



SHILAJIT PLUS

NPN : 80127800 

Health Canada Product Licence
Retail packing – 60 vegan capsules.

Medical Ingredients	:	200 mg - Shilajit Extract (Fulvic acid 2.5 %) 200 mg - Extract of moringa oleifera leaves.
Non-medical ingredients	:	Magnesium stearate and Carboxymethylcellulose

THE BRAND

SYNERGY NUTRATEK INC. is a fresh Canadian venture for the import and marketing of premium nutraceutical formulations. The company is supported by an Indian operation with four decades of experience in the plant-based industry manufacturing ingredients for supplements, food, cosmetics, flavors, and fragrances.

THE PRODUCT

Welcome to the science behind SHILAJIT PLUS, where nature's synergy takes center stage. Purified extracts of Himalayan Shilajit and Moringa leaves are crafted to harness the unique properties of these powerful ingredients in perfect harmony.

Clinical studies showcase fulvic acid's role in nutrient absorption, cellular energy production, and antioxidant defense. Numerous clinical studies highlight Moringa's nutritional richness. It is renowned for being a dense source of vitamins (A, C, E), minerals (iron, calcium, potassium), and antioxidants. These studies illustrate Moringa's potential in supporting overall health, and immune function and combating oxidative stress.

SYNERGISTIC AMPLIFICATION : Fulvic acid's chelating properties, as evidenced by scientific research, enhance the absorption of Moringa's nutrients in the digestive system. This synergy ensures that the body optimally utilizes the micronutrients present in moringa, amplifying the health benefits.

Clinical findings suggest that fulvic acid's impact on mitochondrial function aligns seamlessly with Moringa's energy-boosting properties. Together, they form a symphony that optimizes cellular respiration, contributing to sustained energy levels. The antioxidant capacity of Moringa, coupled with fulvic acid's ability to neutralize free radicals, creates a robust defense against oxidative stress. This dynamic duo not only protects cells but elevates the overall antioxidant profile of SHILAJIT PLUS.

RECOMMENDED USES

Nutrient Absorption: Shilajit extract is believed to enhance the bioavailability and absorption of nutrients, while Moringa extract provides a rich source of essential vitamins and minerals. This combination may optimize the body's utilization of nutrients.

Energy and Vitality Boost: The blend of Shilajit and Moringa extracts provides a natural source of energy, promoting vitality and combating fatigue. This combination may help enhance physical and mental stamina.

Antioxidant Support: Shilajit and Moringa extracts are potent antioxidants that can help neutralize harmful free radicals in the body. This may support healthy aging, cellular health, and overall well-being.

Cognitive Function: Shilajit and Moringa extracts are traditionally used to support cognitive function and memory. This unique combination may enhance focus, mental clarity, and overall cognitive performance.

Immune System Support: The combination of Shilajit and Moringa extracts provides beneficial compounds that support a healthy immune system. Regular use of SHILAJIT PLUS may strengthen the body's natural defenses.

Joint and Muscle Health: Shilajit and Moringa extracts have anti-inflammatory properties, which may help reduce inflammation and support joint health. This combination could benefit individuals dealing with arthritis or other inflammatory conditions.

ADVANTAGES OF EXTRACTS OVER RAW-HERB POWDERS

Concentration of Active Compounds: Herbal extracts are created by concentrating the bioactive compounds found in the raw herbs. This process allows for a higher concentration of beneficial compounds, such as antioxidants, vitamins, and minerals, compared to raw herbal powders.

Standardized Potency: Extracts are often standardized to contain specific amounts of key active compounds. This ensures consistency and allows for more precise dosing and batch consistency of specifications.

Enhanced Bioavailability: Extracts may improve the bioavailability of the active compounds. This means that the body can more easily absorb and utilize the beneficial constituents, resulting in better therapeutic effects.

Elimination of impurities: The extraction process selectively removes inert or undesirable components from the herbs, such as plant fibers, cellulose, and heavy metals, which may be harmful. Extraction in a selective solvent can lead to a more concentrated and purer product.

DOSAGE, USAGE AND STORAGE

Always follow the recommended dosage provided on the product label or as advised by a healthcare professional.

Adults : Take one capsule orally, 1 to 2 times daily, one hour before or after other medications and food.

WARNING : Do not consume if you are pregnant or breastfeeding. Not recommended for children or if you have any chronic health conditions. Consult a healthcare professional for prolonged use.

STORAGE : Store away from heat and sunlight. Consume the contents within 90 days after opening the seal of the packing. Shilajit is naturally hygroscopic, meaning it tends to absorb moisture. Slight darkening of the product may be observed, however, this will not alter the properties of the product if stored as recommended.

