



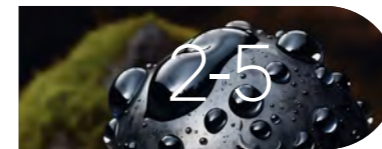
Experience the magic  
*of mighty nature*



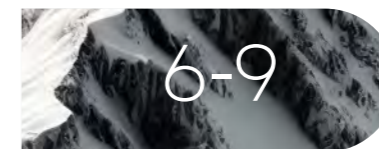
**PREMIUM PRODUCTS SERIES**

Based on Shilajit

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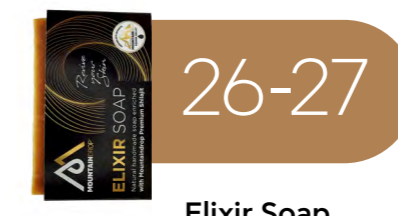
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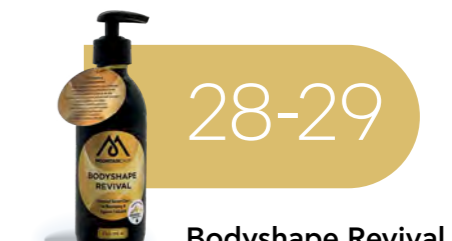
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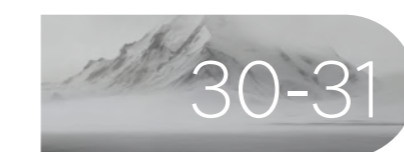
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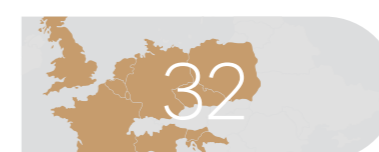
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Frequently asked questions



Markets Presence



# Mountaindrop Shilajit



## What is it

Shilajit is a rare, resinous substance found in the mountain regions of Tibet, the Himalayas, the Caucasus and the Altai Mountains in southern Siberia. It has an intense black color and a viscous texture. Shilajit has been formed by nature after a process that lasted thousands of years.



## Why is it important?

Shilajit is astoundingly rich in organic minerals, amino acids, nutrients and fulvic acid. However, one of shilajit's top benefits is its naturally occurring fulvic acid as it provides superior absorption of nutrients in the body.

Pure shilajit resin comprises of 85+ beneficial nutrients, such as vitamins and minerals in ionic form, amino acids, phospholipids and naturally occurring acids.



## Shilajit history

Word 'shilajit' derives from Sanskrit, which means 'the invincible rock', 'the conqueror of the mountains', and 'the destroyer of all weakness'. Shilajit has been used and respected across many cultures such as Asia, Persia, and Middle Eastern countries. It has been a key component for Ayurvedic culture, highly valued for rejuvenation and support of the immune system. Tibetans have also utilized shilajit in their traditional healing practices, as they often turned to it for its abilities to support digestion, longevity and for its anti-ageing properties.

Shilajit is much more than just an energy booster substance. It is a powerful biostimulant that can improve your physical and mental strength, delay the effects of ageing, enhance libido and brain function, promote recovery and much more!



# Empower your day



Are you looking to improve your everyday performance? Handle the day at the office more efficiently with less mental fatigue and more focus. Perform better at your sports activities with increased energy and stamina. Mountaindrop® will give you the extra edge all day long.



# Unique Product



Certified like no other in the market.



**Mountaindrop® Shilajit** sets a gold standard in authenticity and quality as the only shilajit brand awarded multiple certifications from the world's most respected and trusted organizations. We strictly follow Good Manufacturing Practices (GMP certified), ensuring that every batch of our shilajit meets the highest standards of safety, efficacy, and consistency. Furthermore, our ISO-9001 certification attests to our dedication to a quality management system that consistently meets international standards. Both GMP and ISO-9001 certifications are testaments of our commitment to deliver superior products of unparalleled quality.

# The purest of them all



Our shilajit is preserved in its purest form from harvest to shelf, thanks to our commitment to a hand-harvested, chemical-free purification process. This ensures you receive 100% authentic shilajit resin, maintaining all of its natural attributes and potency.

