Shilait churna is a combination of dried powdered extracts, raw powdered herbs and spices. This combination of herbs creates a perfect symphony of natural chemistry that supports the whole body. Herbs and spices have been used for centuries as a natural preventive to fight disease, improve digestion and help maintain a healthy mind, body and soul.

Manufactured by Ayurvedic Rasayanas P.O. Box 719 Ashland, OR 97520 28684 Sutherlin Lane Eugene, OR 97405

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Dosage: one teaspoon per 50lbs of weight Dissolve 1 to 3 tsp. in hot water 30 min. before meals. Recommendations: Pancreas, Digestion, Metabolism, Kapha or Earth balancing



Supplement Facts

Amount per serving 1tsp. (3g) Amount per serving: Calories 11	Serving per container- 50 % Daily Values*
Not a significant source of Vitamin A, Vitamin C, Calcium and Iron	

Dietary Ingredients: (powdered extracts and dried raw herbs only) Proprietary blend of standardized extracts and powdered herbs: Shilajit (6:1) fulvic acids, Gymnema leaf (25%), Bitter melon fruit (10:1), Gokshura fruit (8:1), Gotu Kola leaf (7:1), Guduchi leaf (10:1), Guggulu resin (3%), Pippali fruit (4:1), Neem leaf (10:1), Amalaki fruit (5:1), Haritaki fruit (4:1), Tulasi root (5:1), Barberry root (10:1) Turmeric root, Fenugreek seed, Dandelion root, Triphala (Amalaki, Haritaki, Bhihitaki), Ginger root, Black pepper fruit, Cinnamon hark

*Percent Daily Values are based on a 2,000 Calorie diet. Percent daily values not established