

Results from an 8 Week Clinical Study on Shilajit Gold



+30% heavier lifts



+40% Total Testosterone



+26% Stamina (Workout Longer)

*compared to baseline

About our Clinical Trial

A randomized, placebo-controlled clinical trial conducted, evaluated Shilajit Gold (500 mg twice daily, 1,000 mg/day) over 8 weeks in healthy male subjects measuring muscle strength, recovery, and free testosterone against a placebo group.

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OUTCOME 1

Shilajit Gold helps Lift 30% heavier

Both upper- and lower-body strength were assessed using 1-repetition maximum (1-RM) bench press and leg press protocols. Shilajit Gold significantly outperformed placebo across all strength measures.



BENCH PRESS

39.87 kg

54.67 kg

+36.79%

Heavier weights lifted during bench press



CABLE PULL DOWN

37.33 kg

50.67 kg

+35.74%

Heavier weights lifted during cable pull down



Before using Shilajit Gold



After using Shilajit Gold

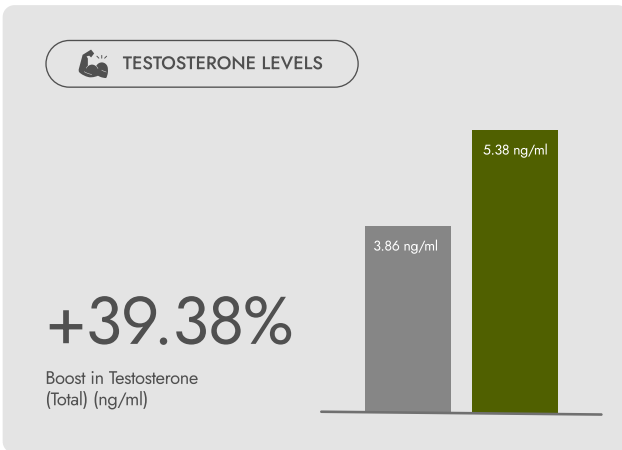
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OUTCOME 2

Shilajit Gold helps Boost Testosterone by 40%

Over a 8 week clinical study, Shilajit Gold increased total testosterone by 39.38%. Since total testosterone is the bioavailable form responsible for muscle protein synthesis, strength, recovery, and energy, this translates into better physical performance and training outcomes.



Before using Shilajit Gold



After using Shilajit Gold

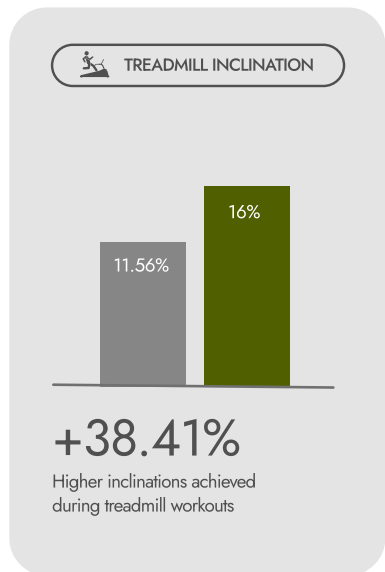
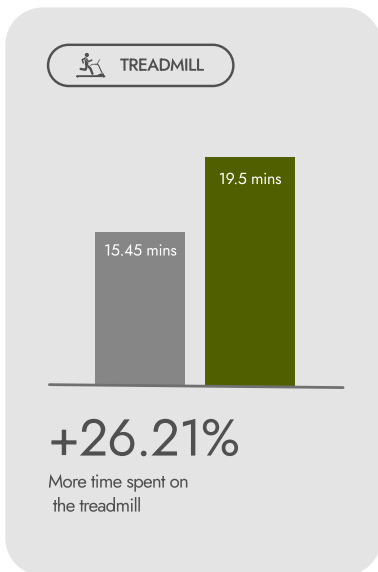
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OUTCOME 3

Shilajit Gold helps Boost Stamina by 26%

Both aerobic endurance and exercise capacity were assessed using standardized treadmill protocols measuring time to fatigue and maximum incline achieved. Shilajit Gold significantly outperformed placebo across both endurance measures, demonstrating superior stamina and exercise performance.



Before using Shilajit Gold



After using Shilajit Gold