**HIMALAYAS**  
*Original*

HARVEST LOCATION  
**Himalaya Mountains**

HARVEST ALTITUDE  
**5000-8000m**

**ALTAI**  
*Original*

HARVEST LOCATION  
**Altai Mountains**

HARVEST ALTITUDE  
**3000-5000m**

# The Mountaindrop *Difference*



Mountaindrop represents the gold standard in authentic premium shilajit. We have conducted extensive research over the years and multiple tests to bring you the best quality shilajit in its purest resin form.



All Mountaindrop products are subjected to rigorous authenticity tests and are manufactured under the highest standards. Our GMP-certified manufacturing process and our ISO-9001 certification are distinguished achievements that underscore our commitment to excellence.

## Safe product to use

Every jar of Mountaindrop Shilajit has a safety seal and LOT number to ensure product safety.



*Shop now!*

visit our store

We test every single batch for:

- Authenticity
- Purity
- Heavy metals
- Harmful bacteria



## Quality

Getting you the best quality of 100% pure Shilajit can be guaranteed on Mountaindrop since we gladly provide all the necessary certificates required to make such a statement. At Mountaindrop, we test and select only the most potent and nutrient-rich shilajit.

**IMPORTANT NOTICE:** Since shilajit is a rare substance of limited supply, its price is relatively high. You may often come across adulterated products that claim to be pure. Still, the reality is that they are typically 10%-30% actual Shilajit and about 70%-90% extracted humic acids and other substances that can be artificially produced cheaply in a lab. Be aware that adulterated shilajit does not possess powerful nutritional properties and has not the same beneficial effects as the original one.



**IMPORTANT NOTICE:** Not all shilajit producers test their products on every single batch, and even fewer are the ones who are GMP certified. Always check the producer's credentials and laboratory reports before you buy shilajit. Beware of plastic containers and cheap regular glass, since it usually means that the quality of shilajit is already compromised. Many shilajit providers don't use clean water since it significantly increases the cost of shilajit production. As a result, the finished product is unclean and sometimes even hazardous to your health since it can contain unwanted heavy metals that can damage your body.

## Storage

A premium product requires premium packaging. Therefore, we store our Mountaindrop Shilajit in **special violet glass containers** that protect the raw material and provide a much longer life span while preserving its beneficial properties. In this way, shilajit can be stored for longer while still being completely healthy and safe for consumption.

## Production

**Mountaindrop is proudly GMP and ISO certified!** We follow the highest standards in manufacturing to ensure excellence in every product. All of our premium shilajit is **hand-harvested and extracted** using only the purest water and without applying any chemical compounds in the process.

# Quality Credentials



Top quality is at the very core of our product range. We select only raw materials of the highest grade and purity, without any additives, flavor enhancements or other questionable components.



	GMP Certified	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Heavy Metals Tested	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Safe Product	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Beneficial Nutrients	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

	High Potency	✓	✓	✓	✓	✓	✓	✓	✓	—	—	—
	Enriched with 100% Authentic MountainDrop Shilajit	—	—	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Vegan Friendly	✓	✓	—	—	—	✓	✓	✓	✓	✓	✓
	Natural Product	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

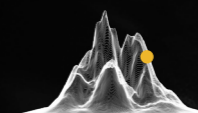
	Special Purple Glass	✓	✓	✓	✓	✓	—	—	—	✓	—	—
	Locally Sourced Raw Chestnut Honey	—	—	✓	✓	✓	—	—	—	—	—	—
	Hand Harvested	✓	✓	✓	✓	✓	—	—	—	—	—	—
	Lightly Carbonated	—	—	—	—	—	—	✓	✓	—	—	—



Hand Harvested



Naturally Cleaned only with filtered water



ORIGINAL ALTAI HARVEST ALTITUDE

> 3000m

# MOUNTAINDROP Original

## Life Changer

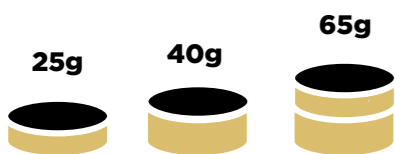


NATURAL PRODUCT

### Supercharge body & mind

Reach your optimum physical and cognitive state with an all-natural and powerful herbomineral. Mountaindrop® Original Altai shilajit fires up your day with more than 85 beneficial nutrients including ionic minerals, vitamins, amino acids and phospholipids allowing you to perform mentally and physically at your highest level! Enhance your life by absorbing all the essentials that your body and mind need to perform at their maximum capacity!

