

bio-farma

Shilajit 60 Vcaps

EAN: 8436594151460 FABRICANTE: VIT.O.BEST



Shilajit, from Vitobest®, is composed of 100% PrimaVie®. Powerful anti-aging effect, increasing muscle mass in the elderly, improving male sexual health, by increasing testosterone and sperm production. Contributes to increasing energy during sports. Reduces joint inflammation.

DESCRIPTION

PrimaVie® is the result of optimized extraction of shilajit harvested from different biological ecosystems (biomes) and ecologically processed through water extraction, to achieve an optimal nutrient profile and a product of the highest quality.

PrimaVie® 's effectiveness is supported by 8 clinical studies showing that it contributes to increased energy, endurance ¹ and healthy aging.

Purified Himalayan Shilajit contains dibenzo-?-pyrones (DBPs), DBP-Chromoproteins (DCP), fulvic acid and 40 minerals, with very low levels of heavy metals, which act in synergy to provide numerous health benefits.

Shilajit has been used for over 5000 years by the civilizations of the Indus Valley.

Did you know?

Urolithins are antioxidant compounds with proven health benefits. These compounds are produced in nature by bacteria from ellagitannins and ellagic acid and are also produced by our intestinal microbiota.

Health benefits of shilajit backed by scientific studies:


- Powerful **antiaging** effect, increasing muscle mass in the elderly ² .
- Improves male sexual health, by **increasing testosterone** and **sperm production** ^{3,4} .
- It contributes to increasing **energy** in sports, improving ATP synthesis ^{5,6} .
- **Reduction of cardiovascular risk** and endothelial dysfunction, by increasing nitric oxide levels ⁷ .
- **Reducing inflammation** and improving joint health ⁸ .

Allergens:

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Does not contain. Gluten free.

Ingredients:

PrimaVie®: purified shilajit extract, bulking agent: microcrystalline cellulose, thickener (capsule): hydroxypropyl methylcellulose and anti-caking agent: magnesium stearate.

Composition for 2 VegeCaps

PrimaVie®

Purified Shilajit Extract 500 mg

Instructions for use

Take 2 VegeCaps daily.

Literature:

¹ "The Effects of Shilajit Supplementation on Fatigue-Induced Decreases in Muscular Strength." Joshua Keller, Terry Housh, Cory Smith, Ethan Hill, Richard Schmidt and Glen Johnson department of Nutrition and Health Sciences, University of Nebraska - Lincoln.

² "Healthy Aging. The Human Skeletal Muscle Transcriptome in Response to Oral Shilajit Supplementation." Amitava Das, Soma Datta, Brian Rhea, Mithun Sinha, Muruganandam Veeraragavan, Gaye Gordillo, and Sashwati Roy Journal of Mediana/ Food, Vol 19 (7), 2016, 701-709.

³ "Clinical evaluation of purified Shilajit on testosterone levels in healthy volunteers". Pandit, S. Biswas, U. Jana, RK De, SC Mukhopadhyay & TK Biswas. Andrologia 2015, xx, pp. 1-6.


⁴ "Clinical evaluation of spermatogenic activity of processed Shilajit in oligospermia." TK Biswas, S. Pandit, S. Monda/, SK Biswas, U. Jana, T. Ghosh, PC Tripathi, PK Debnath, RG Auddy & B. Auddy.

⁵ "Clinical evaluation of safety & efficacy of Shilajit (PrimaVie) for improving human performance in exercise study of healthy volunteers - a placebo controlled study." Swami Vasavanandaji Maharaj, Paresh Chandra Tripathi, Saumitri Tripathi. Ramakrishna Mission, Kolkata, India.

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⁶ ?Profit! effect of processed Shilajit on swimming exercise impaired induced energy status of mice.? Sauryya Bhattacharyya, Debasish Pal, Amartya K Gupta 1, Partha Ganguly, Upa/ K Majumder, Shibnath Ghosal.


⁷ ?Study of Shilajit (PrimaVie) in modifying cardiovascular risk with special reference to endothelial dysfunction in patients with type 2 diabetes mellitus". P. Usharani, F. Nishat, N. Muralidhar. Nizam's Institute of Medical Sciences, Hyderabad, India.

⁸ ?Anti-inflammatory and anti-arthritis efficacy and safety of Purified Shilajit in moderately arthritic dogs." Law/ey S, Gupta RC, Goad JT, Canerdy TO and Kalidindi SR. Journal of Veterinary Science & Animal Husbandry, Vol. 1, /ssue 3, pp. 1-6.

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