



Shilajit Capsules

Food supplement with shilajit extract and vitamins B6 and C
Vegan

Useful information: Shilajit – Some may not find the name very appealing, but it is a natural product that has long been used in the mountainous regions of Central Asia and has recently become increasingly popular in our part of the world. This dark brown to black, resinous substance, which has a complex mixture of organic and mineral components, has traditionally been attributed a wide range of positive properties. Our capsules contain 150 mg shilajit extract, which corresponds to 1500 mg shilajit powder. The formula is perfectly complemented by 27 mg of vitamin C and 0.47 mg of vitamin B6, which contribute to normal energy metabolism and reduce tiredness and fatigue.

Ingredients: Acacia Fibre Powder, Hydroxypropyl Methylcellulose, Shilajit Extract (*Asphaltum punjabianum*), Vitamin C, Dextrin, Silicon Dioxide (separating agent), Magnesium Stearate; Vitamin B6 Hydrochloride.

	per capsule	per daily dose (= 3 capsules)	% of NRV recommended daily dose*
Shilajit extract	50 mg	150 mg	**
Vitamin C	27 mg	81 mg	101
Vitamin B6	0.47 mg	1.4 mg	100

*NRV = Nutrient Reference Value for daily consumption according to Regulation (EU) No. 1169/2011

** no reference value available yet

Recommended dose:

Adults should swallow 3 capsules per day with plenty of fluid.

Not suitable for pregnant and breastfeeding women.

Keep dry and out of direct sunlight. Store below 25°C. Nutritional supplements should not be used as a replacement for a balanced, varied diet, and do not replace a healthy lifestyle. Keep out of reach of young children. Do not exceed the recommended daily dose.

Content 180 capsules = 72 g

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