Our Original Altai shilajit is lovingly hand-harvested from the Altai mountains at an altitude range of 3000 to 5000 meters. It has a deep black color, sticky texture and an intense taste and smell. It is stored in a unique violet glass container with biophotonic properties that preserves the resin in its original authentic and pure form!



Available in three sizes

### INGREDIENTS

100% Pure natural shilajit resin from Altai mountains



### INSTRUCTIONS



Take a small amount of Shilajit in the size of a pea (200mg) with the measuring spoon and fully dissolve in water, warm tea, juice, milk or your very own power shake. The temperature should not exceed the 39°C!

### BENEFICIAL EFFECTS



All the beneficial effects of authentic Mountaindrop Shilajit

- 85+ Beneficial Nutrients
- Rich in vitamins
- Rich in organic minerals
- More than 53 DBP\* & DCP\*\*
- More than 18 amino acids
- Rich in fulvic acid
- Rich in humic acid
- Rich in hippuric acid
- Rich in phospholipids
- Effective phyto-complex
- Macro and microelements

\*Dibenzo- $\alpha$ -pyrones

\*\*Dibenzo- $\alpha$ -pyrone chromoprotein



GMP CERTIFIED



HEAVY METALS TESTED



NO USE OF PESTICIDES/HERBICIDES



BENEFICIAL NUTRIENTS



### Daily dosage

Daily dosage:  
• 200-600mg

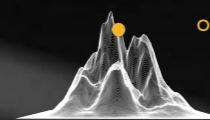


Hand Harvested



Naturally Cleaned only with filtered water

# MOUNTAINDROP Original



ORIGINAL HIMALAYAS HARVEST ALTITUDE > 5000m

# Life Changer



NATURAL PRODUCT

## Supercharge body & mind

Reach your optimum physical and cognitive state with an all-natural and powerful herbomineral. Mountaindrop® Original Himalayas shilajit fires up your day with more than 85 beneficial nutrients including ionic minerals, vitamins, amino acids and phospholipids allowing you to perform mentally and physically at your highest level! Enhance your life by absorbing all the essentials that your body and mind need to perform at their maximum capacity!

Our Original Himalayas shilajit is lovingly hand-harvested from the Himalayan mountains at an altitude range of 5000 to 8000 meters. It has a deep black color, its texture is less stickier than Altai variant and has a milder taste and smell. It is stored in a unique violet glass container with biophotonic properties that preserves the resin in its original authentic and pure form!

45g

Available in one size



## INGREDIENTS

100% Pure natural shilajit resin from Altai mountains



## INSTRUCTIONS



Take a small amount of Shilajit in the size of a pea (200mg) with the measuring spoon and fully dissolve in water, warm tea, juice, milk or your very own power shake. The temperature should not exceed the 39°C!

## BENEFICIAL EFFECTS



All the beneficial effects of authentic Mountaindrop Shilajit

- 85+ Beneficial Nutrients
- Rich in vitamins
- Rich in organic minerals
- More than 53 DBP\* & DCP\*\*
- More than 18 amino acids
- Rich in fulvic acid
- Rich in humic acid
- Rich in hippuric acid
- Rich in phospholipids
- Effective phyto-complex
- Macro and microelements

\*Dibenzo- $\alpha$ -pyrones

\*\*Dibenzo- $\alpha$ -pyrone chromoprotein



GMP CERTIFIED



HEAVY METALS TESTED



NO USE OF PESTICIDES/HERBICIDES



BENEFICIAL NUTRIENTS



## Daily dosage

Daily dosage:  
• 200-600mg



Power Blends



Enriched with 100% Authentic Mountaindrop Shilajit



Locally sourced Raw Chestnut Honey

## CHESTNUT HONEY+

# Nature's Defence

### Protect & Detox

Provide natural protection to your body, stimulate your immune system and get the energy you need with Mountaindrop® Chestnut Honey+. We chose to blend our premium quality shilajit with raw chestnut honey due to its superior nutritional content and low glycemic index.

Shilajit is a powerful antioxidant agent and when combined with the rich anti-bacterial properties of honey you get an effective natural supplement aimed to support body & mind. Our chestnut honey is locally sourced directly from the forest and far from polluted urban environments.

