

- 100% Shilajit Paste
- Harvested at above 17,000 ft
- Low Heat Production

Suggested Use: Adults, take 250mg twice daily or as directed by your practitioner. May be taken direct with a spoon or dissolved in hot milk, tea, or non-chlorinated water.

**HIGH-HIMALAYAN BLACK**

**Shilajit**<sup>®</sup> **PASTE**  
 2 oz  
 60 grams

All Natural Vegan Dietary Supplement



**OMICA**<sup>®</sup>  
 ORGANICS

Product of India

Quitman, TX 75783

800-613-6311

[www.OmicaOrganics.com](http://www.OmicaOrganics.com)

**Supplement Facts**

Serving Size: 500mg

Servings Per Container: 120

Amount per Serving %DV

**Shilajit Extract 0.5g \***

\* Daily Value Not Established