

LEGAL NOTICE & TERMS OF USE

Tongkat Ali Dosage Calculator

Effective Date: March 21, 2026 | Version 1.0

1. Purpose and Scope

This Legal Notice and Terms of Use (“Terms”) govern your access to and use of the Tongkat Ali Dosage Calculator (“Calculator”) embedded on this website. By accessing, viewing, or interacting with the Calculator, you acknowledge that you have read, understood, and agree to be bound by these Terms in their entirety.

These Terms apply to:

- All visitors and users who access the Calculator, whether or not they create an account or subscribe to any service;
- Any third parties who embed, reference, link to, or reproduce the Calculator or its output in any medium;
- Users accessing the Calculator via mobile devices, desktop browsers, embedded iframes, or any other platform.

2. Educational and Informational Purpose Only

THE CALCULATOR IS PROVIDED SOLELY FOR GENERAL EDUCATIONAL AND INFORMATIONAL PURPOSES. IT DOES NOT CONSTITUTE, AND MUST NOT BE INTERPRETED AS, MEDICAL ADVICE, A CLINICAL DIAGNOSIS, A TREATMENT RECOMMENDATION, OR A SUBSTITUTE FOR PROFESSIONAL HEALTHCARE GUIDANCE.

The dosage ranges, capsule estimates, cycling guidance, and timeline projections generated by the Calculator are derived from publicly available clinical studies, peer-reviewed research, expert commentary, and aggregated user data. These figures are:

- General reference points only, not personalised medical prescriptions;
- Based on standardised, clinically tested Tongkat Ali hot-water root extracts (e.g., Physta® 200:1 ratio); results may differ substantially for non-standardised, low-potency, or adulterated products;
- Subject to individual variation based on genetics, hormonal baseline, existing medications, liver function, body composition, and other clinical factors not captured by the Calculator;
- Not validated by or endorsed by the Ministry of Health Malaysia, the U.S. Food and Drug Administration (FDA), or any equivalent regulatory authority.

3. No Medical or Professional Relationship

Use of the Calculator does not create a physician-patient relationship, a pharmacist-patient relationship, a dietitian-client relationship, or any other professional advisory relationship between you and the website owner, its operators, authors, or any affiliated parties.

You are strongly advised to:

1. Consult a licensed medical doctor, endocrinologist, or qualified healthcare professional before commencing, adjusting, or discontinuing any supplement regimen, including Tongkat Ali;
2. Request a blood test or hormone panel to establish your baseline testosterone levels prior to use;

3. Disclose all existing medications, supplements, and medical conditions to your healthcare provider before use;
4. Seek immediate medical attention if you experience any adverse reactions, including but not limited to nausea, vomiting, elevated heart rate, liver discomfort, hormonal disruption, or allergic response.

4. Limitation of Liability

TO THE FULLEST EXTENT PERMITTED BY APPLICABLE LAW, THE WEBSITE OWNER, ITS OPERATORS, DIRECTORS, EMPLOYEES, CONTRIBUTORS, CONTENT PROVIDERS, AND AFFILIATES SHALL NOT BE LIABLE FOR ANY DIRECT, INDIRECT, INCIDENTAL, SPECIAL, CONSEQUENTIAL, PUNITIVE, OR EXEMPLARY DAMAGES ARISING OUT OF OR IN CONNECTION WITH:

- Your reliance on any dosage figure, recommendation, or other output produced by the Calculator;
- Any adverse health outcome, injury, illness, hormonal imbalance, organ damage, or death resulting from the use or misuse of Tongkat Ali or any supplement, whether or not informed by the Calculator;
- Inaccuracies, omissions, errors, or outdated information contained within the Calculator's algorithm or underlying data sources;
- Interactions between Tongkat Ali and prescription medications, over-the-counter drugs, or other herbal supplements not disclosed to a qualified healthcare provider;
- Your failure to consult a qualified healthcare professional prior to commencing supplementation;
- Technical errors, downtime, data loss, or Calculator malfunction;
- Third-party products, services, or websites referenced or linked from the Calculator interface.

This limitation applies regardless of whether such damages were foreseeable and whether the website owner was advised of their possibility.

5. Accuracy, Currency, and Updates

While we endeavour to ensure the Calculator reflects current scientific literature and expert consensus, we make no representations or warranties — express, implied, statutory, or otherwise — regarding the accuracy, completeness, reliability, suitability, or timeliness of any information generated by the Calculator.

