

THE COACH'S PLAN

The Honest Shilajit Plan

For anyone seeing shilajit everywhere and wondering whether the viral claims are real.

Thin

Human evidence
a few small, flawed studies

7+

Metals found in raw shilajit
arsenic, lead, mercury and more

0

Conditions it is proven to treat
no cure or prevent claim holds

Shilajit is a real substance with an ancient reputation, but the science behind the viral claims is thin and the safety data is thinner. Almost every promise traces back to fulvic acid studied in test tubes, the human trials are small and old, and raw shilajit routinely carries heavy metals.

What the evidence actually says

- 1 Cleveland Clinic says the few human trials are small and have methodologic problems.
- 2 Most claims trace to fulvic acid effects seen in test tubes, not in the human body.
- 3 Small, decade-old studies hinted at higher testosterone, but the samples were tiny.
- 4 A 2024 review found raw shilajit often contains arsenic, lead, mercury, cadmium and thallium.
- 5 A 2025 study found some supplements carried more thallium than the raw material.

Your 3-step plan

1 Step 1: Treat viral claims as marketing

The list of shilajit benefits is long because the marketing is long, not because the science is. Cleveland Clinic states the evidence does not show shilajit prevents, treats or cures any condition. Hold your expectations there.

2 Step 2: If you try it, only buy third-party tested

Raw shilajit routinely carries heavy metals, and some products test worse than the raw material. Buy only a brand with an independent lab seal and a certificate of analysis, and treat anything without one as an unknown.

3 Step 3: Clear it with your provider, and skip it if

Shilajit can raise testosterone, shift blood pressure and interact with medication. Skip it in pregnancy, on a blood thinner, or with heart, liver, kidney, autoimmune or iron-overload conditions, and check with your provider first.

The safety line

This guide is educational, not medical advice. Shilajit can raise testosterone, shift blood pressure and interact with medication. Talk with your provider before trying it, and skip it in pregnancy or with heart, liver or kidney conditions.

Read the full article: <https://www.agelesscoach.com/articles/shilajit-went-viral-heres-what-it-actually-does>

These statements have not been evaluated by the Food and Drug Administration. This guide is educational and is not medical advice, and is not intended to diagnose, treat, cure, or prevent any disease. Talk with your clinician before changing any supplement or medication.