



HEALTHFORCE EDUCATIONAL FLYER SERIES

“HYPER IS NOTHING. SUBSTANCE IS EVERYTHING!”

SHILAJIT SUPREME™

Shilajit 101

Oral tradition holds that shilajit was discovered thousands of years ago by Himalayan villagers, as they watched migrating white monkeys chew on a thick, resinous material that oozed out of cracks in the area's cliffs in the warm summer months. These villagers attributed the notable strength and health of these monkeys to this substance and thus began to consume it themselves out of curiosity. The villagers noticed many health benefits that resulted from consumption of this mysterious compound, and it was from this foundation of indigenous wisdom that shilajit became highly revered in Ayurvedic medicine.

Shilajit is an ancient, rare, resinous substance found in the Himalayan Mountains in northern India, Nepal, and Tibet. Shilajit has also been discovered in mountain areas of Russia, Afghanistan, Bhutan, Pakistan, China, and even Norway and northern Chile. Ancient Ayurvedic texts over 5,000 years old discuss uses for this special compound, and many herbalists consider shilajit to be the most important tonic substance in traditional Ayurveda. “Shilajit” is a word in the ancient Sanskrit language that means “conqueror of mountains and destroyer of weakness.”

Interestingly, no one knows for sure how shilajit is formed. The most plausible theory holds that shilajit is composed of humus (decayed plant matter), which has been modified by compression during an extended period of decomposition by soil microbes. In the Himalayan region, for example, geologists assert that the mountains were formed through movement of tectonic plates, as what we now know as India slammed northward into Asia, pushing up the coastal land found there to form what would become the highest mountains in the world. This coastal land contained dense tropical vegetation that slowly died as the elevation increased and the climate thus became more harsh. The theory holds that the rich organic matter provided by this dead tropical vegetation went through a slow decomposition by soil microbes, under the intense pressure produced by the collision of two tectonic plates and slowly transformed into shilajit.

Being essentially modified humus, shilajit is rich in many different bioactive compounds – humins, humic acids, fulvic acids, triterpenes, sterols, oxygenated dibenzo-alpha-pyrones, aromatic carboxylic acids, phospholipids, phenolic acids, numerous trace minerals, and many more. Shilajit consumption is known to provide potent detoxification support, as well as dramatically improved bioavailability of whatever else it is consumed with.

Active Compounds in Shilajit

The many positive benefits of shilajit consumption are attributable to the synergy of all the nutrients/compounds listed above, as well as numerous other yet undiscovered compounds in shilajit. Trace minerals are deficient in modern crops, and shilajit has been found to contain over 70 different highly bioavailable minerals. While dibenzo-alpha-pyrones seem to support cognitive functions with neuroprotective actions, fulvic acid is widely becoming recognized as a substance critical to human health.

Fulvic acid is the strongest natural electrolyte known, and thus provides powerful support for the health and balance of our cells. In fact, without fulvic acid, life as we know it would probably not exist. Fulvic acid is produced by soil microbes as a small, lattice-shaped molecule that acts as carrier for other substances. Amazingly, the molecules of fulvic acid have the ability to carry around 60 times their own weight in minerals, enzymes, vitamins, and other compounds. Fulvic acid found in soil helps to break down inorganic rock particles into smaller sizes and then absorbs them into its structure. Plants can then absorb these fulvic acid-complexed, bioavailable minerals and incorporate them into plant structures, where they become organically bound, readily absorbable, bioavailable nutrition for animals. Without fulvic acid in the soil, plants become seriously deficient in bioavailable minerals and other important compounds, including fulvic acid. We humans get fulvic acid in our diet by eating plants rich in this magical substance.

Unfortunately, modern humans tend to be seriously deficient in fulvic acid. Modern industrial farms typically do not apply compost (decaying organic matter) to soils which supports the healthy soil ecosystem (by serving as food for soil microbes) necessary to produce abundant fulvic acids. In addition, fields are typically planted and harvested too frequently to allow the time needed to produce humic and fulvic acids. Finally, pesticide application tends to kill microbial life in soil. All of these factors result in a dramatic deficiency of fulvic acid in the typical modern diet.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

HEALTHFORCE: OVER 20 YEARS OF HARD-CORE, RAW,
VEGAN, WHOLE FOOD NUTRITION.

