

How Shilajit Resin is Harvested

Written by NewsServices.com



Shilajit resin is a humic substance that has formed over many decades from plant remains due to geological and biological processes. It is harvested by hand from the Himalayan mountains at an altitude of over 3000m. It is derived from decomposed plants and is very high in humic and minerals.

The resin is extracted from the cliff rocks using traditional ayurvedic principles. The Himalayan Shilajit is extracted above 16,000 feet and is the most potent. This high altitude has less sunlight, strong winds and less oxygen which keeps Shilajit minerals intact for decades. Unlike the normal supplements, [Shilajit](#) forms in areas that are not depleted of vital nutrients. Pure shilajit contains over 85 minerals which can greatly boost our health. Shilajit products are harvested from Nepal and India, tested for purity and later packaged and sold in high qualities. Shilajit resin is usually mixed with beverages.

Benefits of Shilajit

It will increase your energy and stamina

Shilajit resin rejuvenates the body and increases energy and stamina. It helps people live stronger and healthier lifestyles.

It will cleanse your body

It has fulvic acid which detoxifies and neutralizes dangerous toxins in the body. It can also help in reducing extra weight. It increases the body's metabolic rate and aids in burning excessive fat.

It will improve your mood

Shilajit resin helps in relieving stress and relaxing the muscles. It reduces anxiety and stress.

Increasing testosterone levels

Shilajit resin increases the production of testosterone which helps in boosting sexual performance and sexual health.

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It has over 85 minerals

Shilajit resin enriches the body with beneficial minerals. It has vitamin A, B, C and P. It also contains fulvic acid and humic acid.

How to use Shilajit resin

Shilajit resin can be mixed with any warm beverage. Shilajit can be consumed once or twice a day and 4 to 6 times a week. For optimum Shilajit effects, take it 1 to 2 months at a time. In order to take Shilajit the whole year, you should reduce the daily and weekly dosage.

Shilajit resin contains elements such as amino acids, Dibenzo-alpha-pyrones, fulvic acid and trace minerals. Shilajit resin is the purest form as it has undergone less processing. It has not been changed by overheating and the nutrients are left intact. However, this is not the case for some Shilajit powder which is heated during the drying process. The heat may destroy the minerals and enzymes that can destroy the bioactive properties. Shilajit resin supplement is natural and contains rich plant minerals. Shilajit resin is extracted using ayurvedic formulation and is potent and pure. You may start to feel the Shilajit effects from the first time you ingest it. Shilajit is harvested using the best harvesting methods and is of pure quality.