

Your health is your wealth



PURE HIMALAYAN SHILAJIT RESIN

FOOD SUPPLEMENT



PREMIUM QUALITY

50g of Shilajit

YOUR HEALTH IS YOUR WEALTH

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**Warnings:**

Not for consumption by persons under 18 years of age.

This product is a food supplement and is not intended to diagnose, treat, cure or prevent any disease. If you are taking any regular medication please consult your doctor before taking this product. It is recommended you do not consume if you are pregnant or breastfeeding.

**Store:**

Store in a cool, dry place, away from heat and light.

Keep out of reach of children and pets.

**Ingredients:**

Shilajit.

**Strength:**

55.25% fulvic acid content.

**Recommended dosage:**

To find your optimal Shilajit dosage, begin by taking a piece about the size of a grain of rice (~100 mg) once per day. In a few days, take the same amount 2-3 times per day. Then gradually increase the amount of Shilajit taken with each dose up to a large pea size (~300 mg) until you achieve the desired benefits. Do not exceed 600mg of Shilajit in a 24-hour period.

**Manufactured for:**

ABBA Nutrition Ltd  
85 Great Portland Street  
W1W 7LT, London  
United Kingdom

Expiry Date: 12.04.2026  
Batch Number: 120424

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**ELEVATED ENERGY LEVELS:**  
Regular use helps boost energy levels due to its high mineral content and metabolic benefits.



**HEART HEALTH:**  
Contributes to cardiovascular health by supporting blood circulation and heart muscle function.



**INCREASED PHYSICAL STAMINA:**  
Supports muscle functions and enhances endurance, beneficial for athletes and active individuals.



**DETOXIFICATION:**  
Helps in the removal of toxins from the body and promotes healthier skin through its purifying effects.



**COGNITIVE SUPPORT:**  
It aids in maintaining cognitive functions and may help prevent the accumulation of tau protein, which can adversely affect brain health.



**REPRODUCTIVE HEALTH:**  
Known to improve fertility and sexual performance by naturally increasing testosterone levels in men.