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Benefits of Shilajit Consumption

It is thought that porous fulvic acids in shilajit carry nutrients (minerals, vitamins, phytonutrients, etc.) deep into the tissues of the body. These lattice-shaped transport cavities may also help capture toxins and escort them out of the body. Some of the many benefits that have been observed with shilajit consumption follow:

- enhances bioavailability and beneficial effects of other herbs and nutrients with which it is combined
- adaptogenic qualities – supports both the mind and body’s ability to handle stress
- provides powerful antioxidant phytochemical complex that supports cellular health
- supports a healthy inflammation response
- supports healthy blood sugar
- supports memory, learning, and healthy brain function
- supports body detoxification
- helps maintain healthy metabolism and promotes energy production in the body
- supports immune function

Shilajit Supreme™

Even though monkeys seem to do well on raw, unprocessed shilajit from cliffs in the mountains, it is unwise for humans to consume unprocessed shilajit on a regular basis. Unprocessed shilajit tends to be contaminated with sand. In addition, the *International Journal of Ayurveda Research* warns that unprocessed shilajit may contain fungus growth such as *Aspergillus niger*, *A. ochraceous*, and *Trichothecium roseum*. It is therefore important to purchase shilajit from a reputable supplier that has processed the shilajit to a high level of purity.

Also, there are many reports of fake shilajit originating from India that has made its way into the marketplace around the world. All true shilajit contains significant amounts of fulvic acid and dibenzo-alpha-pyrones. Any reputable company selling a shilajit product will have performed identity testing to verify the presence of these compounds in their products, as well as a variety of other tests (e.g., heavy metals, pesticides, irradiation, microbials, etc.) to verify the purity of their product.

Shilajit Supreme™ is gathered from a pristine, high mountain region of the Himalayan Mountains in India and then filtered and concentrated via a unique, full-spectrum, water extraction process into a nutrient-rich powder. Our shilajit is abundant in dibenzo-alpha-pyrones, other unique phytochemicals, plant-based trace minerals, amino acids, antioxidants, and contains naturally high concentrations of fulvic acid (over 50%). We test our shilajit for identity, pesticides, microbials, heavy metals, irradiation, GMOs, solvent residues, and fulvic acid content to assure the high level of purity and potency that our customers deserve.

The HealthForce Edge

- Laboratory tested for authenticity, purity and to verify 50%+ fulvic acid content
- 100% TruGanic™. TruGanic™ is HealthForce’s own purist, hard-core, quality standard for sourcing and production. Ingredients must pass actual tests (that no other standard requires) to verify non-GMO status and ensure they are 100% free of pesticides and irradiation.
- EcoFresh Nutrient Lock Packaging™ (amber glass bottles, oxygen absorbers, rubberized airtight metal lids) ensures nutrient potency and long shelf life by creating a vacuum. Glass is also recycled/recyclable, does not outgas, and is non-toxic to melt down. Plastic bottles and metal/foil pouches (not recyclable) allow dramatic degradation of nutrient levels. Plastic also outgasses toxic volatile organic compounds (VOCs) and is highly toxic to melt down.
- Significant energetic enhancements enhance life force.
- No binders, fillers, excipients

Suggested Use: Take 2 capsules or 1/2 teaspoon daily with purified water, juice, smoothies, etc.

Suggested Adjuncts: A whole food, Vegan diet high in organically-grown fresh fruits and vegetables. Other HealthForce products that are synergistic with Shilajit Supreme™ are Vitamineral Green™, Earth™, Friendly Force™, Nopal Blood Sugar™, and Liver Rescue™. Also, minimize exposure to toxins, avoid chlorine in tap water and showers (use a shower filter), get barefoot on the earth, drink plenty of purified water, breathe deeply, and think positive thoughts!

Powder

Supplement Facts		
Serving Size: 1/2 tsp. (1.1 g)		
Amount Per Serving		% Daily Value*
Sodium	7 mg	<1%
Vitamin C	1.5 mg	3%
Calcium	74 mg	7%
Iron	2.7 mg	15%
Ingredient: Shilajit∞	1.1 g	†
*Percent Daily Values are based on a 2,000 calorie diet		
† Daily Value not established		

∞Organic ∞Wildcrafted ∞TruGanic™

VeganCaps™

Supplement Facts		
Serving Size: 2 VeganCaps™ (0.94 g)		
Amount Per Serving		% Daily Value*
Sodium	5 mg	0.2%
Calcium	60 mg	6%
Iron	2.7 mg	15%
Vitamin C	1.2 mg	2%
Ingredient: Shilajit∞	0.94 g	†
*Percent Daily Values are based on a 2,000 calorie diet		
† Daily Value not established		

∞Organic ∞Wildcrafted ∞TruGanic™
Other ingredients: VeganCaps™ (fermented tapioca)

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