkat Ali extract you can. And that makes LJ100 a true fountain of youth.

LJ100 Tongkat Ali “Is the Greatest”

Don't be fooled by wannabes. Only LJ100™ delivers efficacy, standardization and supporting scientific research. When compared against lesser quality products, research showed LJ100™ to increase serum testosterone levels 100% after two weeks, while some other products showed only an 8% improvement in serum testosterone level. Ali is the greatest only if it is LJ100® Tongkat Ali.

Dr. Zheng-Xian Liu, PhD, has more than 18 years of experience in the nutraceutical business and more than 34 years of experience in R&D. He received a doctorate in biochemistry and nutrition at Virginia Polytechnic Institute and State University. He was an NIH post-doctorate research fellow at Duke University Medical Center, specializing in free radical biochemistry, and a Pratt research fellow in nutrition. He also served as a member of the editorial board of Journal of Advancement in Medicine and has published more than 60 papers in peer-reviewed scientific journals.



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