



Samsara
Shilajit

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Introduction

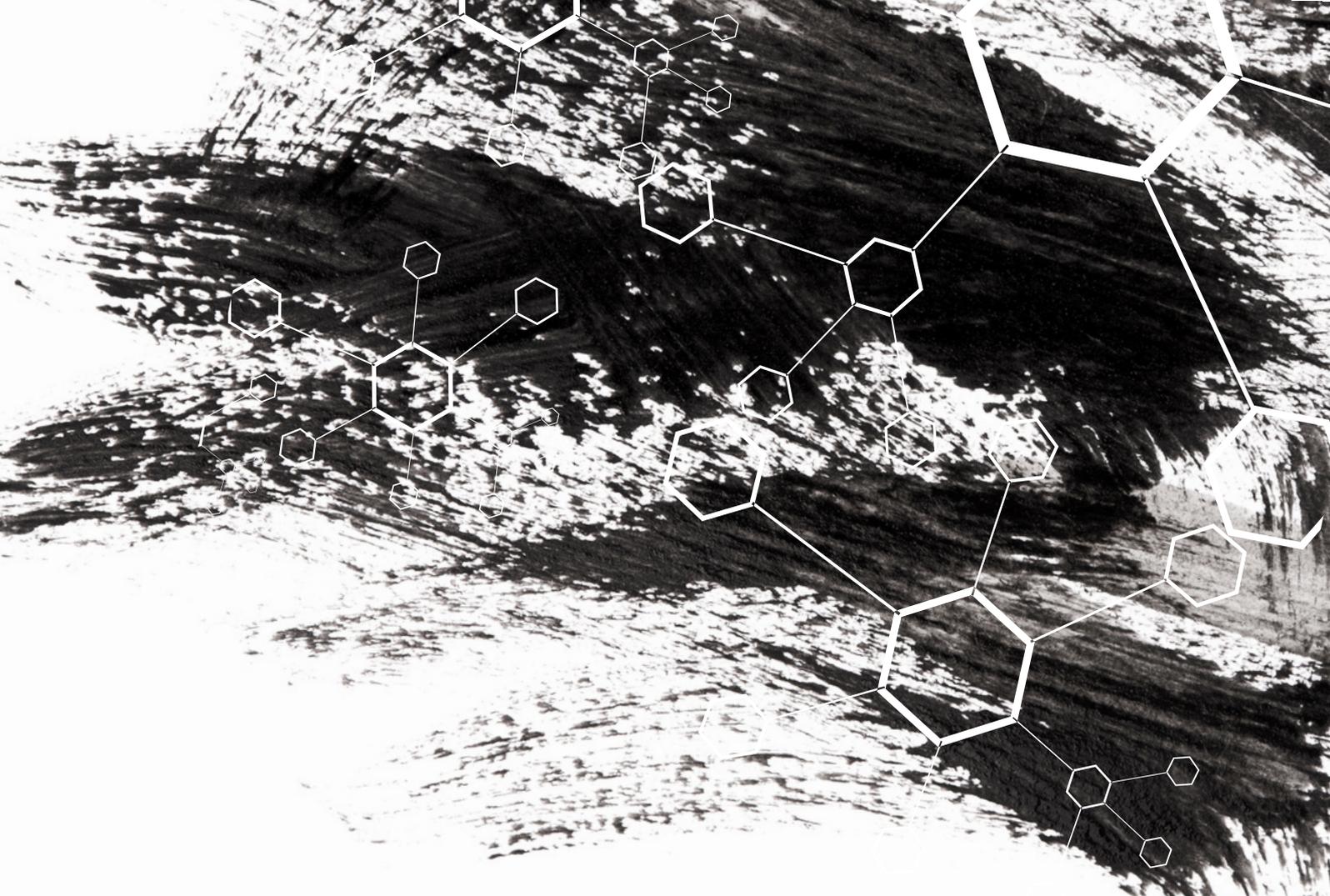
In this complete guide we'll explore all of that in depth pertaining to shilajit, an organic compound from multiple beneficial properties. From its use in traditional medicine to its geographical origin and its legends, we will take you on a journey discovering this substance one in a kind..



