

3.2.2.3.6.12 Yohimbe Fuel

If ever possible, try to use pharmaceutical yohimbine rather than yohimbe bark. It's not just that you can clearly dose with pharmaceutical yohimbine. Yohimbe bark also contains a number of other alkaloids, apart from yohimbine, and these other alkaloids account for some of the possible irritating side effects, such as headache.

Most of what you can buy as yohimbe capsules unfortunately seems to contain many of the other alkaloids but very little yohimbine.

For that reason, if you cannot get hold of pure pharmaceutical yohimbine, at least buy reconstituted yohimbe. A common yohimbe product that has been reconstituted is Twinlab's Yohimbe Fuel.

Each capsule of Yohimbe Fuel contains: Yohimbe Bark Extract 400 mg, with 8 mg of yohimbine, Calcium 40 mg, Phosphorous 32 mg

Please note that it is comparatively easy to reconstitute yohimbe for a standardized amount of yohimbine because it's exact molecular structure is known, and isolating it with reagents is so simple that an industrial process for producing it exists since the 19th century.

There are no industrial processes to isolate active ingredients of tongkat ali, butea superba, and kaempferia parviflora as of yet, and claims for standardization of active ingredients of these plants are all fraudulent.