

Anxiety and Panic Attacks The stimulants found in Tonkkali ali may trigger feelings of anxiety and panic. If you have a history of these conditions, or are taking medications for these conditions, talk to your healthcare provider before taking Tongkat Ali, because it can worsen these symptoms.



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### **Tongkat Ali and Acne: Understanding the Connection**



If your testosterone level increased acne breakout is a strong possibility, Tongkat Ali will probably not

give you that result by itself if your testosterone level stay the same, the same apply to some peoples developing acne all over their back because they are on testosterone therapy. 4 Hennessy0 • 1 yr. ago

## **Our Tongkat Ali Guide - Everything You Should Know (2023) - The Unwinder**



There is no evidence to suggest that Tongkat Ali, can cause acne. Acne is typically caused by a combination of factors such as excess oil production, clogged pores, bacteria, inflammation & hormonal changes. While Tongkat Ali may affect hormone levels, there is no direct link between its use and the development of acne. .

## **Tongkat Ali: Benefits, Side Effects And Dosage - Forbes Health**



Nausea Tongkat ali may also cause nausea and vomiting. The nausea will typically resolve after a few days but if the side effect continues long-term individuals should discontinue use of tongkat ali as it could be an indication that there is something wrong with the liver or kidney function. 3. Vomiting

## Tongkat Ali: Benefits, Side Effects, and Interactions - Verywell Fit



Jun 4, 2021 #1 I took Tongkat Ali (LJ100 150-300mg/day) for about 2 weeks. I felt amazing. It was clearly increasing my testosterone significantly, anecdotally no bloods but I will get some before a real cycle of it. I was loving it but felt symptoms of nipple tenderness, on-set of gyno beginning about a week in.

## These 6 Popular Supplements Can Cause You to Break Out - GoodRx



Users push their testosterone up well above the norm when using Tongkat Ali for bodybuilding. In these cases, the following side effects can occur. (1) Raised Aggression Not uncontrollable but noticeable at times. Raised aggression is typical of high testosterone levels from any source. If you find this becoming a problem, lower your dosage .

**Chin Breakout with Tongkat Ali : r/NootropicsDepot - Reddit**

 PipingRock.com

**ULTRA**

**TONGKAT ALI**

**800 MG\*\***

HERBAL  
SUPPLEMENT

**120**

QUICK RELEASE  
CAPSULES

Tongkat ali is a Southeast Asian herb with a rich history in traditional herbal medicine, which categorizes it as an aphrodisiac. . effects or medication interactions that tongkat ali can cause .

## **Tongkat Ali: Benefits, Uses, & Side Effects - HealthPlugged**



Tongkat Ali users have reported experiencing acne breakouts after using it. Let's dive deeper into the topic and explore the possible reasons for this connection. Wealth

## **30 Days With Tongkat Ali - A Long Term Review - Akarali**



Tongkat ali is a plant that, in supplement form, may improve fertility and athletic performance. . Extremely high doses of tongkat ali have been found to cause DNA damage in animals' stomach and .

## Tongkat Ali Side Effects | Negative Reactions to Look Out For



Tongkat ali without acne? Discussion Is there a way to use to tongkat without breaking out? Archived post. New comments cannot be posted and votes cannot be cast. Sort by: Open comment sort options [deleted] • 2 yr. ago OPengiun • 2 yr. ago I had the same issue with Shilajit.

**Tongkat Ali great at first now a bunch of side effects. Anyone . - Reddit**



Adulterants found in Tongkat Ali are a major cause of side effects such as nausea, vomiting, severe heart palpitations, acute hallucinations, rashes, and skin allergies. In the context of Tongkat Ali supplements, adulterants refer to unwanted or potentially harmful substances that are either intentionally or accidentally added to the product .

### **Tongkat ali interactions? : r/NootropicsDepot - Reddit**



Mechanism I'm very curious to try your Tongkat Ali, but I'm also very conscious of my hair, which is already a little thin. I've read that a factor in thinning hair is DHT, which comes from testosterone. Since Tongkat Ali can lead to increased testosterone, would I need to worry that taking this might indirectly expedite further hair loss?

## Tongkat Ali Side Effects - Gyno - AnabolicMinds



18127153 • 3 yr. ago Or check your zinc levels because they're tied to aromatase. It inhibits e2 and dht. But yes indeed creatine is highly effective for raising dht ime Tr0wB3d3r • 3 yr. ago So in this case it'd be better to have lower Zinc levels? To avoid gynecomastia I mean. 18127153 • 3 yr. ago

### Unveiling the 29 Tongkat Ali Side Effects: A Must-Read for Users



Even if there are Tongkat Ali benefits, Tongkat Ali may cause mild allergic responses, sleeplessness, irritability, and elevated heart rate. Disclaimer: This article is only a guide. It does not substitute the advice given by your healthcare professional.

## 12 Tongkat Ali Side Effects & Risk Mitigation - Akarali



Risks and side effects. Summary. There are various benefits of tongkat ali. These include improvement in male sexual performance, bone health, and stress reduction. It may cause side effects in .

### Tongkat ali: Benefits and side effects - Medical News Today



Tongkat ali is one of the most popular herbal remedies in traditional folk medicine because of its purported benefits for sexual health. It's touted as a remedy for erectile dysfunction (ED), low sex drive, and male infertility. The herbal supplement is also said to improve physical fitness, boost mood, and promote bone health.

