



FULLSCRIPT ITEM #
GAI-90Q27060
EMERSON ITEM #
1605423567
COUNT **60**

Supplement Facts

Serving Size 3 Capsules Servings Per Container 20

	Amount Per Serving	% Daily Value
Calories	10	
Total Carbohydrate	2 g	<1%*
Tongkat Ali root extract	300 mg	†
CuberUp® cucumber fruit extract	30 mg	†
Herbal Extract Blend	1,200 mg	†

Tribulus (*Tribulus terrestris*) fruit, Organic Ashwagandha (*Withania somnifera*) root, Damiana (*Turnera diffusa*) leaf, Organic Oats (*Avena sativa*) milky seed extract, Organic Maca (*Lepidium meyenii*) root, Epimedium (Horny Goat Weed) leaf

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

Other ingredients: Vegetable glycerin, water, and vegan capsule (hypromellose).

CuberUp® is a registered trademark of Euromed S.A.

Each 3 capsules contain 80,400 mg crude herb equivalent

ALLERGEN INFORMATION

- Dairy
- Soy
- Gluten
- Tree Nuts
- Peanuts
- Yeast
- Shellfish

KEY BENEFITS

- Supports normal testosterone production / synthesis and healthy testosterone levels*
- Supports a healthy sexual interest and satisfaction in males*
- Contains clinically studied CuberUp® for healthy joint and muscle function*
- Supports muscle strength and endurance in athletes*

INTENDED USE

Adults take 2-3 capsules daily in the morning.

Not for use during pregnancy or lactation. If you have a medical condition or take medications, please consult with your healthcare practitioner before use. Use only as directed on label. Safety-sealed for your protection. Keep bottle capped at all times and store in a cool, dry place. Store away from children.

PRODUCT DESCRIPTION

TongkatADAM contains a suite of botanicals known for their utility in support of male vitality, hormone balance, and overall resilience. Its unique quassinoid compounds, including eurycomanones, help maintain healthy testosterone levels. Regular use of Tongkat Ali has been shown to support subjective measures of mood, performance, and well-being. As an adaptogenic formula, TongkatADAM works through its unique formulation to help the body maintain healthy testosterone, energy, and outlook.*¹

FROM SEED TO SUPPLEMENT

The Gaia Herbs® nearly 270-acre Regenerative Organic Farm in Brevard, North Carolina grounds an integrative approach to herbal wellness. By cultivating herbs with intention and overseeing every step in the process, they deliver herbal formulas with the integrity practitioners expect, supporting confident, consistent patient care.





EVIDENCE & BACKGROUND

Testosterone plays a crucial role in men's health and many men are looking for ways to support this hormone using supplements. It is becoming more common for men to seek help through their health care provider which will guide them through supplements, nutrition, and lifestyle modifications. TongkatADAM targets these concerns with a holistic herbal approach. Given the multiple pathways that ultimately lead to the generation and maintenance of testosterone, botanical approaches with their phytochemical complexity and pleiotropic effects are uniquely suited to engage in supporting healthy testosterone levels. In the case of supporting healthy testosterone, TongkatADAM provides a purely botanical approach: harnessing the well regarded Tongkat Ali (*Eurycoma longifolia*) in clinically relevant amounts.² This is combined with several herbs such as Ashwagandha and Tribulus that support all aspects of a holistic approach to healthy testosterone, energy levels, and sexual appetite. Lastly, the addition of CuberUp[®], a clinically studied cucumber extract, supports healthy joint and muscle function. The result is a product that addresses healthy testosterone while also supporting all the benefits healthy testosterone provides. TongkatADAM will support men while they age by encouraging vitality and overall well-being. This product will also support a healthy sexual interest.*

COMPLEMENTARY FORMULAS

Systolic Complex:

Promotes overall cardiovascular health*

ITEM# 90C75060 COUNT 60

Prostate Formula:

With Saw Palmetto for healthy prostate function*

ITEM# 90P55060 COUNT 60

Ashwagandha:

A clinically studied formula for supporting stress & sleep quality*

ITEM# 90P71121 COUNT 120

Fermented Beet and Maca:

Circulation and energy support*

ITEM# 90E95060 COUNT 50



FEATURED INGREDIENTS

Tongkat Ali (*Eurycoma longifolia*): Tongkat Ali appears to support healthy testosterone levels both by supporting synthesis of testosterone as well as supporting energy and outlook.* Quassinoids present in *E. longifolia*, including the group known as eurycomanones, may contribute towards ergogenic effects, including increased muscle strength and endurance in cycling time. Additionally, adaptogenic properties have been observed.³

Cucumber: Clinically studied cucumber extract is associated with supporting joint comfort and muscle function.⁴ By supporting the ability to exercise, individuals are more likely to adhere to exercise regimens, which is known to support increases in testosterone in both men and women.^{5,6}

Tribulus: *Tribulus terrestris* has a long history of use in supporting testosterone, sexual desire, and athletic performance.*⁷

Ashwagandha: *Withania somnifera* is another herb with a history of use as a Rasayana, or herb that promotes vitality and strength.* Today, research supports Ashwagandha's holistic ability to engage the endocrine system which may explain its diverse applications.*⁸

1. Talbott SM et al. Tongkat Ali on stress/mood. J Int Soc Sports Nutr. 2013;10:28. 2. Chinnappan SM et al. E. longifolia extract and testosterone: RCT. Food Nutr Res. 2021;65:564. 3. Khanijo T, Jiraungkoorskul W. Ergogenic effects of E. longifolia: review. Pharmacogn Rev. 2016;10:139-142. 4. Hausenblas H et al. C. sativus for joint pain: RCT. Cureus. 2025;17:e93507. 5. D'Andrea S et al. Exercise-induced testosterone increases: meta-analysis. J Endocrinol Invest. 2020;43:1349-1371. 6. Vingren JL et al. Testosterone physiology in resistance exercise. Sports Med. 2010;40:1037-1053. 7. Ștefănescu R et al. T. terrestris phytochem/pharm: review. Biomolecules. 2020;10:752. 8. Wiciński M et al. Ashwagandha and endocrine effects: review. Int J Mol Sci. 2023;24:16513