### INGREDIENTS

25g Mountaindrop Shilajit  
325g raw chestnut honey



Honey



Shilajit



### INSTRUCTIONS



Take one measuring spoon 8g and fully dissolve in water or warm tea, juice, milk or your very own power shake. The temperature should not exceed the 39° C! You can also consume it directly by mouth.

### BENEFICIAL EFFECTS



All the beneficial effects of authentic Mountaindrop Shilajit plus the rich nutritional content of the raw chestnut honey

**Vitamins** B1, B2, B6, C, pantothenic acid

**Minerals** Cu, Na, K, P, Ca, Si, Mg, Fe, Mn

**Amino acids** proline, phenylalanine...

**Enzymes** amylase, acid phosphatase, catalase, glucose oxidase...

**Acids** phosphoric acid, acetic, malic, citric, lactic, butyric, succinic, pyroglutamic, gluconic, formic acid

**Flavonoids** quercetin, anthocyanins, catechins

**Anti-bacterial substances**



GMP CERTIFIED



NATURAL PRODUCT



NO USE OF PESTICIDES/HERBICIDES



BENEFICIAL NUTRIENTS



### DAILY DOSAGE

A daily dosage of 8g includes:  
• 600mg Mountaindrop Shilajit  
• 7,4g raw chestnut honey

Power Blends



Enriched with 100% Authentic Mountaindrop Shilajit



Locally sourced Raw Chestnut Honey

KSM-66

# Ashwagandha PLUS



# Rooted Happiness

## Reclaim your inner peace

Re-colour your life by discovering an elevated mood and get the good night's rest you deserve with Mountaindrop® Ashwagandha Plus.

This powerful natural blend combines our premium shilajit resin, locally sourced raw chestnut honey and pure Ashwagandha KSM-66®, the most potent variation of Ashwagandha available, to support your mental, emotional and physical well-being.



## INGREDIENTS

25g Mountaindrop® Shilajit  
25g Ashwagandha KSM-66®  
300g raw chestnut honey



Ashwagandha



Honey



Shilajit

## INSTRUCTIONS



Take one measuring spoon 8g and fully dissolve in water or warm tea, juice, milk or your very own power shake. The temperature should not exceed the 39°C! You can also consume it directly by mouth. Store at ambient temperature and not directly exposed to the sun.

Ashwagandha KSM-66® full-spectrum root extract, Pharma-grade quality, 100% natural origin, Clinically tested, Pure natural taste, No additives

## BENEFICIAL EFFECTS



All the beneficial effects of authentic Mountaindrop Shilajit, raw chestnut honey plus the extraordinary nutritional content of pure Ashwagandha KSM-66®

- Helps maintain the health of respiratory system
- Helps maintain mental well-being
- Supports physical vitality and energy
- Reduces stress and enhances your sleep
- Beneficially affects the heart
- Helps enhance memory, cognition and learning
- Helps promote healthy sexual functions



GMP CERTIFIED



NATURAL PRODUCT



NO USE OF PESTICIDES/HERBICIDES



BENEFICIAL NUTRIENTS



## DAILY DOSAGE

A daily dosage of 8g includes:

- 600mg Mountaindrop Shilajit
- 600mg Ashwagandha KSM-66®
- 6.800mg raw chestnut honey

Power Blends



Enriched with 100% Authentic Mountaindrop Shilajit



Locally sourced Raw Chestnut Honey

# PRIME

TESTOSTERONE BOOSTER



# Mighty Synergy

## Live up to your prime

Experience a transformative journey towards rejuvenation and vitality with Mountaindrop® Prime testosterone booster. We've united nature's most dynamic elements within a perfect blend of meticulously selected, one-of-a-kind, natural ingredients that work synergistically to boost your performance and confidence with enhanced energy and libido, elevated mood and a renewed zest for life. A true symphony of nature's finest.

## INGREDIENTS

- 25g Mountaindrop® Shilajit
- 25g Ashwagandha KSM-66® (5% standardized withanolides)
- 300g Raw chestnut honey
- 50g Fadogia Agrestis Stem extract 10:1
- 30g Tongkat Ali root extract (2% eurycomanone)
- 40mg Vitamin D (lichen-based)
- 20g Magnesium Glycinate
- 2g Zinc Monomethionine
- 0.5g Boron Glycinate



Honey



Shilajit

**+7** POTENT NATURAL INGREDIENTS

## INSTRUCTIONS



Take one measuring spoon 9g and fully dissolve in water or warm tea, juice, milk or your very own power shake. The temperature should not exceed the 39° C degrees. You can also consume it directly by mouth.

