

## Manage all winter-related health woes with Pure Shilajit

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**Upakarma Ayurveda has encapsulated and launched Pure Shilajit in the Indian markets.**



After developing and delivering some amazing Ayurvedic products that suit all body types and helps in improving the overall health, Upakarma Ayurveda has encapsulated and launched Pure Shilajit in the Indian markets. Sourced from the purest concentration of essential minerals and nutrients like Fulvic Acid and Selenium, this formulation of Shilajit in resin form isn't just limited to its aphrodisiac qualities but is also a great product to derive a healthy and balanced lifestyle for all.

The ultimate culmination of Fulvic acid, Humins, and Humic Acids powered by its strong antibacterial and antiviral properties will help people from age groups and genders to boost up their immunity and stamina against all the seasonal challenges like flu, cold, and cough. It is the presence of magnesium, potassium, zinc and Vitamin B12 in the right proportion that helps people to strengthen their muscles, bones and ligaments. If it is consumed regularly in the right dosage twice a day along with water, milk or green tea, it helps to revitalize one's physical and mental functionalities.

Clinically approved and GMP certified, Pure Shilajit from Upakarma also pacifies the mind from all the stress and anxiety along with equipping it with the ideal strength to deal strongly with all their lifestyle needs. On the whole, Upakarma

Ayurveda's Pure Shilajit packed exquisitely in a 15 gm package will help people in uncovering a calmer, stronger, healthier and happier version of their selves.

**Sharing his views on the same Parag Kaushik, Founder & Director, Upakarma Ayurveda says,** *“There’s an age-old misconception revolving around Shilajit- that the product is good only for boosting the aphrodisiac strengths of the males, but in reality the pure forms of Shilajit can be consumed by all age groups for a holistic body growth and well-being. Busting all myths, we have launched Pure Shilajit in resin form that will improve the immunity scales of people not just against the seasonal bacterial problems but also in managing the chronic medical conditions”*