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TESTOMAX

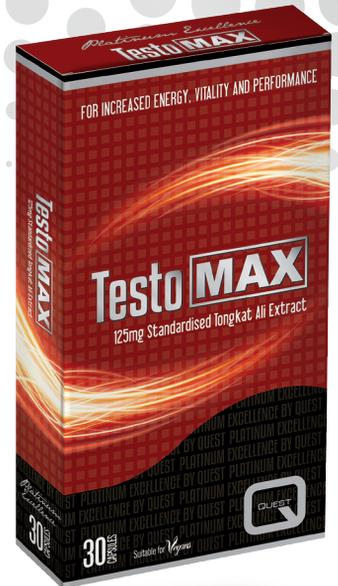
For increased energy, vitality, performance and fertility.

Nutritional Information

One capsule provides:

Eurycoma Longifolia Jack (Tongkat Ali) Extract	125 mg
(Providing not less than 1.1 mg of Eurycomanone)	

Take two capsules in the morning with food or as recommended by a healthcare provider. For long-term use, a break of 2 days is recommended after every 5 days of supplementation.



SUMMARY

- Increases testosterone levels in the body naturally and gradually.
- Recommended for middle aged and elderly men suffering from the side effects of declining testosterone levels in the body.
- Can be used to enhance male fertility.

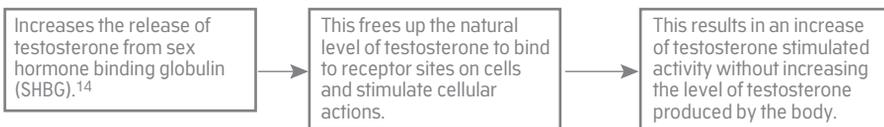
WHAT IS TESTOMAX?

Free testosterone hormone levels in the male body peak between the ages of 25-30, and then decline steadily at a rate of 1-2% annually as the production of testosterone decreases¹. Tongkat ali extract increases testosterone levels naturally, thereby increasing muscle mass, increasing energy levels, reducing stress, increasing endurance and athletic performance, increasing fertility and enhancing sexual performance.

WHAT ARE THE MECHANISMS OF ACTION OF TESTOMAX?

There are 4 main mechanisms of actions of Tongkat ali which work within different areas of hormonal regulation and reduce the effect of ageing on the male reproductive system.

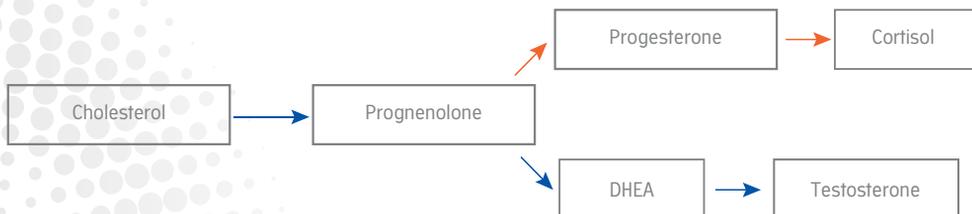
Testosterone modulation: Tongkat ali naturally stimulates and increases the rate of release of free testosterone in the body from its binding hormone, sex-hormone-binding-globulin (SHBG).² Tongkat ali is best characterized as a natural testosterone “maintainer” and “restorer”, rather than a testosterone “booster”, as instead of stimulating testosterone synthesis (such as anabolic steroids), it simply increases the rate of release of free testosterone, when testosterone levels are low in the body. In one study, 200 mg daily of tongkat ali supplementation after one month increased the normal semen testosterone levels from 35.65% to 90.8% in a group of individuals suffering from low testosterone.³



Reduces the conversion of testosterone into oestrogen: Tongkat ali reduces aromatisation (the conversion of testosterone to oestrogen)¹⁵. This may be particularly beneficial for males with obesity. Excess fat leads to an increase in the enzyme aromatase which causes aromatisation of testosterone into oestrogen.



Reducing cortisol: Tongkat ali reduces the production of cortisol¹⁴. This enables its precursor pregnenolone to be used for DHEA (Dehydroepiandrosterone) and then testosterone rather than the priority stress hormone. Pregnenolone is converted from cholesterol, however this conversion uses up a lot of ATP (energy), and the body is only able to produce a certain amount meaning that a high rate of cortisol production leaves less pregnenolone for conversion into testosterone.



