

# HIMALAYAN SHILAJIT

100% Himalayan Sabut Shilajit Resin  
www.maramatuku.com



## WHAT IS SHILAJIT?

Shilajit, also called mumie or moomiyo, is a black-brown from the sedimentary rocks of the pristine Himalayan Mountains.

## PURPOSES & BENEFITS

Shilajit offers numerous health benefits. It can function as an antioxidant to improve your body's immunity and memory, an anti-inflammatory, an energy booster, and removes excess fluid from your body. Anti asthmatic, boosts heart function and supports healthy liver function.

Shilajit contains a high concentration of trace minerals including fulvic and humic acids, iron, zinc, magnesium, copper, nickel, potassium, manganese, silicon, silver, sodium, sulfur, iodine, and more. 84 essential minerals

### Anti Asthmatic

Shilajit can boost **exercise performance**.

Repair muscle fibres,

Speed up the **wound healing** process after workouts and exercise-related injuries. Shilajit's beneficial effects on **oxygenation**.

Boost in **mental clarity**

Supports the immune system.

Boosts the body's **natural healing abilities**.

Supports healthy sleep

Supports healthy **release of waste from your body**.

## HOW TO TAKE IT

Scoop half a pea size ( yes PEA- the vegie)- add to hot boiling water- quarter of a cup)

Stir and allow to dissolve.

Consume twice a day maximum.

Can add to other hot drinks- hot water is recommended.

## HOW TO STORE

Anywhere - If the environment is hot, the shilajit texture will become a soft clay.

If the environment is cold- shilajit will become a rock .

None of this will affect the shilajit. Only authentic Shilajit does this.