

“Shilajit Capsules” – 1,000mg each

PRICE:

10's Capsules = as listed on current price list & website

30's Capsules = as listed on current price list & website

60's Capsules = as listed on current price list & website

DOSAGE: take 1 capsule per day, in the morning, no less than 2 hours before or 2 hours after chronic medication. First start with lower dosage to see how it reacts. Do not exceed this dosage. Not to be used by children under the age of 16 years.

FAQs : "Frequently Asked Questions" about “Shilajit Capsules”

► Question 1: What is Shilajit?

“Asphaltum punjabianum”, a.k.a. “Asphaltum”

Shilajit is a sticky, tar-like substance formed over centuries from the decomposition of plants and minerals in mountainous regions, particularly the Himalayas. It is a component of traditional Ayurvedic medicine and is rich in fulvic acid, minerals, and other organic compounds that have antioxidant properties. It is a unique body tonic, revitalizes and optimizes many body functions.

Shilajit enhances nitric oxide production, improves endothelial function and cerebral blood flow by regulating cAMP levels, promoting vascular relaxation and neuroprotection. Shilajit reduces cytokine-induced neuroinflammation, addressing key factors in vascular dementia.

- Organic acids: Primarily fulvic acid, but also humic acid and dibenzo- α -pyrones.
- Minerals: Contains over 84 minerals in ionic form, including copper, silver, zinc, and iron.
- Other components: Includes vitamins, essential fatty acids, amino acids, and polyphenols.

► Question 2: What type and size of capsules are used?

1,000mg Size 00 “Vegan Gelatin” Capsules

► Question 3: Does this “Shilajit” contain any fillers?

NO

► Question 4: What are the benefits of “Shilajit Capsules”?

Supports...

- Energy & Stamina
- Vitality

- Metabolism
- Cholesterol
- Liver health
- Bone health
- Muscle strength
- Kidneys
- Memory
- Cognition
- Brain function
- Alzheimers
- Boosts testosterone
- Enhances fertility
- Sexual health
- Anti-cancer properties
- Antioxidant
- Cardiovascular disease
- Anti-Ageing
- Collagen synthesis
- Protects skin tissue
- help for Iron-deficiency
- May prevent iron-deficiency anemia
- Gut health
- Hormone balance
- Regulates periods
- Weight management
- Arthritis
- Anti-inflammatory
- Improves immune function
- Stress
- Lowers Cortisol levels
- Lower High Blood pressure
- Thyroid health

► **Question 5: What is the side effects of “Shilajit Capsules”?**

In rare cases some of the following side effects may be experienced:

Chest pain, Diarrhea, Difficulty breathing, speaking, or swallowing, Dizziness, Hives, Nausea or vomiting, Rapid heart rate, Stomach pain.

•Don't take Shilajit if you have sickle cell anemia, hemochromatosis (too much iron in your blood), or thalassemia. It's possible to be allergic to this supplement. Stop taking Shilajit if you develop a rash, increased heart rate, or dizziness.

- Do not take if suffering from Gout, and/or having high acidity levels.
- Do not take it prior to surgery.

NB: Important to consult your own Medical Doctor and/or Oncologist prior to using “Shilajit Capsules”

► **Question 6: Who cannot use “Shilajit Capsules”?**

- Not to be used by pregnant, lactating women.
- Children under the age of 16.
- See answer to Question 5.

► **Question 7: Is “Shilajit Capsules” approved by the Medical & Health Authorities?**

NO, it is a 100% herbal and natural product. It is absolutely the client’s own decision to follow the pharmaceutical route, or the natural route. Read our full Disclaimer on our website: www.dianas.co.za

NB: Important to consult your own Medical Doctor and/or Oncologist prior to using “Shilajit Capsules”

► **Question 8: What is the required dosage:**

- Adults may take 1 capsule per day, in the morning, no less than 2 hours before or 2 hours after chronic medication. First start with lower dosage to see how it reacts.
- Do not exceed this dosage
- Not to be used by children under the age of 16 years.
- Important to consult your own Medical Doctor and/or Oncologist prior to using “Shilajit Capsules”

► **Question 9: Is “Shilajit Capsules” addictive or habit forming?**

NO

► **Question 10: Will you experience any withdrawal symptoms when quit using “Shilajit Capsules”?**

NO

► **Question 11: How soon after I start using “Shilajit Capsules” will I notice a difference?**

Some people may experience the benefits immediately, or after about 3 weeks. In some cases, it may take longer.

► **Question 12: What is the shelf life of “Shilajit Capsules”?**

The shelf life is +- 1 year from the date of purchase.

Important to store your “Shilajit Capsules” away from heat and direct sunlight.