Reduces cortisol production in moderately stressed subjects via hypothalamus - pituitary - adrenal axis (HPA axis.)¹⁴

This allows pregnenolone to be used for DHEA and then testosterone rather than cortisol.

This restores natural testosterone levels within the body.

Stimulating LH secretion: Tongkat ali modulates the hypothalamic-pituitary-adrenal axis and raises luteinizing hormone (LH) within the body¹⁵. LH increases follicle stimulating hormone (FSH) which stimulates the Leydig cells of the testes to produce more testosterone.

Stimulates the secretion of Luteinizing Hormones (LH).¹⁵

This stimulates the Leydig cells of the testicles to produce more testosterone

This can then be used directly for cell stimulation due to a decrease in SHBG.

WHAT CAN TESTOMAX BE USED FOR?

Enhancing sexual performance and fertility

Libido and sexual performance: Tongkat ali has been used for centuries in Southeast Asia as an aphrodisiac for loss of sexual desire and impotence. This traditional use has been subsequently confirmed by animal trials^{4,5,6,7} and human trials. A 12 week placebo-controlled, double-blind, randomised trial of tongkat ali supplementation on the sexual health of men (30-55 years of age) showed a significant improvement when compared to placebo in erectile function, sexual libido, sexual satisfaction, sperm motility and semen concentration.⁸ Two other 12 week trials observed similar improvements in the tongkat ali group (200 mg/daily) in erectile function, sexual libido and sexual performance.^{9,10}

Increasing male fertility: In one clinical trial, significant increases in sperm concentration and the percentage of sperm with normal morphology was observed in 75 patients with idiopathic infertility given 200 mg daily of tongkat ali extract daily, with the first improvements being observed at the first 3 month testing point.¹¹

Increasing energy levels, athletic endurance, muscle mass and reducing stress

Strength training: 100 mg of tongkat ali supplementation every other day for individuals on an intensive strength training program, resulted in significant improvements in fat-free mass, maximal strength and arm circumference, compared to a placebo group.¹² These results indicate that tongkat ali is able to enhance muscle mass and strength gains, while accelerating fat loss, in athletes and healthy exercisers.

Improving stress hormone profile: One clinical study observed supplementation with 200 mg of tongkat ali daily improved the stress hormone profile (lower cortisol; higher testosterone) and certain mood state parameters (lower tension, anger and confusion).¹³ A similar improved stress hormone profile (32% lower cortisol; 16% higher testosterone) was observed in endurance cyclists supplementing with tongkat ali.¹³

Improving muscle mass: An improved stress hormone profile (lower cortisol; higher testosterone) is associated with the maintenance of metabolic rate and muscle mass. For an athlete, the reverse state (higher cortisol; lower testosterone) is an early signal of "overtraining", characterised by reduced performance, increased injury rates and a suppressed immune system. Tongkat ali can prevent or reduce the symptoms of overtraining as well as help athletes to recover faster and more completely from daily training and exercise.

Chronic stress: An improved stress hormone profile (lower cortisol; higher testosterone) achieved through tongkat ali supplementation also indicates its use for chronic stress and increasing energy levels.

HOW SHOULD TESTOMAX BE TAKEN?

Take two capsules in the morning with food or as recommended by your healthcare provider. For long-term use, a break of 2 days is recommended after every 5 days of supplementation.

ARE THERE ANY PRECAUTIONS THAT SHOULD BE TAKEN BEFORE OR WHILE USING TESTOMAX?

TestoMax should not be used by children, pregnant women or breast-feeding women. TestoMax should also not be used by individuals with cancer, diabetes, heart disease, kidney disease, liver disease or sleeping difficulties.

FEATURES

- 125 mg tongkat ali extract (eurycoma longifolia jack)
- Standardised to not less than 1.1 mg of eurycomanone by a patented extraction procedure.

HEALTH NEEDS



**MEN'S HEALTH &
FERTILITY**

SCIENTIFIC REFERENCES

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