

Health Benefits of Shilajit

Shilajit is high in iron and is contraindicated with a disorder called Hemochromatosis (iron in the blood is too high). Anyone who has an active heart condition or a history of low blood pressure should not take Shilajit due to the possibility of lowering blood pressure. Side effects may include rash, increased heart rate, or dizziness.

Hormonal conditions:

- May reduce stress, anxiety, and depression by regulating Serotonin levels
- May regulate and improve the function of the Thyroid Gland
- May increase sperm count and motility in infertile males according to one study of 60 men who took Shilajit 2x/day for 90 days
- May increase testosterone levels; one study of males between 45 and 55 showed significant improvement in testosterone after 90 days at a dose of 250 mg twice a day
- May help to manage Diabetes by reducing blood sugar and lipid profiles; it helps to increase the production of insulin in the Pancreatic B-cells

Energy levels:

- May boost your body's mitochondrial function to improve cellular energy levels
- May reduce symptoms of Chronic Fatigue Syndrome
- May boost appetite and improve digestion to improve nutrition

Brain function:

- May prevent the accumulation of Tau Proteins that cause brain damage in Alzheimer's Disease
- May reduce inflammation in the brain
- Contains bioactive molecules that prevent the breakdown of brain chemicals which enhances memory, focus, concentration, calmness, and alertness.

Promotes Blood production:

- Shilajit has high levels of iron which can improve Anemia
- May increase levels of hemoglobin, hematocrit, and red blood cells
- May help with altitude sickness by improving oxygen levels

Anti-inflammatory and antioxidant:

- Fulvic acid in Shilajit is a strong anti-inflammatory and antioxidant which quenches free radicals and reduces cellular damage
- Has anti-arthritic properties especially for Rheumatoid Arthritis

Cancer prevention and promotes healing of Cancer:

- Shilajit has been shown to be effective with destruction of Liver Cancer cells and prevents them from replicating
- It promotes apoptosis (cell death) and decreases inflammation.

Promotes physical strength and endurance:

- May reduce Chronic Fatigue Syndrome by increasing mitochondrial function
- May increase energy levels and endurance
- Research shows that Shilajit seems to activate genes in the body that helps skeletal muscles quickly adapt to a new workout
- May assist with tissue repair and regeneration for wounds and ulcers
- May improve bone strength

Heart Health:

- May decrease serum cholesterol and triglycerides
- May promote heart health; one study showed that pre-treatment of rats with Shilajit prior to getting an injection of isoproterenol to induce cardiac injury reduced the number of cardiac lesions in the rats.
- May strengthen heart muscles

Anti-microbial: Bolsters the immune system to prevent infections

- Viruses-research has shown it is effective against many viruses including Herpes viruses
- Bacteria-may suppress H. Pylori in the gut
- Parasites-relieves intestinal worms