



ULTIMATE®



NPN 80039086

PERFORMANCE WITH TONGKAT ALI

Used in herbal medicine as an aphrodisiac for men and women

The Ultimate line is about improving lives, one body at a time, by correcting and maintaining metabolism and hormone balance as well as providing stress and immune support. Effective nutrient supplementation can often be the missing piece to optimal health. Our supplements are carefully formulated to provide the Ultimate in abundant energy, metabolism, health, and longevity.

Product summary

Ultimate Performance with Tongkat Ali is an aphrodisiac formula for men and women with naturally sourced ingredients. It combines *Epimedium* extract, used in herbal medicine as an aphrodisiac, along with tongkat ali, damiana powder, niacin, zinc, and BioPerine® black pepper extract, for a comprehensive approach to maintaining a healthy libido.

Benefits

- Contains *Epimedium grandiflorum*, used in herbal medicine as an aphrodisiac
- Features a 100:1 extract of tongkat ali plus important nutrients for sexual health
- Contains yin yang huo, used in traditional Chinese medicine for symptoms of kidney yang deficiency such as spermatorrhea
- Includes added nutrients involved in sexual health
- Formulated to support a healthy libido in both men and women
- A factor in the maintenance of good health

Research

The physiological changes that occur in men and women as they age are often accompanied by reduced sexual response and function. (1) This can have a negative impact on self-esteem and personal relationships. Surveys show that the most prevalent sexual concern for women is low desire and for men is erectile difficulties. (1) Although these concerns are different, men and women can help support their libido with the use of herbal aphrodisiacs and essential nutrients needed for sexual health. (2–5)

Tongkat ali, also known as Malaysian ginseng, is well documented for helping to increase testosterone levels. This effect increases the body's anabolic status and is believed to further benefit people by improving their libido and fertility. (2) In a clinical study, physically active male and female seniors were supplemented with 400 mg of tongkat ali extract per day for five weeks. Supplementation benefitted both men and women, with significant increases in total and free testosterone levels as well as muscle strength. (2)

A 12-week placebo-controlled trial supplemented 30–55-year-old men with 300 mg of a tongkat ali extract per day. A series of questionnaires on quality of life and sexual well-being, in addition to seminal fluid analysis, showed that tongkat ali helps improve erectile function, sexual libido, sperm motility, and semen volume. (6)

Epimedium grandiflorum, also known as yin yang huo, is used in herbal medicine as an aphrodisiac and in traditional Chinese medicine for patterns of kidney yang deficiency with symptoms such as spermatorrhea, soreness, and weakness of the lower back and knees. (3) The main bioactive component of *Epimedium* species is icariin, which has been shown through animal studies to help with erectile dysfunction by increasing blood flow and relaxation of smooth muscle tissue. (7)

Damiana (*Turnera diffusa*) has been used historically as a natural aphrodisiac and is a recognized homeopathic aid for sexual debility and central nervous system disorders, such as anxiety. (8) Flavonoids and other compounds present in extracts of *Turnera diffusa* may participate in its pro-sexual effect, thereby supporting those with sexual dysfunction. (9)

BioPerine is a 50:1 black pepper extract standardized to 95% piperine, an active alkaloid that supports digestive function and enhances the bioavailability of nutrients and herbs. (10) Animal studies show that piperine supplementation improves blood testosterone levels and supports normal levels of serotonin, an important “feel-good” neurotransmitter. (10)

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Zinc is an essential mineral needed for protein metabolism and sexual function. It plays a role in the body's testosterone regulation, with research showing that zinc supplementation helps increase testosterone levels in older men with marginal zinc deficiency. (4) Niacin is also an essential nutrient with important roles in blood lipid levels and sexual health. A placebo-controlled trial demonstrated that 12 weeks of supplementation with niacin improved erectile function in men with moderate-to-severe erectile dysfunction and high blood lipids. (5)

Ingredients

Each vegetarian capsule contains:

Tongkat Ali (<i>Eurycoma longifolia</i>) Extract 100:1 (40% glycosaponins, 22% eurypeptides) (root).....	83 mg (Providing 8300 mg dried tongkat ali equivalent)
Yin Yang Huo (<i>Epimedium grandiflorum</i>) Extract 40:1 (leaf, stem)	84 mg (Providing 3360 mg dried yin yang huo equivalent)
Damiana (<i>Turnera diffusa</i>) Powder (leaf).....	50 mg
Niacin	8.3 mg
Zinc (HVP* chelate)	3.3 mg
BioPerine® Black Pepper (<i>Piper nigrum</i>) Extract 50:1 (standardized to 95% piperine) (fruit)	0.83 mg (Providing 41.5 mg dried black pepper equivalent)

*HVP: Hydrolyzed Vegetable Protein

Non-medicinal ingredients: Microcrystalline cellulose, vegetarian capsule (carbohydrate gum, purified water), vegetable grade magnesium stearate (lubricant), silica, stearic acid.

Recommended adult dose: 1 capsule 3 times daily with food, a few hours before or after taking other medications or natural health products, or as directed by a health care practitioner. Consult a health care practitioner for use beyond 12 weeks.

Caution: Consult a health care practitioner prior to use if you suffer from a hormone-sensitive condition or if you are taking other medications or natural health products. Do not use if you are trying to conceive or have diabetes, hypoglycemia, high blood pressure, or yin-deficient fire. Discontinue treatment and consult a health care practitioner if symptoms of dry mouth, nausea, vomiting, dizziness, nosebleed, diarrhea, abdominal distention, headaches, rash, or gastric disturbances appear. People sensitive to nicotinic acid may experience flushing of the skin that is generally mild and transient. Keep out of reach of children.

This product does not contain artificial preservatives, colours, or sweeteners; no dairy, sugar, wheat, gluten, yeast, soy, corn, egg, fish, shellfish, animal products, salt, tree nuts, or GMOs. Suitable for vegetarians/vegans.



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