Prime tops the typical testosterone boosters due to its completely natural yet highly potent ingredients that complement each other and work synergistically. Pure natural taste, no additives

## BENEFICIAL EFFECTS



Unique blend of 9 natural, high-quality ingredients to support you with enhanced energy, uplifted mood, boosted libido.

- Helps promote healthy sexual functions
- Helps maintain mental well-being
- Supports physical vitality and energy
- Reduces stress and enhances your sleep
- Beneficially affects the heart
- Helps enhance memory, cognition and learning

## DAILY DOSAGE

A daily dosage of 9g includes:

- 351,65mg Mountaindrop Shilajit
- 421,88mg Ashwagandha KSM-66®
- 6,7g Raw chestnut honey
- 703,13mg Fadogia Agrestis
- 421,88mg Tongkat Ali root extract
- 60mcg/2500 UI Vitamin D
- 281,25mg Magnesium Glycinate
- 28,13mg Zinc Monomethionine
- 7,03mg Boron Glycinate



GMP CERTIFIED



NATURAL PRODUCT



NO USE OF PESTICIDES/HERBICIDES



BENEFICIAL NUTRIENTS

Energy On The Go



Enriched with 100% Authentic Mountaindrop Shilajit



Ashwagandha KSM-66 full spectrum root extract



# ENERGY BAR

HAZELNUT & CACAO

# Spirited Power

## Power up body & spirit on the go

Boost your physical & mental functions with a truly unique & tasty energy bar. Seize the day by flourishing your system with all the essential minerals and vitamins. Mountaindrop® Energy Bar is enriched with our premium shilajit to energize your body & mind and Ashwagandha KSM-66® to uplift your mood and brighten your day. This is certainly not your typical energy bar since it is free from gluten and added sugars! Power up body & mind on the go!

## INGREDIENTS

Dried dates\*, nuts (roasted hazelnuts\* 10%, almonds\*, cashews\*), cacao powder 9%, coconut chips\*, sunflower seeds\*, pumpkin seeds\*, 200mg ashwagandha KSM-66®\* 0,44%, 200mg Mountaindrop® shilajit 0,44%.  
\*certified organic ingredients



ashwagandha



shilajit



## INSTRUCTIONS



Consume 1-3 energy bars daily. Store in a cool, dry and dark place at room temperature.

## BENEFICIAL EFFECTS



- Natural energy bar from 99% organic ingredients
- Zero added sugars - Sweetened entirely from dates
- Gluten free
- Enriched with Mountaindrop® Shilajit
- Enriched with 200mg Ashwagandha KSM-66® full-spectrum root extract
- Supports physical vitality and energy
- Helps maintain mental well-being
- Reduces stress
- Beneficially affects the heart
- Helps enhance memory, cognition and learning



Energy On The Go



Enriched with 100% Authentic Mountaindrop Shilajit



Enriched with 200mg Magnesium Citrate

## Yerba Mate ENERGY DRINK

# Herb Elevation

### Spark your day with all-natural plant-based energy

Mountaindrop® Yerba Mate Energy Drink is the ultimate natural source of energy to fuel your day. A superior blend of powerful natural ingredients, our energy drink combines the multiple beneficial effects of Yerba mate tea, authentic shilajit and added magnesium to provide you with all the essential nutrients you need to perform at your maximum capacity throughout the day. We chose to base our energy drink primarily on yerba mate since it contains a different form of caffeine which doesn't lead to jitteriness as the one found in coffee or other energy drinks! Strengthen your body and mind against physical and mental fatigue without the usual side effects!

### INGREDIENTS

Kombucha, infusion of yerba mate (water, yerba mate 1%), sugar, blueberry & chokeberry juice 1,6%, 200mg magnesium citrate, 200mg shilajit.

### DAILY DOSAGE

1-3 bottles.



VEGAN



Yerba Mate tea



Blueberries



Shilajit



### INSTRUCTIONS



Drink best when cold. Once opened, store in the refrigerator and use it within 3 days.