ORIGIN

Shilajit takes its name from the Sanskrit "shila" which means "rock" and "jit" which means "that triumphs". It is an organic compound of natural origin that forms in the fissures of mountain rocks in different parts of the world.

Shilajit can be found in several mountainous regions, including the Himalayas, Altai, Central Asian mountains, and also parts of Europe. The formation of shilajit is the result of complex geological processes involving the decomposition of organic material, geological pressure and the action of solar radiation. The combination of these factors gives life to this extraordinary resin.



COMPOSITION

Shilajit is a complex blend of several organic and inorganic components. Among the main constituent elements we find fulvic acids, humic acids, essential minerals and trace elements.

Fulvic acids and humic acids are two key components of shilajit. These are known for their antioxidant properties and their potential to benefit human health.

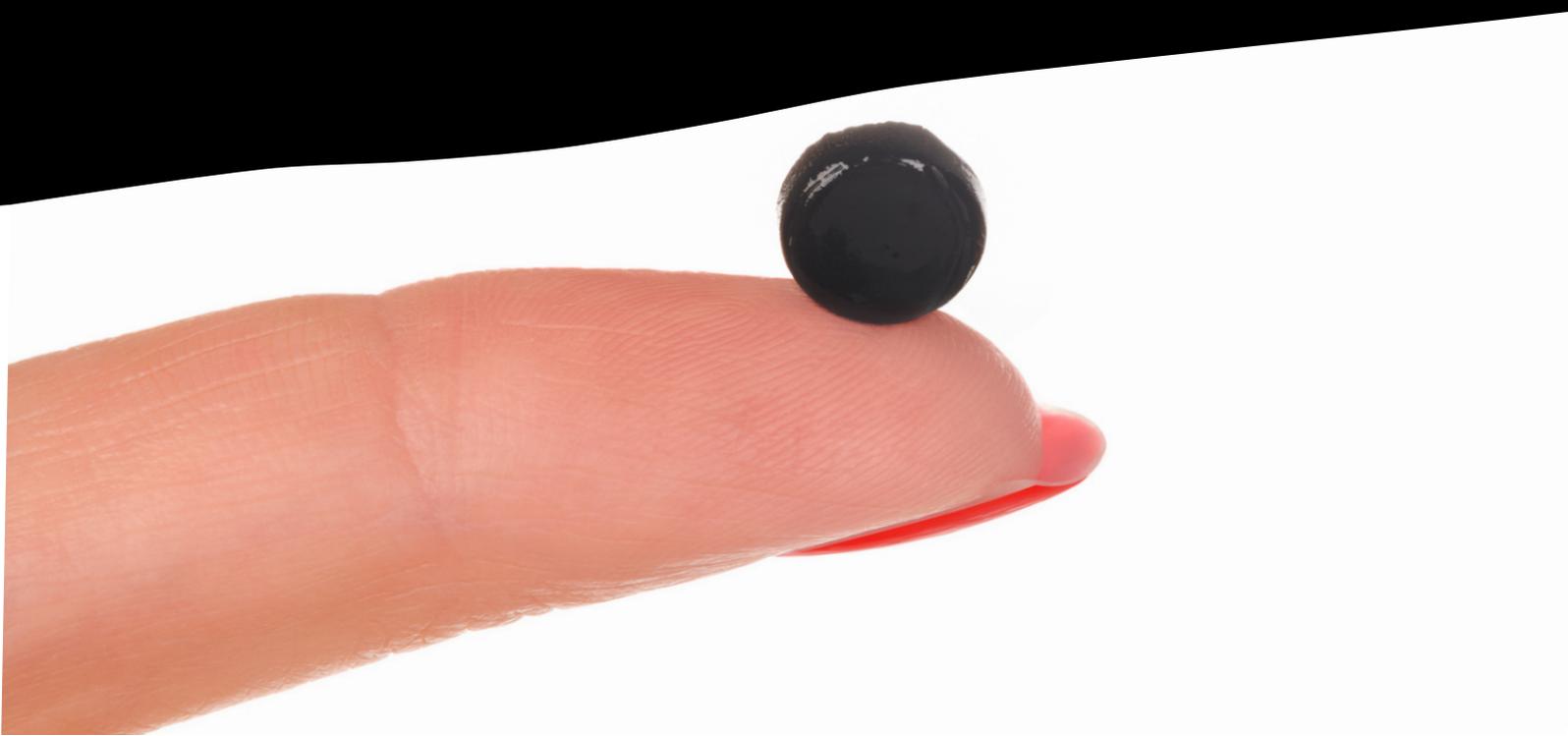
Besides fulvic acids and humic acids, shilajit also contains other compounds such as anthocyanins, polyphenols, phytosterols and other bioactive compounds. These compounds add further benefits to the substance and may contribute to its therapeutic properties.

