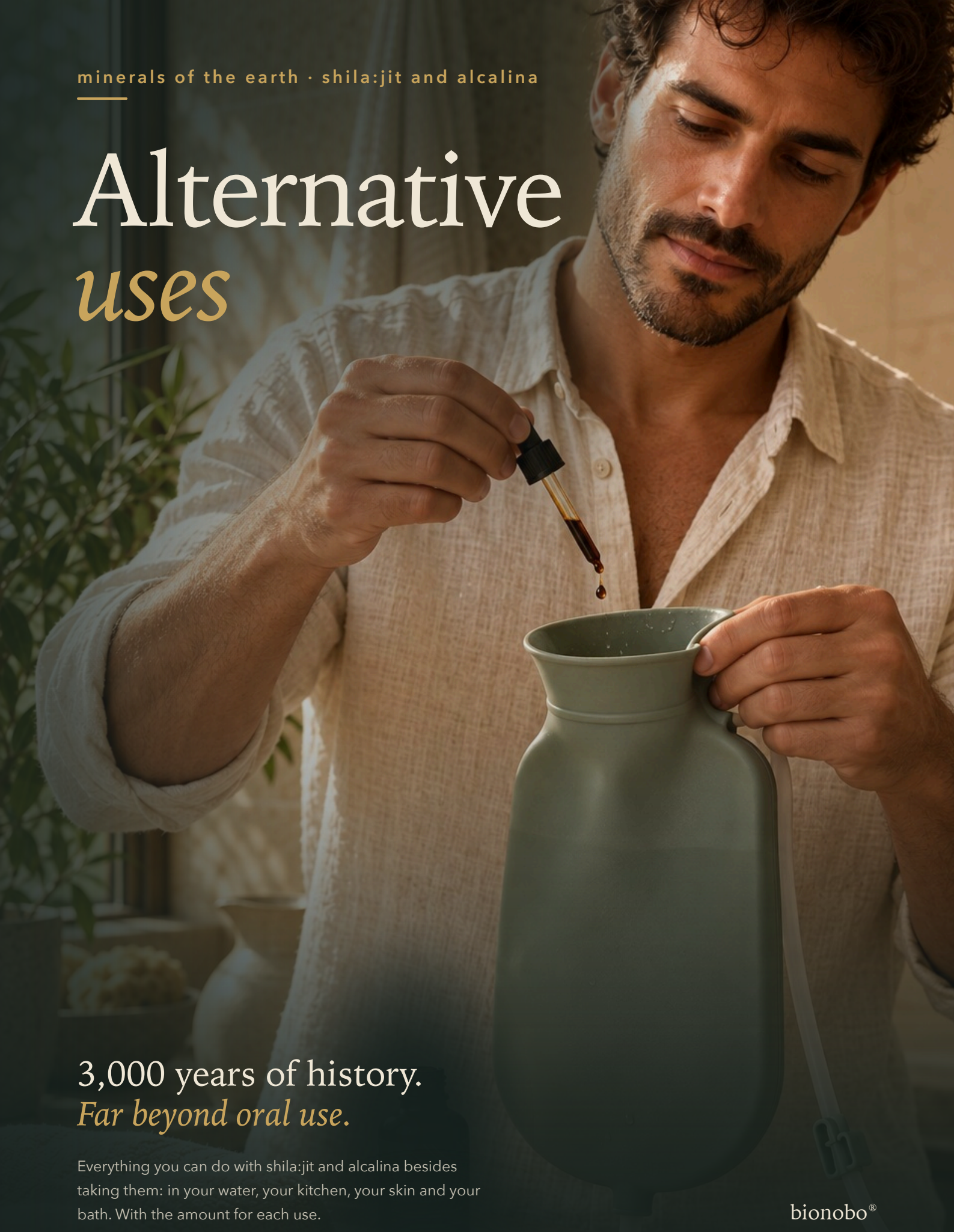
minerals of the earth · shila:jit and alcalina

Alternative *uses*



3,000 years of history.
Far beyond oral use.

Everything you can do with shila:jit and alcalina besides taking them: in your water, your kitchen, your skin and your bath. With the amount for each use.

bionobo®

welcome · contents

Beyond *the glass of water*

We almost always talk about shila:jit and alcalina inside a glass of water. *But these minerals of the earth have been with people for some 3,000 years, and at home they can do much more.*

→ In a hurry? Every amount on one page: **p. 23**.

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HOW TO USE THIS GUIDE

I·II First, **where they come from** and how to tell if they are pure.

III The heart of the guide: **five uses at home**, each with its amount and its care.

IV Other moments and, at the end, **every amount** on one page.

before the uses, the origin

Before you use it, get to know it: where it comes from, how it is gathered and how to tell if it is pure.