## Tongkat Ali Extract: Benefits, Side Effects, and Dosage - Healthline

**5** *Reasons Why Men Should Check Out*  
**TONGKAT ALI** 

- 1 SEXUAL HEALTH BENEFITS**  
Tongkat Ali has demonstrated the ability to increase libido and improve erectile function when compared to a placebo.\*
- 2 BOOSTS TESTOSTERONE**  
Tongkat Ali results showed an increase in testosterone levels and muscle strength, measured by a hand-grip test.\*
- 3 MALE FERTILITY**  
Tongkat Ali demonstrated a potential to improve physical fitness, libido and erectile function along with increased sperm motility and semen volume.\*
- 4 RELIEVE STRESS & ANXIETY**  
Tongkat Ali was shown to reduce cortisol (the stress hormone) levels, while also decreasing tension, anger, and confusion.\*
- 5 MUSCLE STRENGTH**  
As Tongkat Ali brings free testosterone levels closer to normal, it can help physically active seniors, both male and female, increase muscle strength.\*

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

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The European Food Safety Authority issued a warning in 2021 that tongkat ali has the potential to induce DNA damage ( 4 ). This article reviews tongkat ali, including its benefits, possible.

## Question about Tongkat Ali and Hair : r/NootropicsDepot - Reddit



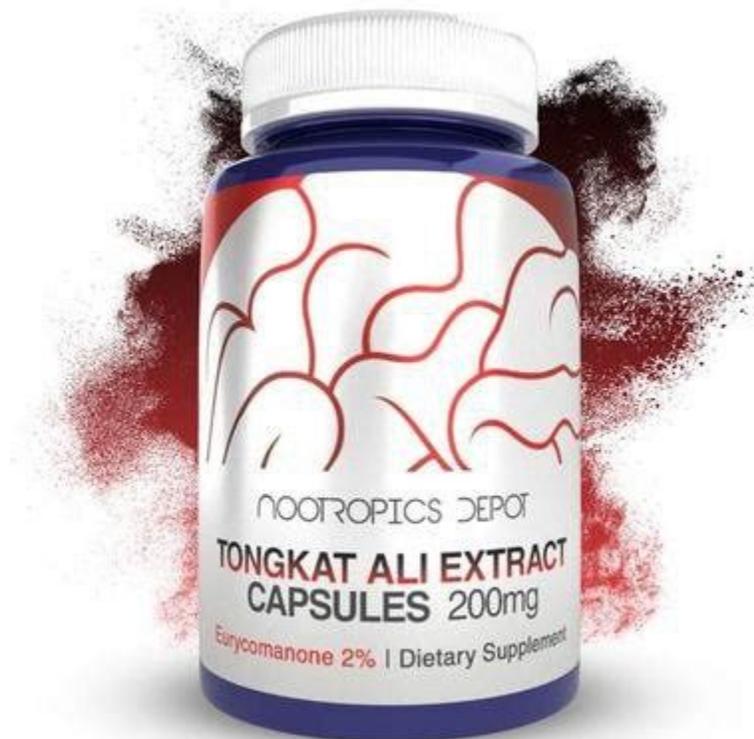
A 30 Day Review with Tongkat Ali. Hello everyone! This series forms a personal account of my 30 day journey with *Eurycoma longifolia*, more commonly known as Tongkat Ali, or Long Jack. Sam initially gave me a sample of AKARALI in a loose powder form, which has similar ingredients and specification as the one found in the AKARALI capsules.

## Tongkat Ali Side Effects | Use Tongkat Ali Safely - Tongkat Fitness



Tongkat Ali's unwanted effects exist. You may adapt the dosage — although the herb will raise your energy levels — into a place at which you may struggle to sleep or feel nervous. Flushes can be caused by it - although these may be countered by experimentation with the sum of the herb and are supposedly mild you require.

### Tongkat ali without acne? : r/NootropicsDepot - Reddit



Tongkat ali interactions? Mechanism So far i've really been enjoying the effects of Tongkat Ali. I have

noticed some acne breakouts though and have been supplementing Dim 200 and Stinging Nettle Root to counteract this. I was wondering if there were any potential interactions when using all of these?

### Major causes of Tongkat Ali Side Effects - Akarali



Acne is a complex condition that can have many underlying causes. Certain supplements — like vitamin B6, vitamin B12, iodine, testosterone, whey protein, and branched-chain amino acids — can cause acne or worsen an existing condition. If supplements cause your breakouts, stopping use can usually clear your skin up within a few weeks.

### What are the side effects of Tongkat Ali? - Pure Science Supplements



Human and animal studies showed that Tongkat Ali may not affect the liver and kidneys. A randomized clinical study on Tongkat Ali extract based on 400 mg per day does not produce toxic effects on the kidneys and liver. Meanwhile, if you have pre-existing medical conditions such as kidney disease, Acute Kidney Injury (AKI) or liver disease, it is recommended to avoid taking Tongkat Ali supplements.

## Tongkat Ali: Frequently Asked Questions (FAQ's) - MrSupplement



by Dusan Stojanovic Updated on November 6, 2023 Tongkat ali, or Eurycoma longifolia, is a herb found in Indochina, Indonesia, and the Philippines. This slender shrub is also known as longjack and the root of this plant has been used in traditional medicine in Southeast Asia.

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