USES AND PROPERTIES

Shilajit has been used for medicinal and therapeutic purposes in many traditional cultures, including ancient Ayurvedic medicine. In Indian traditions, shilajit is considered a "rasayana" – a remedy that helps promote overall health and well-being.

Shilajit is known for its antioxidant, anti-inflammatory and immunomodulatory properties. It can support overall health, improve brain health, support the immune system, promote energy production, and promote sexual health.

Shilajit contains numerous compounds that act as antioxidants, reducing oxidative stress and protecting the body's cells from damage. Additionally, the fulvic acids present in shilajit have demonstrated anti-inflammatory properties, reducing inflammation in the body.



APPLICATION



Ayurvedic medicine uses or shilajit for a variety of purposes therapeutics, including support for digestion, skin care, the increase in energy and the sexual health promotion.

It is commonly prescribed in combination with other herbs and Ayurvedic remedies.

Shilajit is available in the form of food supplements that allow easy consumption of the substance. These supplements can be found in tablet, capsule, or powder form, and it's important to follow the recommended doses to get the maximum benefits. Besides internal use, shilajit can also be used externally to improve the health and appearance of the skin. Shilajit creams, lotions, and ointments can help relieve dermatological symptoms and promote healthy skin.



LEGENDS AND MYTHS

Shilajit is shrouded in various legends and myths which add to its charm and mysteriousness. From stories of divine origins to tales of extraordinary healing powers, the world of legends and myths has helped forge shilajit's reputation over the centuries.

Considered an elixir of life and a universal remedy for multiple ailments, popular beliefs attribute special powers to it.

Its value has been recognized by numerous cultures throughout history. They tell how the compound was reserved for nobles, rulers and sages, giving it an aura of prestige and importance over the centuries.

100% PURE SHILAJIT MUMIJO RESIN DRY DROPS



English: Recommended daily consumption: One (1) 250mg serving. Do not exceed the recommended daily dose. This food supplement should not be used as a substitute for a balanced diet. Store the product out of the reach of young children.

German (Deutsch): Empfohlene Tagesdosis: Eine (1) Portion von 250 mg. Nicht die empfohlene Tagesdosis überschreiten.

Nahrungsergänzungsmittel dürfen nicht als Ersatz für eine ausgewogene Ernährung verwendet werden. Das Produkt

sollte außerhalb der Reichweite von kleinen Kindern aufbewahrt werden. **French (Français):** Consommation quotidienne

recommandée: une (1) portion de 250 mg. Ne pas dépasser la dose quotidienne recommandée. Ce complément alimentaire ne doit pas être utilisé comme substitut d'une alimentation équilibrée. Le produit doit être conservé hors de la

portée des jeunes enfants. **Italian (Italiano):** Consumo giornaliero consigliato: una (1) porzione da 250 mg. Non superare la

dose giornaliera consigliata. Questo integratore alimentare non deve essere utilizzato come sostituto di una dieta

equilibrata. Il prodotto deve essere conservato fuori dalla portata dei bambini piccoli. **Spanish (Español):** Consumo diario

recomendado: una (1) ración de 250 mg. No exceder la dosis diaria recomendada. Este complemento alimenticio no debe

utilizarse como sustituto de una dieta equilibrada. El producto debe almacenarse fuera del alcance de los niños pequeños.

