

Suggested Use: Adults, take 1/8 tsp once daily or as directed by your practitioner. May be taken direct or dissolved in milk or beverage.

- **Raw / Low Heat Production**
- **Stir Well Before Use**

**HIGH-HIMALAYAN BLACK**

**RAW**

**Shilajit®**

1 oz

30 grams

**LIQUID**

**RESIN**

All Natural Vegan Dietary Supplement



**OMICA®**  
**ORGANICS**

Product of India

Quitman, TX 75783

800-613-6311

[www.OmicaOrganics.com](http://www.OmicaOrganics.com)

## **Supplement Facts**

Serving Size: 150mg

Servings Per Container: 200

Amount per Serving %DV

**Shilajit Extract 0.15g \***

\* Daily Value Not Established