CLAIMS

1. Use of an extract from Tongkat Ali as an active ingredient in the manufacture of a medicament for reducing core body temperature.

2. The use according to claim 1, wherein the extract is an extract from a root of Tongkat Ali.

3. The use according to claim 2, wherein the extract is a hot water extract.

4. The use according to claim 1, wherein the core body temperature reducing effect is more significant during rest period than activity period.

5. A food product comprising an extract according to any one of claims 1 to 4.

6. Use of an extract according to any one of claims 1 to 4 in the manufacture of a medicament for improving sleep.