

3.2.2.3.6.14 Scientific articles on yohimbine

I have read hundreds of scientific studies on yohimbine. However, the picture painted by scientific studies is just as confusing as the picture based on anecdotal evidence.

Anecdotal evidence is that some people report a strong positive effect from yohimbine. I have never been in better form than now (aged around 50), provided I can get hold of 10 to 20 milligrams of yohimbine.

That's my anecdotal evidence. Some of my friends claim they never felt anything from a single dose of yohimbine. I find that that hard to believe, and I suspect they used the wrong product, e.g. yohimbe bark with a very low percentage of yohimbine.

Unfortunately, with capsules that just contain yohimbe, the bark, you never know how much yohimbine you are getting. This could be between 0.01 and 10 mg per capsule. So some yohimbe capsules may contain 1000 times as much yohimbine as others.

For this reason, it is stupidity to buy a product of yohimbe, the bark, when one can obtain pure pharmaceutical yohimbine.

The scientific studies that I refer to below all used yohimbine, not yohimbe. The picture created by scientific trials is not coherent, though. Some studies come to the conclusion that yohimbine has no effect, even at doses much higher than I usually consume.

Other studies suggest that yohimbine is of some benefit, though the authors are typically less excited than I am.

A good number of studies have come to the conclusion that while yohimbine may do little to enhance sexual function, there are almost no side effects.

I, on the other hand, after an initial dose of about 10 milligrams, felt as if I'd pass out before getting down – though with a rock-hard erection.

That hasn't happened, and while yohimbe makes me restless, it

doesn't raise my blood pressure... not when consumed in reasonable dosages. But I wouldn't want to try doses of up to 100 milligrams, or 30 milligrams for days on end.

While the old and dirty sexual enhancement substance yohimbine comes with a plethora of unpleasant side effects, the alternative substance tongkat ali which has become popular just in recent years is by and large free of negative side effects. In addition to that, studies show tongkat ali cures a wide range of cancers.