IN THIS PART

A name in every valley 04
§01 · ŚILĀJATU, MUMIJO, BRAG-ZHUN

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§02 · AYURVEDA, PERSIA, TIBET, EUROPE

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I

PART I · §01-§04

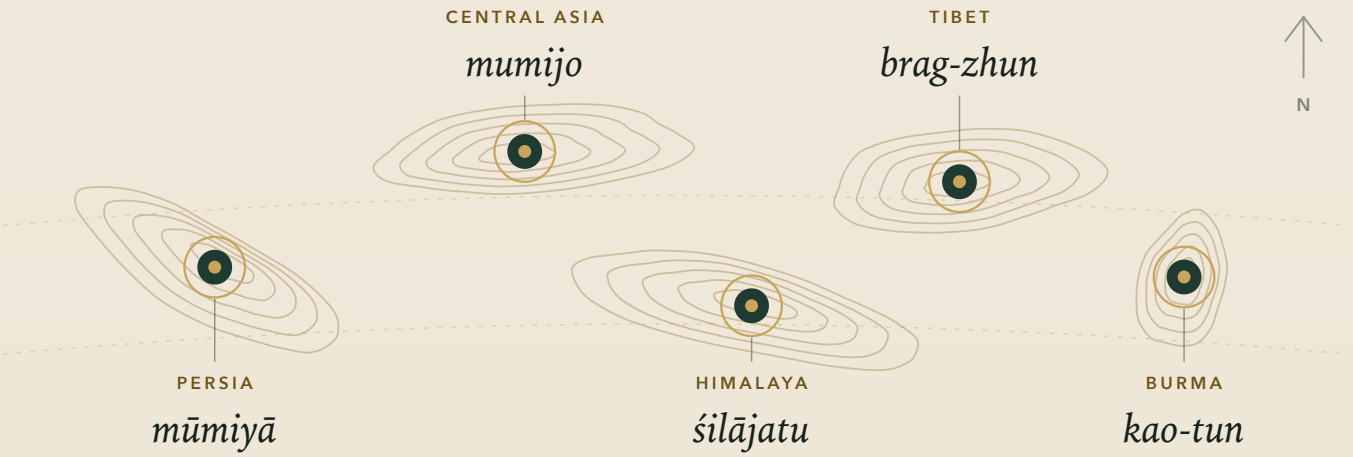
The tear *of the mountain*

3,000 years of history: what each valley calls it, what people did with it, where ours comes from and why alcalina belongs to the same family.

§01 · the resin that seeps from the rock

A name *in every valley*

We call it the tear of the mountain, for the way it seeps from the rock in the summer heat. Other peoples have called it the sweat or the blood of the mountain. And every valley has given it its own name.



śilājatu	INDIA · SANSKRIT *śilā*, rock, and *jatu*, resin: **resin of the rock**. The popular form, shilajit, is often given another meaning: the conqueror of the rock.
mūmiyā	PERSIA From *mūm*, **wax**. Also spelled mumiai: that is how the Persian physicians recorded it (p. 5).
mumijo	CENTRAL ASIA Kazakhstan, Kyrgyzstan, Mongolia: **a living tradition**, passed down from generation to generation.
brag-zhun	TIBET **The juice of the rock.** It is gathered on sunny cliffs, between 2,000 and 4,000 metres.
kao-tun	BURMA **The blood of the mountain.**


RAW RESIN, BEFORE PURIFICATION

LEGEND HAS IT

That in the Himalaya people saw monkeys climb the same rocks every summer to lick a dark resin. And they followed.

DID YOU KNOW…?

From *mūmiyā* to “mummy”

The word “mummy” comes from mūmiyā, the Persian name for this mountain bitumen. From Persian it passed into Arabic and medieval Latin, and from there into our languages.

SOURCES Sanskrit dictionaries by Apte and Monier-Williams (*śilājatu*) · Ding R et al., *Chin Med*, 2020 (PMID 32612671) · Rahmani Barouji et al., *Galen Med J*, 2020 (PMID 34466583).

§02 · a cultural record

What they did *with it*

In writing, more than two thousand years, since the founding texts of Ayurveda; in use, some 3,000, according to some scientific reviews. We tell it as history, not as a promise.

OVER 2,000 YEARS AGO
India

The Charaka Samhita

One of the founding texts of Ayurveda includes it among the *rasayana*, the substances of longevity and renewal, and distinguishes four types, which it calls gold, silver, copper and iron.

9TH-11TH CENTURIES
Persia

Al-Razi and Avicenna

Al-Razi devoted an entire treatise to it, and Avicenna described it in his Canon of Medicine, the book studied in the East and in European universities until the 17th century. Even then it was not only taken: it was also used in ointments.

TIBETAN MEDICINE
Tibet

Brag-zhun

Tibetan medicine knows it as brag-zhun. An analysis of 13 batches found plenty of organic matter in it, with humic and fulvic acids.

SINCE THE 19TH CENTURY
Central Europe

Peat baths

Peat baths (*Moorbad*) are a spa tradition: Germany's first peat spa opened in Bad Pyrmont in 1802, and Marienbad and Franzensbad were already offering them in the 19th century. That peat is rich in humic acids. Your mineral bath, on **p. 14**.

