



Page 2/1

Himalayan Shilajit

- **Enhances Strength & Stamina**
Boosts physical performance, energy levels, and endurance naturally.
- **Improves Brain Function**
Supports better focus, memory, and cognitive clarity.
- **Boosts Immunity**
Rich in fulvic acid and minerals that strengthen the immune system.
- **Increases Testosterone Levels**
Known to support hormonal balance and improve vitality in men.
- **Fights Fatigue & Weakness**
Rejuvenates body cells and helps combat chronic tiredness.
- **Reduces Stress & Anxiety**

Dosage: Consume 300-500 milligrams (size of a pea) of Shilajit. Take it twice a day or as per the advice of a healthcare practitioner.

www.myrecharge.co.in





Himalayan Shilajit

Acts as an adaptogen, helping the body manage physical and mental stress.

- **Improves Sexual Wellness**

Traditionally used to enhance libido, fertility, and reproductive health.

- **Supports Anti-Aging**

Antioxidants help fight free radicals and slow down the aging process.

- **Enhances Nutrient Absorption**

Helps the body absorb essential vitamins and minerals more efficiently.

- **Supports Healthy Blood & Detoxification**

Purifies the blood, promotes better circulation, and aids in removing toxins.

Dosage: Consume 300-500 milligrams (size of a pea) of Shilajit. Take it twice a day or as per the advice of a healthcare practitioner.