### BENEFICIAL EFFECTS



- Yerba Mate plant-based energy drink
- Enriched with 200mg of Mountaindrop® Shilajit
- Enriched with 200mg Magnesium Citrate
- Rich in vitamins & amino acids
- Rich in essential minerals in ionic form
- Low in sugars
- High bioavailability and superior absorption of beneficial nutrients
- Free from preservatives
- Free from colorants
- Vegan friendly



GMP CERTIFIED



NATURAL FERMENTATION



LIGHTLY CARBONATED



COLORANTS FREE

Energy On The Go



Enriched with 100% Authentic Mountaindrop Shilajit



Natural Fermentation



# KOMBUCHA

LIME + MINT

## Fermented Harmony

### Highlight your day with a sip of natural wellness

Highlight your day and get all the energy you need with Mountaindrop® Kombucha. Kombucha is naturally fermented tea, based on a fermented organic green tea with kombucha cultures (bacteria and yeast). Due to the natural fermentation process, our organic kombucha is rich in vitamins and organic amino acids. In addition, we enrich our delicious kombucha with 200mg of our premium quality shilajit to give you that extra boost you need for your day!

### INGREDIENTS

Water, green tea with lime flavor <2%, mint <2%, Mountaindrop Shilajit 200mg, sugar, carbon dioxide, kombucha culture.



VEGAN

### DAILY DOSAGE

1-3 bottles.



Green tea



Lime



Mint



Shilajit



### INSTRUCTIONS



Drink best when cold. Once opened, store in the refrigerator and use it within 3 days.

### BENEFICIAL EFFECTS



- Naturally fermented green tea
- Enriched with 200mg of Mountaindrop® Shilajit
- Rich in vitamins & organic amino-acids
- Rich in essential minerals in ionic form
- Low in sugars
- High bioavailability and superior absorption of the beneficial nutrients
- Healthy alternative to iced tea
- Contains all the beneficial effects of shilajit
- Certified organic product
- Free from preservatives
- Free from colorants
- Vegan friendly



GMP CERTIFIED



PRESERVATIVES FREE



LIGHTLY CARBONATED



COLORANTS FREE



Natural Skin Care



Enriched with 100% authentic mountaindrop shilajit



Hand made product



# ELIXIR SOAP

## Porcelain Youth

### Glorify your skin

Revive your skin with the best of what nature has to offer! Our Mountaindrop® Elixir Soap is 100% natural and handmade following the cold process, ensuring the highest quality possible for our special soap. Thanks to its richness in vitamins and omega fatty acids, our Elixir Soap nourishes your skin, keeping it soft and silky smooth.

It is also effective against various skin problems since it is enriched with our premium Mountaindrop Shilajit which includes more than 85 active beneficial nutrients, including essential minerals and vitamins. Glorify your skin!

### INGREDIENTS

Sodium palmate, sodium cocoate, sodium olivate, sodium soyate, sodium sunflowerseedate, sodium ricinusate, aqua, pumpkin oil, methapiperita oil, Mountaindrop Shilajit, limonene\*, linalool\*  
\*ingredients of essential oils



VEGAN



NATURAL SKIN CARE ELIXIR SOAP



### INSTRUCTIONS



Massage with gentle moves and then wash with plenty of water.

### BENEFICIAL EFFECTS



- Hand-made cold-pressed soap
- Enriched with Mountaindrop® Shilajit
- Effective against various skin problems
- Nourishes the skin, keeping it soft and smooth
- Contains pumpkin seed oil which is rich in vitamins, minerals, omega-3 and omega-6 fatty acids
- Contains castor oil which is rich in vitamin E, omega-6 and omega-9 fatty acids
- All natural ingredients
- Not tested on animals
- Free from colorants
- Vegan friendly



Revive your Skin



GMP CERTIFIED



NATURAL PRODUCT



EFFECTIVE AGAINST VARIOUS SKIN PROBLEMS



NOT ANIMAL TESTED

Natural Skin Care



Enriched with 100% authentic mountaindrop shilajit



Cooling-heating Effect



## BODYSHAPE REVIVAL

# Radical Changes

### Sculpt your body with a unique Fat & Cellulite Removal

Turn back time with an organically certified intensive serum for body reshaping! Effectively diminish cellulite and carry your youthful appearance always and forever. MountainDrop® Bodyshape Revival's effect on the skin is truly unique due to the high-quality ingredients that have been used to produce this highly effective premium blend: ivy, rosemary, chilli, green coffee, organic aloe juice and of course our premium shilajit.

