



Ingredients and Allergy Information

Date of last review:	[Publish Date]	Version No.:	V2
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John Lewis Stock Number	46574322
Name	Himalayan Shilajit 30g
Ingredients	100% Purified Shilajit Resin
For allergens, see ingredients in bold	
May contain statements	
Net Quantity	30g
Country of Origin	Nepal
Storage Instructions	Store in a cool, dry place away from direct sunlight. Refrigeration is not required.
Manufacturer's name and address	KIKI Ltd. Unit 4, Aylsham Business Estate, Shepheards Close, Aylsham, Norfolk, NR11 6SZ United Kingdom
Instructions for use	Dissolve 250mg (pea-sized amount) in warm or hot water, tea, or your favourite warm drink. Take 1-2 times daily, with or without meals. Note: The liquid should be warm or hot for the Shilajit to dissolve.
Nutrition Labelling: Typical value	
Energy (kJ/kcal)	N/a
Fat	N/a
Of which saturated	N/a
Carbohydrate	N/a
Of which sugars	N/a
Fibre	N/a
Protein	N/a
Salt	N/a
Alcoholic Strength	N/a
Suitable for vegetarians	Yes
Suitable for vegans	Yes

Suitable for nut allergy sufferers	Yes
Suitable for gluten allergy sufferers	Yes
Suitable to wheat allergy sufferers	Yes
Suitable for egg allergy sufferers	Yes
Suitable for dairy allergy sufferers	Yes
Suitable for soya allergy sufferers	Yes
Free from alcohol	Yes
Free from artificial flavours	Yes
Free from artificial colours	Yes