



**“A natural boost for men.”**

Recommended by  **W. Gifford-Jones, MD**

Follows the guidelines of the W. Gifford-Jones MD Philosophy for Natural Health  
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# CERTIFIED



... for  
**testosterone  
and sexual  
health!**



Contains LJ100® Tongkat Ali for promoting men's testosterone production and sexual interest!

**NEW!**



Certified Naturals®  
Testo Charge Capsules

60

- Are your energy levels low?
- Less interest in sexual activities?
- Diagnosed with andropause (male menopause)?
- Have you been tested for low testosterone levels?
- Putting on some weight around your middle?
- Are you and your partner going through fertility issues?
- Experiencing mood issues?
- Is your athletic and sexual performance not reaching its full potential?



Certified Naturals® Testo Charge with LJ100® is your clinically proven solution to help recharge your testosterone levels and enjoy life again!

**LJ100®**

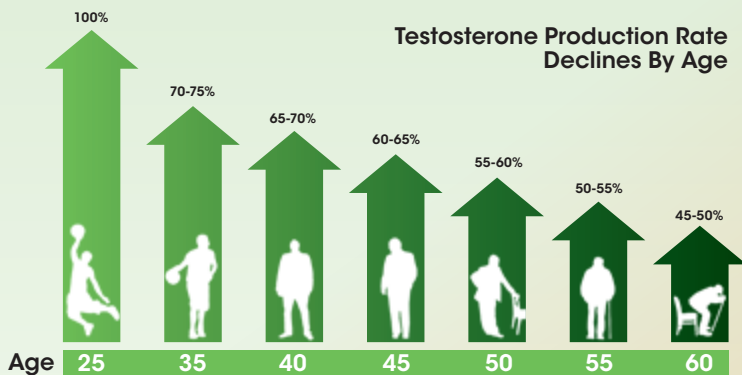
LJ100® is the registered trademark of HP Ingredients Corp.  
Worldwide patent: WO 02/17946 AT Bioactive Fraction of *Eurycoma longifolia*.

## Testosterone - It's a Man Thing

Testosterone is a hormone produced by both men and women. Men produce testosterone in their testes, while women produce a much lower amount in their ovaries. For men, testosterone production begins at puberty and plays a role in sperm production and sexual drive. It also has implications for muscle and bone mass, fat storage, energy levels and mood. Testosterone makes a man, a man.

### Dropping testosterone levels are normal - but not fun

It is normal for testosterone to drop as a man ages. Men reach their peak level of testosterone around age 25. While women enter menopause with a sudden drop in estrogen, men go through andropause with a more gradual hormonal decline. When men reach 30 years of age, it is normal for them to experience an annual 1-2% decline in testosterone which can surpass 50% before age 75.<sup>1</sup>



Testosterone production in males peaks around 25 years of age before declining.

When a male reaches the stage where they are deficient in testosterone production (less than 300 nanograms/dl), it is defined as "Low T" or male hypogonadism.<sup>2</sup> This condition can be due to the normal aging process or to opioid or alcohol abuse, injuries to the testes, infections, diabetes, obesity or metabolic syndrome.<sup>3</sup> Low T can also be a result of a poor pituitary gland performance, which disrupts testosterone production.<sup>4</sup>

Low testosterone levels are associated with multiple health symptoms:<sup>5</sup>

- Low sex drive/libido
- Fatigue/tiredness
- Decreased muscle mass
- Weight gain
- Irritability
- Erectile dysfunction
- Mood changes/depression
- Loss of body hair



## Strategies for low testosterone

There are some exercise-related activities that can help with testosterone levels. One recent study noted that working out with free weights not only built muscle but helped to increase testosterone levels in relation to cortisol (stress hormone).<sup>6</sup> There is also evidence that regular physical activity can improve testosterone production in overweight and obese men.<sup>7</sup>

The pharmaceutical treatment for Low T is testosterone replacement therapy (TRT). In clinical trials, TRT has shown improved sexual drive, erectile dysfunction, mood and bone mineral density.

There are downsides to TRT. First, it is not recommended for age related Low T. Second, it does not cure Low T - if one stops treatment the issue and symptoms will return. Third, there are potential side effects which can include increased risk of heart attack, stroke and blood clots, enlarged breasts, shrinking testicles and acne.<sup>8</sup>

Natural supplements are often promoted as a safer alternative to TRT. Vitamins and minerals such as vitamin D and zinc may have some benefit, but herbal supplements are most touted.<sup>9</sup> Unfortunately, most of these herbal supplements do not have clinical studies to back up their promoted claims.

One natural ingredient stands out when it comes to scientific backing for male sexual health. The patented LJ100<sup>®</sup> version of the root Tongkat Ali has perhaps the most evidence of any natural supplement with 25 human clinical trials for testosterone production and related benefits.

### LJ100<sup>®</sup> - Patented Tongkat Ali Extract

Native to the jungles of Malaysia in Southeast Asia, Tongkat Ali (*Eurycoma longifolia*) is a tall shrub tree. Also known as "long jack", its roots have been used for centuries by traditional Malay-area cultures as a tonic for strength and virility in aging men.

To uncover the full health potential of Tongkat Ali, the Government of Malaysia invested heavily into researching this unique root. The result was LJ100<sup>®</sup> - the gold standard of Tongkat Ali ingredients. LJ100<sup>®</sup> is standardized to a potent 100:1 extract containing the optimal ratio of bioactive components: 22% Eurypeptides, 30% polysaccharides and 40% glycosaponins. Further, this extraction is done through a unique hot-water process unlike the harmful alcohol method used by other Tongkat Ali extracts.