The field of nutraceutical research evolves rapidly. Clinical guidance on Tongkat Ali dosing, safety thresholds, and efficacy may change as new evidence emerges. The website owner reserves the right to modify, update, suspend, or discontinue the Calculator at any time without prior notice and without liability.

6. User Responsibilities and Prohibited Conduct

By using the Calculator, you agree that you will:

5. Use the Calculator only for lawful, personal, non-commercial purposes;
6. Not reproduce, redistribute, sublicense, scrape, frame, mirror, or commercially exploit the Calculator or its underlying code without prior written consent from the website owner;
7. Not use the Calculator's output as the sole basis for making any clinical or health-related decision;
8. Not misrepresent the Calculator's output as certified medical advice in any publication, social media post, marketing material, or commercial context;
9. Accept full personal responsibility for any supplement choices made in reliance on the Calculator's output;
10. Not use automated bots, scripts, or scraping tools to access, extract, or replicate Calculator data or functionality.

7. Intellectual Property

The Calculator, including its design, interface, logic, algorithm, content, and underlying code, is the proprietary intellectual property of the website owner and is protected by applicable copyright, trademark, and intellectual property laws.

Nothing in these Terms grants you any right, title, or interest in or to the Calculator beyond a limited, non-exclusive, non-transferable, revocable licence to use the Calculator for personal, non-commercial purposes in accordance with these Terms.

Any dosage data, educational content, or reference material sourced from third-party clinical studies or published works remains the intellectual property of their respective authors and institutions. Such content is referenced under fair use for educational commentary and is attributed accordingly.

8. Third-Party Products and Brand References

Any reference to specific Tongkat Ali brands, product formulations, extraction methods, or supplement companies within or adjacent to the Calculator is made solely for illustrative and educational purposes. Such references do not constitute endorsement, affiliation, sponsorship, or a commercial recommendation by the website owner.

The website owner does not guarantee the quality, purity, safety, or efficacy of any specific product. Users are responsible for independently verifying the quality, certification, and suitability of any supplement product before purchase and use.

9. Maximum Dose Safety Notice

The Calculator imposes a hard ceiling of 1,000 mg per day in its output, consistent with published safety literature. However, this ceiling is a conservative reference limit and does not guarantee safety for all individuals.

IMPORTANT: Do not exceed 600 mg per day without direct supervision from a qualified healthcare professional. Long-term consumption exceeding 600 mg per day may be associated with elevated risk of hepatotoxicity, particularly when combined with other herbal supplements such as Fadogia agrestis. Users who experience any signs of liver distress — including jaundice, dark urine, fatigue, or upper abdominal pain — should discontinue use immediately and seek emergency medical care.

10. Special Populations

The Calculator is not designed for and must not be used by:

- Individuals under the age of 18 years;
- Pregnant or breastfeeding women;
- Individuals with existing liver disease, kidney disease, hormone-sensitive cancers (including prostate cancer), or active cardiovascular conditions;
- Individuals currently undergoing testosterone replacement therapy (TRT) or any other hormone therapy without direct physician approval;
- Individuals taking immunosuppressants, anticoagulants, or other medications with known herb-drug interactions, without prior medical clearance.

If you fall within any of the above categories, please consult a qualified physician before using the Calculator or consuming any form of Tongkat Ali.

11. Governing Law and Jurisdiction

These Terms shall be governed by and construed in accordance with the laws of the jurisdiction in which the website owner is registered or primarily operates, without regard to its conflict-of-law provisions. Any dispute arising from or relating to these Terms or the use of the Calculator shall be subject to the exclusive jurisdiction of the courts of that jurisdiction.

Users accessing the Calculator from jurisdictions outside the website owner's primary location do so at their own initiative and are responsible for compliance with applicable local laws and regulations regarding dietary supplements.

12. Amendments to These Terms

The website owner reserves the right to amend, revise, or replace these Terms at any time. The effective date at the top of this document will be updated accordingly. Continued use of the Calculator following the posting of revised Terms constitutes your acceptance of those changes.

It is your responsibility to review these Terms periodically for updates.

13. Severability and Entire Agreement

If any provision of these Terms is found to be unlawful, void, or unenforceable by a court of competent jurisdiction, that provision shall be deemed severable and shall not affect the validity and enforceability of the remaining provisions.

These Terms constitute the entire agreement between you and the website owner with respect to the Calculator and supersede all prior or contemporaneous communications, representations, or agreements relating to the same subject matter.

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