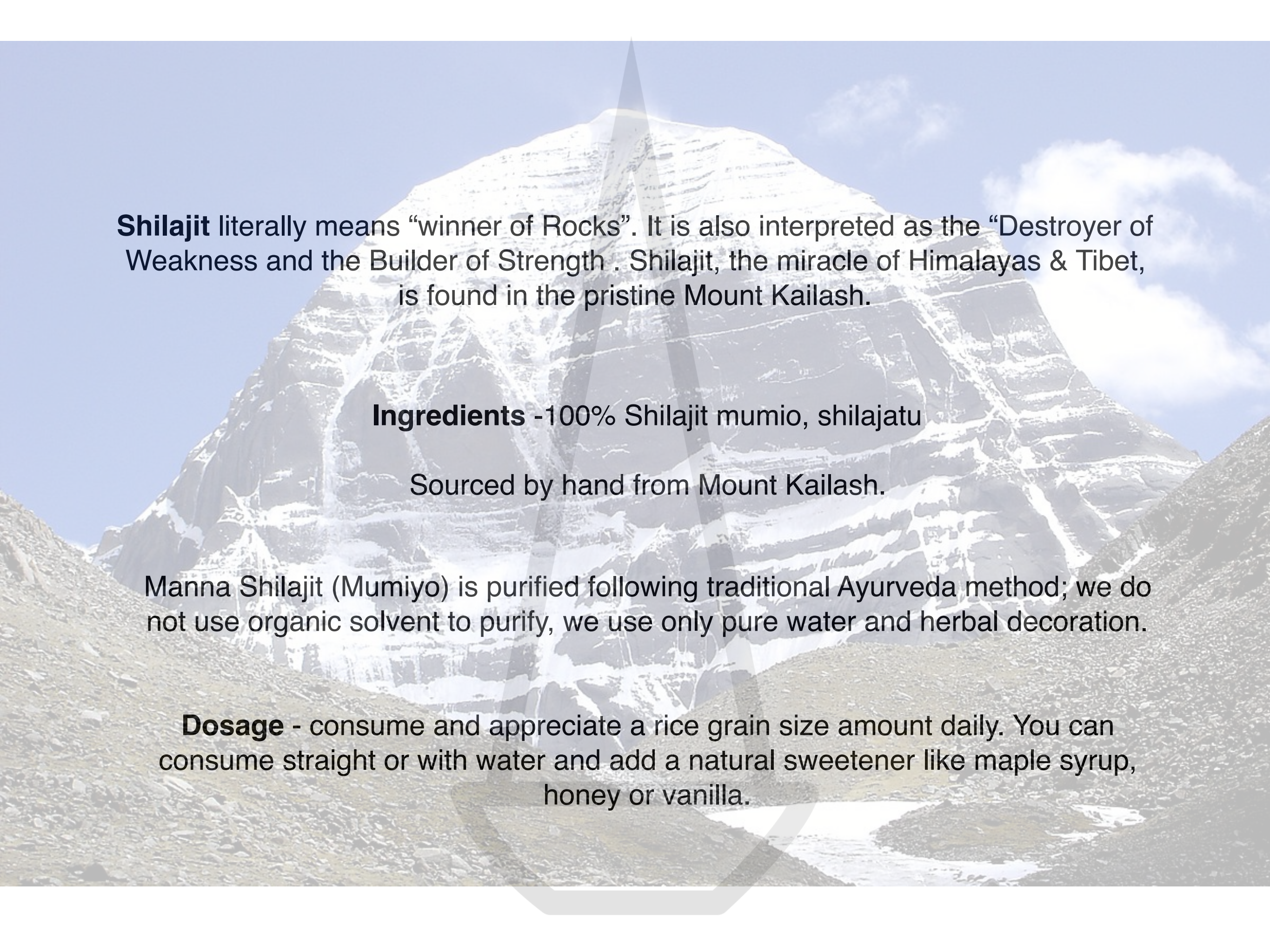




Manna Shilajit Brochure



Manna Shilajit is a concentrated living mineral resin.



Shilajit literally means “winner of Rocks”. It is also interpreted as the “Destroyer of Weakness and the Builder of Strength”. Shilajit, the miracle of Himalayas & Tibet, is found in the pristine Mount Kailash.

Ingredients -100% Shilajit mumio, shilajatu

Sourced by hand from Mount Kailash.

