



FREQUENTLY ASKED QUESTIONS ABOUT REAL SHILAJIT

What is Shilajit?

Shilajit is an ancient herbal substance containing over 85 minerals and trace elements the human body needs to function optimally and Fulvic acid which helps the body absorb these minerals at a cellular level. Shilajit has been consumed as a dietary supplement for thousands of years in Asia because of the many health benefits it provides.



How is it made?

Over many millions of years, plants and organic matter were trapped by layers of rocks in mountainous regions of India and Tibet. The pressure from the weight of the mountains and the extreme temperature changes causes the plants and organic matter to be transformed into a rich mineral mass that flows out of the rocks. This is Shilajit.

Are there different types of Shilajit?

Yes!

The purity and potency depends upon the location and altitude the Shilajit is harvested from, the purification techniques used and, most importantly, [the quality of the Shilajit.](#)



Very few people, outside of the areas where it is collected, are aware that there are in fact four different qualities of Shilajit. Only the highest grade is considered to have all of the legendary properties one reads about. When any of the four grades of Shilajit are purified the result will be a black tar like resin. In order to select the highest grade, one must first see the colour and type of rock the Shilajit is found in before it is purified. The most effective Shilajit comes from the highest points of the Himalayas, approximately 16,000 – 18,000 feet above sea-level, which is where we source our Shilajit.

Because we deal directly with the indigenous people who have been hand collecting Shilajit for centuries, we are able to select only the highest grade Shilajit. We are the only source for authentic top grade Shilajit outside of the areas where it is collected. Lower grade products like Russian mumiyo and solvent extracted powders cannot be compared with our pure and authentic Shilajit.

How does it work?

The minerals in Shilajit are in ionic form, which means they are in a state the body can easily absorb and move to the areas where they are required.

How do I take it?

To consume, simply dissolve in hot, non-chlorinated water, tea or warm milk and drink. We recommend starting with rice to pea sized portion, one to three times a day for general well-being. Dosage can be increased for greater energy and effect.

**Traditional Ayurvedic instructions recommend that Shilajit be dissolved in hot organic milk or taken with ghee (clarified butter) or taken with raw, unpasteurized honey to increase delivery to the body. If one is a vegan one may substitute the previously mentioned products with coconut oil.*

Is it safe?

Absolutely- Shilajit has been used for centuries in Ayurvedic medicine. Our product is naturally purified with filtered spring water and then laboratory tested for safety and purity.

Are there any contraindications?

Our Shilajit is very safe. However, because Shilajit can lower blood sugar, diabetics need to monitor their insulin usage to prevent hypoglycaemia.

There is very small trace amount of phenylalanine, an essential amino acid. All products containing phenylalanine are contraindicated in people who have been diagnosed with the genetic disorder PKU.

Shilajit should not be mixed with chlorinated water. Fulvic and Humic acids in Shilajit when combined with chlorine, create dangerous chemical by-products. Beware of commercial Shilajit extracts and powders that may have been processed with chlorinated water.

The standard supplement disclaimer applies: *If you are pregnant or lactating or under a doctor's care for any health condition you should consult with your physician before taking this or any other supplement.*

How is Shilajit used in anti-aging?

Shilajit stimulates the growth process of skin cells at a molecular level and improves the blood's ability to carry oxygen and iron- giving people a healthy appearance and youthful glow. Likewise, Shilajit maintains the body's optimum energy metabolism rate- something which slows down with age. This is achieved partly through balancing electrolyte levels, and ensures excess fat is burned off. It is also thought to balance hormone levels.

How is Shilajit used to relieve health problems?

The vast majority of health issues and allergies can be traced to mineral or nutrient deficiencies. Intensive chemical farming (through pesticides, herbicides, insecticides, etc.) and irrigation have removed natural minerals and beneficial microbes from our agricultural land and the plants grown on it. Shilajit contains over 85 of the vital minerals needed for energy reactions in our cells and the growth of new cells and high percentages of Fulvic acid to help transport these mineral molecules deep into the body.

Are there any other benefits?

Yes – trace minerals and Fulvic acid in Shilajit act as catalysts for vitamin absorption within cells, with subsequent health benefits.

What specific health problems can Shilajit relieve?

Shilajit has been known to reduce cravings for smoking and relieve pain from conditions such as tendonitis, fibromyalgia and arthritis due to its anti-inflammatory properties. It can also enhance the functioning of sexual organs due to its richness in zinc and iron. In India, Shilajit is traditionally used as a powerful treatment for erectile dysfunction, fertility and reproductive health. It is sometimes referred to as Indian Viagra!

How long will it take to work?

Many people report feeling improved energy and stamina levels within 10 days. For maximum benefits, we recommend taking three doses of Shilajit a day over a 6-8 week period.