

AKARALI™

DIRECTION FOR USE

Tongkat Ali Root Extract Capsule

Eurycoma longifolia Jack | 200 mg Standardised Aqueous Extract

FORM	Vegetarian Capsule
STRENGTH	200 mg per capsule
EXTRACT TYPE	Standardised Hot-Water Aqueous Extract
ORIGIN	Malaysia (Tropical Rainforest)
INTENDED USER	Adults 18 years and over

This document provides comprehensive directions for use, contraindications, precautions, drug interactions, and safety information for AKARALI® Tongkat Ali Root Extract. Please read all sections carefully before commencing supplementation.

PRODUCT DESCRIPTION

AKARALI® Tongkat Ali Root Extract is a standardised hot-water root extract derived from *Eurycoma longifolia* Jack, a plant indigenous to the tropical rainforests of Southeast Asia, most notably Malaysia. Each capsule contains **200 mg** of standardised aqueous Tongkat Ali root extract.

This product is a food supplement and is not intended to diagnose, treat, cure, or prevent any disease or medical condition. It is not a medicinal product and has not been assessed by the MHRA for medicinal purposes.

TRADITIONAL AND INTENDED USE

Eurycoma longifolia has a well-established history of traditional use in Southeast Asian ethnobotany as a general health tonic and adaptogenic aid. In the context of food supplementation, it is commonly used to support:

- General vitality, vigour, and physical energy levels
- Psychological well-being, including mood, tension management, and the body's adaptive response to physical and mental stress
- Healthy hormonal balance, including support for normal testosterone levels in adult males
- Athletic performance, including support for muscle endurance and recovery in physically active individuals
- Sexual well-being and libido in both men and women
- Cognitive clarity and reduction of fatigue

These uses are informed by a growing body of peer-reviewed human clinical trials, preclinical research, and extensive traditional use, though the evidence base is still developing. Individual results may vary.

RECOMMENDED DIRECTIONS FOR USE

Adults aged 18 years and over

LEVEL	DOSE	TIMING	NOTES
Standard	1 capsule (200 mg)	Morning or early afternoon	Begin here; assess tolerance over 4–8 weeks
Enhanced	2 capsules (400 mg)	Morning + midday, or both in the morning	Consult a healthcare professional before increasing
Maximum	2 capsules (400 mg)	Do not exceed this limit	Unless directed by a qualified clinician

Best Practice Guidance

- Take on an **empty stomach** or at least 30 minutes before a meal to support optimal absorption of active compounds.
- Allow a minimum of **4 to 8 weeks** of consistent daily use before assessing the full benefit, as bioactive compounds act cumulatively over time.
- Some individuals practise **cyclical supplementation** (e.g., 5 days on / 2 days off; or 4 weeks on / 1 week off) to maintain the body's natural hormonal sensitivity. Consult a healthcare professional for personalised guidance.

CONTRAINDICATIONS

Do **not** use this product if any of the following apply to you:

- **Pregnancy:** The safety of *Eurycoma longifolia* supplementation during pregnancy has not been established in human clinical studies. Use is contraindicated in pregnant women.
- **Breastfeeding (lactation):** Insufficient data exist to confirm the safety of this supplement during breastfeeding. Use is contraindicated in women who are breastfeeding.
- **Children and adolescents under 18:** This product is not intended for use in persons under 18 years of age. Safety and efficacy in paediatric populations have not been established.
- **Hormone-sensitive conditions:** Individuals with diagnosed or suspected hormone-sensitive conditions — including prostate cancer, testicular cancer, male breast cancer, endometriosis, or uterine fibroids — should not use this product without prior medical consultation.
- **Known allergy or hypersensitivity** to *Eurycoma longifolia* or any listed excipients.

PRECAUTIONS AND SPECIAL WARNINGS

Consult your GP, pharmacist, or qualified healthcare professional **before** use if any of the following apply:

- **Liver disease or hepatic impairment:** A small number of case reports have documented hepatotoxicity associated with *Eurycoma longifolia*. Discontinue immediately and seek medical attention if you develop jaundice, dark urine, abdominal pain, or significant nausea.
- **Renal disease or kidney impairment:** *Eurycoma longifolia* undergoes renal excretion. Use only under medical supervision in individuals with chronic kidney disease or compromised renal function.
- **Cardiovascular disease:** May have mild effects on heart rate and blood pressure at higher doses. Consult your GP before use if you have a history of cardiac arrhythmia, hypertension, or congestive heart failure.
- **Diabetes mellitus:** Preclinical evidence suggests *Eurycoma longifolia* may lower blood glucose levels. Monitor blood glucose carefully and consult your healthcare provider.
- **Immunocompromised individuals:** Associated with immunostimulatory activity, which may be clinically relevant in individuals receiving immunosuppressive therapies. Seek medical guidance prior to use.
- **Sleep apnoea:** Use with caution. Stimulatory properties at higher doses may exacerbate sleep-disordered breathing.
- **Anxiety or mood disorders:** Higher doses may increase alertness and elevate adrenal output, which could aggravate pre-existing anxiety or agitation.
- **PSA monitoring:** Men undergoing PSA screening should inform their clinician of Tongkat Ali supplementation, as androgenic activity may potentially influence PSA test interpretation.