We also add a patented ingredient called TIMILINE® - a truly unique component which helps to reduce the amount of fat that's getting stored in our body while at the same time it slims, firms and reduces the 'orange peel' appearance.



VEGAN



### INGREDIENTS

Aqua\*, Alcohol\*, Aloe Barbadensis leaf juice\*\*/, glycerin\*\*/, carrageenan\*, rosmarinus officinalis leaf extract\*, hedera helix leaf extract\*, octyldodecanol\*, menthol\*, citrus aurantium dulcis peel oil expressed\*, glyceryl glucoside\*, camphor\*, polyglucuronic acid, parfum\*, Shilajit minerals\*, cyamopsis tetragonoloba gum\*, xanthan gum\*, coffea arabica seed extract\*, cupressus sempervirens leaf oil\*, capsicum frutescens fruit extract\*, limonene\*\*\*, linalool\*\*\*, citral\*\*\*, citronellol\*\*\*, geraniol\*\*\*

\* Ingredients from natural origin (99,5%) \*\* Ingredients from organic agricultural source (11,0%) \*\*\* Components from natural essential oils and fragrance.



### INSTRUCTIONS



Apply the appropriate amount of serum to the desired area. The application should be quick, as the light texture makes it absorb immediately and does not leave a greasy feeling. To improve efficiency, you can find a foundation for a cream or massage oil. Intensive rubbing and massaging will accelerate its action and exchange heat - cooling effect. Wash hands thoroughly after use. In case of contact with eyes, rinse immediately with water.

### BENEFICIAL EFFECTS



- Helps to reshape problematic areas of the body (abdomen, hips, thighs, buttocks and arms)
- Promotes blood circulation to the skin
- After use, the skin is smooth and soft
- Helps maintain a slim figure
- Maintains a youthful appearance
- Helps eliminate and prevent cellulite
- Promotes skin regeneration
- Improves skin structure
- For external and deep skincare
- Vegan friendly



GMP CERTIFIED



NATURAL PRODUCT



BIOPHOTONIC VIOLET GLASS



BENEFICIAL NUTRIENTS



Patented skincare Technology



# Frequently asked questions

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## **For how long can I take shilajit?**

As long as you take a one-week break after every three weeks of use, you can make shilajit part of your daily routine. The recommended daily intake (0.2 to 0.6 g) should not be exceeded.

## **There is a plastic disc inside Mountaindrop Original jar, should I remove it?**

When opening your new Mountaindrop Original shilajit you will notice that there is a plastic disc inside the jar. The disc is designed to prevent shilajit from adhering to the lid during transport and storage so it is a temporary protective measure and is meant to be removed before you start using the product.

## **Does shilajit have any side effects?**

As with any supplement or dietary change, it's recommended to consult with a healthcare professional, especially if you're on medication or have existing health concerns. It's always essential to follow the manufacturer's recommendations and instructions. It's always a good idea to start with a smaller dose and monitor how your body reacts. If you notice any unusual symptoms, consider adjusting your intake or seeking expert advice. When buying shilajit, always make sure you're getting a genuine and high-quality product as Mountaindrop which is 100% pure, authentic and safe to consume. Low-quality or counterfeit Shilajit products could have unwanted additives.

## **My shilajit resin has become really hard, what should I do?**

In low temperatures, especially during winter months, you will notice that your shilajit will become quite hard which consequently makes it difficult to use. The good news is that this situation can be easily fixed. To return your shilajit to a softer, more usable state, simply add a few drops of warm, clean water to it. After adding the water, place the shilajit in a warm spot in your home. Avoid placing it near excessive heat to preserve its quality. If the shilajit hasn't softened enough, you can repeat this process. Add a few more drops of warm water and let it sit in a warm place again for a few hours. Continue this process until you achieve the consistency you prefer for easy use.

