

	Ioniplex	Shilajit
Consistency	Fine powder	Blackish/brownish resin
Fulvic content	90%+	15-20%
Trace minerals	Yes	Yes
Dosage	300-600mg daily	300-500mg daily
Minerals	65+	80+
Raw form	Imbedded in humic material	Black tar
claims	Hair/skin/nails, collagen production, glycation reduction, muscle/bone regeneration, increased cell metabolism, toxin/heavy metal reduction, free radical reduction, carry nutrients, cell penetration, increased absorption in topical products	Fatigue, alzheimer's, increased testosterone, cholesterol, anemia, chronic pain, diabetes, digestive disorders, eczema, osteoarthritis, ulcerative colitis
Side effects	None known	Increased uric acid, hemochromatosis, affect hormone levels,
Studies	16+	Some, plus some anecdotal reports