Manna Shilajit (Mumiyo) is purified following traditional Ayurveda method; we do not use organic solvent to purify, we use only pure water and herbal decoration.

Dosage - consume and appreciate a rice grain size amount daily. You can consume straight or with water and add a natural sweetener like maple syrup, honey or vanilla.

Top 10 Benefits of Shilajit



1. Shilajit the Adaptogen

Shilajit has been classified as an adaptogen, which means it helps the body adapt to both internal and external stressors. It has been used for thousands of years to fight stress and fatigue while rejuvenating and regenerating tired cells.

2. Shilajit the Energizer

Shilajit works by increasing the production of the body's primary fuel supply, adenosine triphosphate (ATP). This energy supply is made by the mitochondria in every cell as they convert food into ATP or energy. As we age, the mitochondria make less and less ATP.

3. Shilajit the Anti-Aging Agent

The mitochondria manufacture about 95% of the cellular energy of the body, which dramatically reduces with age. The mitochondria are responsible for muscle strength, hormonal energy and, as it turns out, shilajit is a powerhouse for mitochondrial energy, along with an enzyme called CoQ10. Shilajit alone has been shown to activate, stabilize and revitalize CoQ10, making it more available to boost mitochondrial energy production.

4. Shilajit Battles Fatigue

In one study, mice were given shilajit for 21 days before exposure to a stress procedure. They were forced to swim daily for 15 minutes for 21 consecutive days. They were then given a series of stress tests for endurance and anxiety. The mice that took shilajit had significantly less stress and anxiety compared to the group that was not given shilajit.

5. Shilajit the Turbo-Charger

Perhaps the star ingredients in shilajit are the humic acids, which speed up the transfer of electrons and energy to the mitochondria. Studies suggest this is like a turbocharger in your car, but for your mitochondria. In nature, humic acids found in soils are what break down nutrients and deliver them to plants in a digestible form. In the body, they play a similar role.

Top 10 Benefits of Shilajit



6. Shilajit Slows an Aging Brain

Acetylcholine is a neurotransmitter that is critical for brain function, memory, and attention. Stress and aging decrease levels of acetylcholine, and shilajit has been found to inhibit the enzyme that breaks down acetylcholine.

7. Shilajit the Brain Detoxifier

Proteins like beta-amyloid plaque and tau can build up over time in the brain and cause nerve damage related to cognitive decline. Shilajit has been shown to drive oxygen, minerals, and nutrients into the brain tissue and support the brain's natural ability to drain these potentially damaging proteins.

8. Shilajit the Fight-or-Flight Blocker

It is accepted that fight-or-flight stress from the sympathetic nervous system is degenerative for the body. The opposite calming parasympathetic nervous system is the rebuilding, repair, rejuvenate, rest-and-digest nervous system. Shilajit has been shown to increase parasympathetic activity, supporting health and longevity.

9. Shilajit the Heart Health Enhancer

Shilajit has been shown to support heart health with lower heart rates, breathing rates and healthy blood pressure when under stress.

10. Shilajit Boosts Performance and Pleasure

Shilajit has been shown to boost performance and reduce worry when under stress. It was also shown to trigger the release of pleasure hormones such as dopamine.



Why Manna Australia?

‘Our products provide the highest frequency Ormus, Minerals and Oils sourced from the greatest elemental expressions on Earth’.

Manna Australia is providing a tribe of the most concentrated, ancient, full spectrum, balanced and pure essential nutrients and oils produced by nature. It appears they were used by ancient civilisation’s back to the Essenes, Sumerians and Egyptians.

What kind of minerals?

Magnesium, Potassium, Chloride, Sulphur, Calcium, Sodium & 82 other trace minerals.

Other minerals?

Minerals like Gold, Silver, Copper and Platinum may exist in a different energetic form, and in this other form, they are non toxic. We are discovering that they are very common in plants, animals, air, soil and water. All of these Mana materials can also be found in biological systems.

How is it beneficial?

Ormus elements are essential for vital functions of the body.

It appears to assist communication between cells in the body and between the body and spirit.

Manna seems to enhance energy flow in the microtubules inside living cells and repair DNA. It has proven to be beneficial to plants, and animals, and people who have taken Mana report many healing, and spiritually enlightening effects.

MannaAustralia.com