# BENEFITS OF Shilajit

### **BOOST TESTOSTERONE**

BOOSTS TESTOSTERONE & SPERM COUNT AS WELL AS SPERM MOTILITY

### **COGNITIVE FUNCTION**

BOOSTS COGNITIVE FUNCTION, AIDS COGNITIVE DISORDERS & ALZHEIMERS

### FAT BURNER

SPEEDS UP METABOLISM & AIDS MUSCLE RECOVERY FOR INTENSE TRAINING

### **ENERGY BOOST**

REDUCES FATIGUE & IMPROVES BLOOD FLOW BY BOOSTING CELL FUNCTION & EFFICIENCY

### SUPERFOOD

OVER 84 MINERALS & RICH IN FULVIC ACID, BOOSTS OVERALL HEALTH AND WELL BEING

# OUR *Contact*



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Top G Nutrition LONDON

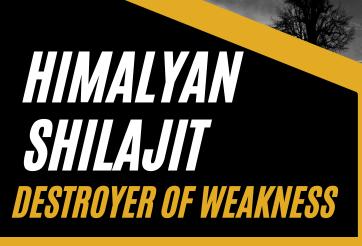


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# JOIN THE *Movement*



# NUTRITION



NUTRITI

SHILAJIT

#### <u>SUPERFOOD</u>

OVER 84 MINERALS & RICH IN FULVIC ACID, BOOSTS OVERALL HEALTH AND WELL BEING

#### <u>BRAIN BOOSTER</u>

BOOSTS COGNITIVE FUNCTION, AIDS COGNITIVE DISORDERS & ALZHEIMERS

#### NUTRITION

2606

1000

ENERGY BOOSTER

REDUCES FATIGUE & IMPROVES BLOOD FLOW BY BOOSTING CELL FUNCTION & EFFICIENCY

TESTOSTERONE & FERTILITY BOOSTER BOOSTS TESTOSTERONE & SPERM COUNT AS WELL AS SPERM MOTILITY

FAT BURNER SPEEDS UP METABOLISM & AIDS MUSCLE RECOVERY FOR INTENSE TRAINING

# FROM THE HIGHEST PEAKS

HARVESTED FROM 18,000+ FEET, LAB TESTED, NATURAL AND VEGAN



# ABOUT OUR Shilajit

### WHAT IS SHILAJIT?

Shilajit is a natural compound that seeps out of rocks in high altitude mountains. It is best known for its antioxidant and anti-inflammatory properties. It contains high amounts of fulvic acid, shilajit has been used in traditional medicine for over 4000 years by the people of the himalayan region.

### **QUALITY OF OUR SHILAJIT**

Our Shilajit has been harvested from 18,000+ ft, which is the highest grade, lab tested to ensure high levels of fulvic acid, and other minerals.

CONQUEROR OF MOUNTAINS

~ACIENT SANSKRIT TEXTS



## HISTORY OF *Shilajit*

SHILAJIT HAS BEEN USED FOR OVER 4000 + years :

- 1. AYURVEDIC TRADITION (INDIA): REVERED IN AYURVEDA FOR VITALITY AND HEALTH.
- 2.**TIBETAN & MONGOLIAN CULTURES:** USED FOR ENDURANCE AND CLARITY IN HIGH ALTITUDES.
- 3. RUSSIAN & CENTRAL ASIAN TRADITIONS: VALUED FOR ENERGY AND ADAPTATION.
- 4. PERSIAN CULTURE: MENTIONED IN PERSIAN TEXTS FOR HEALTH BENEFITS.
- 5. NEPALESE & BHUTANESE: TRADITIONAL ENERGY BOOSTER.
- 6.**OTHER HIMALAYAN CULTURES:** INTEGRATED INTO DIVERSE HEALING PRACTICES.

# ABOUT OUR *Brand Ethics*

At Top G Nutrition, we pride ourselves in our belief that natural products far outweigh pharmaceutical supplements, we centre ourselves in science back traditional medicine from different cultures around the world.