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The chief ingredient that goes in to the making of Shilajit capsules is the herbal mineral shilajit. The mineral shilajit has its origin in a rare type of rock found in the Himalayan mountain ranges. Ayurveda recognizes shilajit as a unique rejuvenator and restorer of health. Shilajit is known for its immense curative power. It can cure a wide range of human ailments. The ancient yogis had discovered the power of shilajit and had applied this potent mineral on themselves to get a lengthy, hearty and disease free life. In its action, shilajit very well lives up to its nomenclature. This is because in Sanskrit 'Shilajit' stands for "conqueror of mountains and destroyer of weaknesses"™. This is a rock mineral of superior quality coming from the mountainous ranges. By ingesting it, you can dissipate all sorts of bodily weaknesses and gain in overall strength and fitness.

Thus many pharmaceutical companies are using this herbal mineral in vegetarian capsule shells to make Shilajit capsules. There is an increasing demand for Shilajit because the present day trend is to rely more on herbal medications than on the Allopathic ones.

The obvious answer to the query Do Shilajit Capsules work? is a big 'yes'. The capsules contain shilajit which is again a combination of constituents like dibenzo-alpha-pyrone, certain lipids, metabolites and peptides, fulvic acids and so on. These constituents effectively cure a huge number of ailments. Some of the ailments against which Shilajit work marvelously may be discussed below:

1. Diabetes - Shilajit capsules stimulate the pancreatotrophic action by increasing the number of beta-cells of the pancreas. This promptly accelerates the insulin production in response to high glucose in blood.
2. Anti-ulcerogenic power - By taking Shilajit capsules, one can avoid gastric ulcers, because the capsule helps in making the mucosal membrane of the stomach resistant to ulcerogens.
3. Joint pain and muscular pain - Shilajit are great relievers of all sorts of aches and pains. It has analgesic and anti-inflammatory properties and is thus very effective in treating various types of arthritic pains
4. Sexual weaknesses - Shilajit capsules greatly empower one sexually, especially a man. The capsules improve vigor and vitality, strengthen reproductive organs, cure problem of low libido, low sperm count and many more.
5. Immunodeficiency - Shilajit capsules are the right choice if your immune system is weak. Intake of the capsules can make a marked difference in your life.

Shilajit capsules also ward off problems like fatigue, obesity, poor memory, poor concentration, poor blood circulation etc. These capsules work effectively in improving your general well-being and the quality of your life.

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