SHILAJIT – INSIGHTS

Shilajit, also known as "the conqueror of mountains and destroyer of weakness," is a mineral-rich substance that is found in the Himalayas. It is a sticky, tar-like substance that oozes from the

high-altitude rocks, primarily found in the Himalayas. It is formed over centuries by the decomposition of plant and microbial matter, undergoing a complex transformation process. Shilajit's composition is remarkably diverse and complex, encompassing various organic and inorganic compounds. Key constituents include fulvic acid, humic acid, dibenzo- α -pyrones, trace minerals, amino acids, and antioxidants. Shilajit is renowned for its adaptogenic properties, helping the body adapt to stressors and maintain balance. In traditional medicine, it is often used to enhance resilience, reduce fatigue, and promote overall vitality. Shilajit has been associated with anti-aging effects, supports tissue regeneration, promotes cellular energy production, and contributes to the overall rejuvenation of the body. Some traditional uses of Shilajit include its application for cognitive enhancement. It is thought to support mental clarity, memory, and concentration.

Energy and Stamina: Shilajit has been historically utilized to boost energy levels and enhance physical performance. It is often recommended for individuals seeking increased stamina and endurance.

Immune Support: In traditional medicine, Shilajit is considered an immune booster. Its antioxidant content and potential to modulate immune responses contribute to its traditional use in supporting the body's defense mechanisms.

Detoxification: Shilajit's fulvic acid content is associated with detoxification properties. It may aid in the removal of toxins from the body and support liver function.

Reproductive Health: Shilajit has been traditionally used to promote reproductive health, including its potential role in supporting male fertility.

Application in Ayurveda: In Ayurvedic medicine, Shilajit is classified as a "rasayana," a substance that rejuvenates and revitalizes the body. It is often integrated into formulations for specific health conditions or taken as a standalone supplement to promote overall well-being.

MORINGA – INSIGHTS

Moringa, commonly known as the "miracle tree" or "drumstick tree," is a fast-growing tree native to India. It is a versatile and hardy plant belonging to the Moringaceae family. Native to parts of Africa and Asia, it has gained global recognition for its rich nutritional profile and diverse medicinal properties. Moringa is a nutritional powerhouse, containing significant amounts of vitamins such as A, C, and E. It is a rich source of minerals, including calcium, potassium, and iron. The leaves are known for their high protein content, making them a valuable supplement, particularly in vegetarian diets.

In traditional medicine, moringa is known for its potent antioxidant properties, attributed to compounds like quercetin, chlorogenic acid, and beta-carotene. These antioxidants help neutralize free radicals in the body, contributing to overall health and longevity. Compounds like isothiocyanates have been studied for their ability to reduce inflammation in the body. Moringa extracts exhibit antimicrobial properties against various pathogens, showcasing their potential in traditional medicine for treating infections. In traditional medicine, moringa is used to address nutritional deficiencies. The leaves, rich in essential vitamins and minerals, contribute to overall health and well-being. Some studies suggest that Moringa may help regulate blood sugar levels, making it a potential supportive element in managing diabetes, a use noted in traditional medicine. Beyond its medicinal value, moringa is often incorporated into culinary practices. The leaves, flowers, and pods are used in various dishes, in the southern part of India, providing delicious nutrition to the meals.

REFERENCE FROM MEDICAL JOURNALS

1. **Shilajit: A Natural Phyto complex with Potential Procognitive Activity**
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3296184/>

2. Medicinal and therapeutic properties of Moringa
https://link.springer.com/chapter/10.1007/978-3-030-80956-0_4
 3. Bioactive Components in *Moringa Oleifera* Leaves Protect against Chronic Disease
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5745501/>
 4. Review of properties nutritional, pharmaceutical of Moringa oleifera
<https://link.springer.com/article/10.1007/s13596-020-00468-0>
 5. Synergistic therapeutic actions of herbal ingredients and their mechanisms from molecular interaction and network perspectives.
<https://www.sciencedirect.com/science/article/abs/pii/S1359644609001135>
 6. Synergy effects of herb extracts: Pharmacokinetics and pharmacodynamic basis
<https://www.sciencedirect.com/science/article/abs/pii/S0367326X13002840>
 7. Clinical evaluation of purified Shilajit on testosterone levels in healthy Volunteers.
<https://pubmed.ncbi.nlm.nih.gov/26395129/>
 8. Shilajit extract reduces oxidative stress, inflammation, and bone loss to dose-dependently preserve bone mineral density in postmenopausal women with osteopenia.
<https://www.sciencedirect.com/science/article/abs/pii/S0944711322004135>
 9. Shilajit: Uses, Benefits & Side Effects - Ayurved.
<https://pharomeasy.in/blog/ayurveda-uses-benefits-side-effects-of-shilajit/>
-

IMPORTED AND MARKETING BY

SYNERGY NUTRATEK Inc., 11 Eckford Lane, Brampton, Ontario L7A 4G8 , Canada.
info@synergynutratek.com.

MANUFACTURED IN INDIA in a licensed and certified facility complying with Good Manufacturing Practices.
Health Canada FSRN - 5000438 (Foreign Site Registration Number).



SYNERGY NUTRATEK
NATURE AND SCIENCE IN PERFECT SYNERGY