LJ100<sup>®</sup> activates CYP17 enzyme (17  $\alpha$ -hydroxylase/17,20 lyase) which plays a role in converting the hormone pregnenolone into DHEA and testosterone. A wide range of health benefits are derived from this conversion. LJ100<sup>®</sup> also inhibits Sex Hormone Binding Globulin (SHBG) which increases free testosterone production.

# LJ100<sup>®</sup>

LJ100<sup>®</sup> is patented "for treating male sexual dysfunction, male infertility, increasing testosterone synthesis, increasing testosterone release from testis cells, increasing sperm count, or increasing sperm motility."

#### REFERENCES

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## LJ100® Tongkat Ali Root Clinical Evidence

LJ100® has 25 human, placebo-controlled clinical trials proving its effectiveness for multiple health benefits including:

- increasing testosterone
- enhancing endurance and strength
- stress relief
- improving sexual health
- immune modulation
- bone health.

Several of the more notable studies are highlighted below:

Study	Results
Increase of free testosterone <sup>10</sup>	A 3-week placebo-controlled study on men between 30-52 showed that LJ100® delivered improvements in testosterone production and men's sexual health at a daily dose of 100 mg. LJ100® boosted free testosterone levels in 39% of subjects after one week and in 73% after three weeks. Likewise, DHEA levels were higher in 26% of subjects in one week and 47% after three weeks. LJ100® patients reported better sexual satisfaction both physically and psychologically.
Erectile dysfunction <sup>11,12</sup>	A placebo-controlled study of men was conducted over 12 weeks to investigate the effects of LJ100® supplementation on mild erectile dysfunction. An average improvement in erectile hardness of 39% was recorded. Aging Males' Symptoms scores improved by 24% and testosterone levels by 10%. A daily 200 mg of LJ100® improved sexual performance and satisfaction leading to better overall quality of life. A previous study had similar results over a 12-week period at 300 mg daily, improving both erections and sexual libido.
Improving andropause symptoms in aging males <sup>13</sup>	An eight-week study was done on aging men between 50-70 years with andropause symptoms including Low T. The double-blind placebo-controlled study demonstrated that men taking 200 mg of LJ100® daily could improve their symptoms within 2 weeks, while men taking 100 mg improved between 4-8 weeks. Free testosterone increased by 10% in just two weeks and by 17% over 12 weeks. Muscle strength also increased significantly, while cortisol (stress hormone) decreased.
Fertility in young men <sup>14</sup>	With LJ100® doses of 300 mg daily, men improved their sperm volume by 18% and their sperm motility (sperm quality) by 44% versus placebo in a 12-week study. An increased number of pregnancies in the LJ100® group were also observed.
Weight management in older men <sup>15</sup>	Men aged between 30-55 took 300 mg daily of LJ100® or a placebo for three months. The overweight men in the study who supplemented with LJ100® not only experienced sexually related benefits, but also a reduction in fat mass (waist and hip measurement) and body weight.
Exercise and strength training <sup>16</sup>	LJ100® has been shown to reduce cortisol and increase testosterone in athletes. A study of endurance athletes showed a 32% reduction in cortisol and 16% increase in testosterone when taking 100 mg of LJ100® vs. those on placebo. These hormonal effects increased performance while putting the body in an anabolic state to assist in muscle-building.



**Sustainability matters: LJ100® Tongkat Ali is a sustainable ingredient. As Tongkat Ali does not flourish in a farmed format, it must be wild crafted from rainforest jungle. LJ100® works with indigenous Orang Asli communities in Malaysia to collect the roots and replant new Tongkat Ali seedlings. This work along with further value-added processing provides a good standard of living for the locals through fair-trade and ensures continued supply of this valuable natural resource.**

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## Certified Naturals® Testo Charge Capsules

**Recommended use:** Helps support sexual interest. *Eurycoma longifolia* helps promote testosterone production. Helps maintain normal free testosterone levels. Helps maintain healthy testosterone synthesis. Source of antioxidants.

**Recommended dose:** Adult males: Take 1-2 capsules, once or twice per day. Take with food/meal.

**Medicinal ingredients:** Each vegetable capsule contains:  
LJ100® *Eurycoma longifolia* root . . . . . 100 mg

(100:1 DHE 10,000 mg, 22% Eurypeptides, 40% Glycosaponins)

### **Non-medicinal ingredients:**

Microcrystalline cellulose, colloidal silicon dioxide, vegetable grade magnesium stearate, and Hypromellose (vegetable capsule).

**Recommended duration of use:** Consult a health care practitioner for use beyond 12 weeks.

**Cautions and warnings:** Consult a healthcare practitioner prior to use if you have a weakened immune system or take hypoglycemic agents, if you have been diagnosed with hypoactive sexual disorder, sexual dysfunction or erectile dysfunction. Consult a health care practitioner prior to use if you suffer from any psychological disorder and/or condition such as frequent anxiety or depression or if you are taking propranolol.

**Contraindications:** Do not use if you have prostate cancer, diabetes mellitus, heart, kidney or liver disease. Do not use if you have a known allergy or hypersensitivity to *Eurycoma longifolia*, its constituents, or members of the Simaroubaceae family.

**KEEP OUT OF THE REACH OF CHILDREN. Do not use if under cap safety seal is broken.**

Free from animal derivatives, artificial colours, artificial flavours, corn, gluten, wheat, lactose, dairy, preservatives, soy, added sugar and yeast.



Certified Naturals® is a new line of supplements that selects only the world's best clinically proven natural ingredients. Ingredients that deliver health results. These formulas are Certified...for your health.



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