

[Phytother Res.](#) 2016 Jan 27. doi: 10.1002/ptr.5571. [Epub ahead of

print] **Ingestion of Physta® Standardized Root Water Extract of Eurycoma longifolia Jack-A Randomized, Double-Blind, Placebo-Controlled, Parallel Study.**

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Abstract This study was aimed to investigate the capacity of a standardized root water extract of Eurycoma longifolia (Tongkat Ali, TA), Physta® to modulate human immunity in a middle-aged Japanese population. This randomized, double-blind, placebo-controlled, parallel study was conducted for 4 weeks. Eighty-four of 126 subjects had relatively lower scores according to Scoring of Immunological Vigor (SIV) screening. Subjects were instructed to ingest either 200 mg/day of TA or rice powder as a placebo for 4 weeks [TA and Placebo (P) groups] and to visit a clinic in Tokyo twice (weeks 0 and 4). SIV, immunological grade, immunological age, and other immune parameters were measured. Eighty-three subjects completed the study; 40 in the TA group and 41 in the P group were statistically analyzed, whereas two were excluded from the analyses. At week 4, the SIV and immunological grade were significantly higher in the TA group than those in P group ($p < 0.05$). The numbers of total, naïve, and CD4⁺ T cells were also higher in the TA group than those in P group ($p < 0.05$). No severe adverse events were observed. The results suggest that ingestion of the root water extract of TA (Physta®) enhances comprehensive immunity in both middle-aged men and women. This study is registered in UMIN-CTR (UMIN000011753). Copyright © 2016 John Wiley & Sons, Ltd.

Keywords:

Scoring of Immunological Vigor; Tongkat Ali; comprehensive immunity; eurycomanone