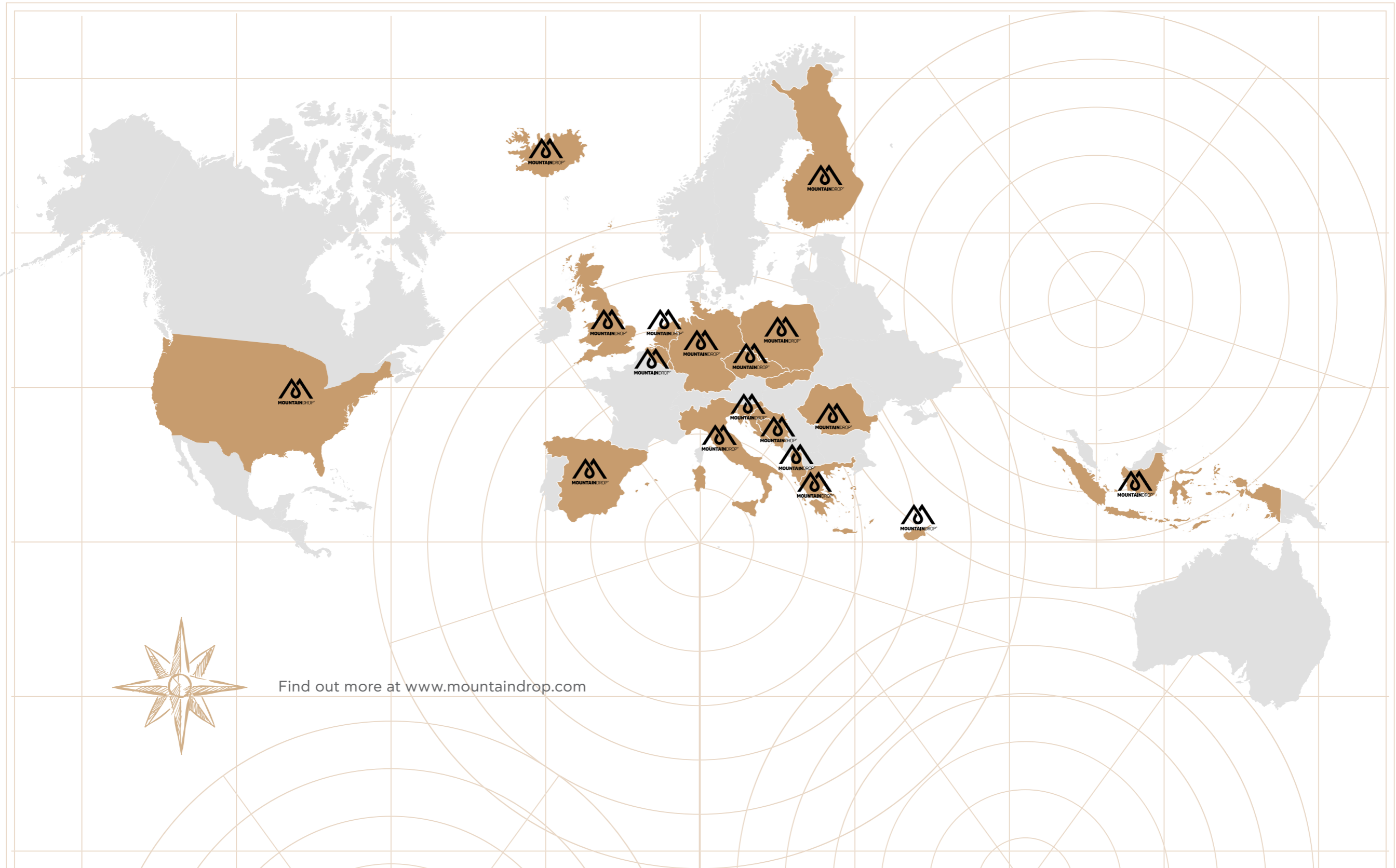
## **Are There Any Contraindications For Using Shilajit?**

Shilajit is generally safe for most when taken as directed. However, certain groups should exercise caution. Pregnant or nursing mothers should consult a healthcare professional, given the limited research on Shilajit's effects during these periods. The supplement naturally contains iron, so those with conditions like hemochromatosis should be mindful. Additionally, there's potential for Shilajit to lower blood pressure, making it important for those with hypotension or on related medications to be cautious. It's also wise to pause Shilajit intake before surgeries. While allergic reactions are rare, always monitor for signs and consult a doctor if concerns arise. If on medications, especially for diabetes or hypertension, it's best to discuss with a healthcare provider.

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