POTENTIAL DRUG INTERACTIONS

Eurycoma longifolia has been shown to inhibit hepatic cytochrome P450 (CYP) enzymes, particularly CYP3A4, involved in the metabolism of approximately 50% of commonly prescribed pharmaceutical agents. Inform your GP or pharmacist before use if taking any prescription or OTC medicines.

AVOID CONCURRENT USE OR SEEK MEDICAL ADVICE:

- **Immunosuppressants** (cyclosporin, tacrolimus, methotrexate, adalimumab, etc.): May potentiate immunosuppressive effects and increase infection risk.
- **Anticoagulants and antiplatelet agents** (warfarin, apixaban, rivaroxaban, clopidogrel): Potential for altered coagulation parameters; monitor INR.

USE WITH CAUTION — INFORM YOUR HEALTHCARE PROVIDER:

- **Antidiabetic agents** (metformin, insulin, glipizide): May potentiate hypoglycaemic effects. Monitor blood glucose closely.
- **Antihypertensive agents** (ACE inhibitors, beta-blockers, calcium channel blockers): May amplify blood pressure-lowering effects.
- **Hormonal therapies** (testosterone replacement, anabolic steroids, oral contraceptives, oestrogen): Additive or synergistic endocrine effects possible.
- **Stimulant medications** (caffeine, ADHD medications, sympathomimetics): May have additive stimulatory effects on heart rate or blood pressure.
- **Antidepressants** (SSRIs, SNRIs, MAOIs): Caution advised given potential influence on cortisol and adrenal function.

This list is not exhaustive. Always disclose all medicines and supplements to your healthcare provider.

COMMON SIDE EFFECTS

Eurycoma longifolia supplementation is generally well-tolerated at recommended doses. However, adverse reactions may occur in some individuals. Report any persistent or severe adverse reactions to the **MHRA Yellow Card scheme** at yellowcard.mhra.gov.uk.

FREQUENCY	REPORTED EFFECTS
Common (up to 1 in 10)	Mild gastrointestinal discomfort (nausea, bloating, indigestion); mild restlessness or increased energy; increased libido
Uncommon (up to 1 in 100)	Transient insomnia (especially above 200 mg or taken late in the day); mild anxiety or irritability; headache; mild elevation in heart rate or blood pressure
Rare (up to 1 in 1,000)	Elevated body temperature (thermogenic response), particularly during physical exertion or in warm climates
Very Rare (frequency unknown)	Hepatotoxicity: Discontinue use immediately and seek medical attention if jaundice, dark urine, right-upper abdominal pain, or significant nausea occur

PRODUCT QUALITY AND ADULTERATION WARNING

The market for *Eurycoma longifolia* supplements includes products of variable quality. Studies have identified instances of heavy metal contamination (mercury and lead) in improperly sourced herbal preparations, as well as undisclosed adulteration with pharmaceutical compounds including sildenafil analogues.

AKARALI® products are manufactured under strict quality assurance conditions. Purchase Tongkat Ali supplements only from reputable, verified sources with full ingredient disclosure, standardisation information, and third-party quality testing documentation.

STORAGE

- Store in a cool, dry place **below 25°C**, away from direct sunlight, moisture, and heat.
- Keep the lid tightly closed after each use.
- Do not store in the bathroom or near a kitchen sink.
- Keep out of reach of children and adolescents under 18 years of age.

IN CASE OF OVERDOSE OR ACCIDENTAL INGESTION

If you suspect that more than the recommended dose has been consumed, particularly by a child, seek medical advice immediately. Contact the **NHS 111 service** or the **National Poisons Information Service (NPIS)** via NHS 111 for urgent guidance.

DISCLAIMER

This food supplement is not intended to diagnose, treat, cure, or prevent any disease. The information provided herein is for informational purposes and does not constitute medical advice. Individual results from supplementation may vary. If you have a pre-existing medical condition, are taking prescribed medications, or are under the care of a healthcare provider, always seek professional medical advice before commencing any new food supplement regimen.

The functional claims associated with this product have not been formally evaluated by the European Food Safety Authority (EFSA) or the UK Food Standards Agency (FSA) in the context of authorised health claims under UK retained legislation.

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