TODAY
Central Asia

Mumijo

In Kazakhstan, Kyrgyzstan or Mongolia, mumijo is still part of folk culture.

AND SCIENCE, TODAY
What PubMed holds
as of 13 October 2026

18,383 publications on humic substances and fulvic acid

154 publications on shilajit

9 clinical trials of shilajit in people

In people, research is still scarce. The figures, one by one, on **p. 9**.

◆ *We are talking about history and tradition, not about the properties of our product.*

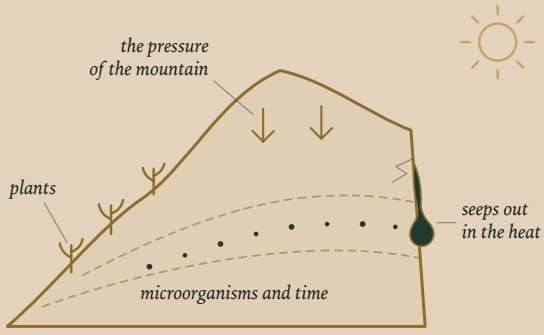
SOURCES Quazi et al., *Pharmacognosy Research*, 2023 · Wilson E et al., *J Ethnopharmacol*, 2011 (PMID 21530631) · Rahmani Barouji et al., *Galen Med J*, 2020 · Shahriari M et al., *Acta Med Hist Adriat*, 2018 (PMID 30488706) · Cao Y et al., *Zhong Yao Cai*, 2015 (PMID 26415401) · PubMed, search of 13 October 2026 (details on **p. 9**).

§03 · from the rock to your home

Where it is born *and how it is gathered*

It has been found in some twenty regions of the world. The name changes with the valley; the process that forms it does not.

SOME OF THEM *Himalaya* ◆ *Hindu Kush* ◆ *Karakoram* ◆ *Tibet* ◆ *Altai* ◆ *Caucasus* ◆ *Andes…*



HOW IT FORMS

Organic matter *from the earth*

Plants that time, microorganisms and the pressure of the mountain transformed into resin. Reviews describe it as a complex of **60–80% humic substances**, mainly fulvic acid, with calcium, potassium, magnesium and dozens of trace elements.


DRYING SLOWLY

OUR GOLDEN shila:jit

1 THE ROCK
Seeps in the heat
only a few weeks a year, in summer

2 THE GATHERING
By hand
once a year, sorted stone by stone

3 THE PURIFICATION
With water
filtered slowly with glacier and spring water

4 THE DRYING
In the sun
dried slowly, for up to three months

◆ *From the peaks of the Himalaya, above 5,000 metres. No industrial heat and no chemical solvents.*

◆ PAUSE *Real shilajit, gathered and purified like this, is scarce. And there is no way to speed it up.*

SOURCES Hussain and Saeed, *Biol Trace Elem Res*, 2024 · Agarwal SP et al., *Phytother Res*, 2007 · Carrasco-Gallardo C et al., *Int J Alzheimers Dis*, 2012.

§04 · humus, a shared origin

Same family *another origin*

shila:jit and alcalina are two faces of the same mineral story: both are born from humus, the form in which the earth used to feed plants. They complement each other; they do not duplicate each other.

THE SHARED ORIGIN

Humus *where it all begins*

In humus, the minerals from rock come alive thanks to microorganisms: it is the first step in the food chain. Over time and under pressure, that matter becomes peat, lignite… and deposits rich in humic and fulvic acids.



the mountain *a fossil deposit*

FROM THE MOUNTAIN

golden shila:jit

60–65 % fulvic acid, around that figure depending on batch · analytical method based on Lamar

High-mountain resin, gathered by hand and dried slowly in the sun (**p. 6**).

Its pH is gentle, around 5–7: that is why it is our choice for the skin (**p. 13**).

Concentrated and deep

FROM A FOSSIL DEPOSIT

alcalina

75 + trace minerals in a fulvic and humic matrix

It comes from a fossil deposit, both marine and terrestrial, that took millions of years to form. It is extracted with purified water alone, slowly, over about two years: no heat and no chemical solvents.

Its natural pH is very high, around 11 (it varies by batch), which is why it keeps without preservatives. And for that very reason, outside the glass, we always use it diluted.

Constant and light. Tasteless

> *"Fulvic acid is known as a natural chelator: it forms chelates with other compounds. What we do know is that it penetrates cells very well: because of its tiny size, it is credited with the ability to cross barriers other compounds cannot, such as cell barriers or the blood–brain barrier."*
>
> – DANI, CO-FOUNDER OF bionobo

Want to know more? The fulvic acid guide, in the **guides library**.

part II · with confidence · §05 · with honesty

Safety
what the data say

Natural doesn't automatically mean harmless. So we want to tell you, with figures and without frills, what has been studied. And what we ask of you before you start.

IN ANIMALS · THREE STUDIES

FULVIC ACID

5,000 mg/kg

PER DAY · FOR 60 DAYS

In rats: no adverse effects, even at the highest dose tested.

Dai et al. 2020

FULVIC AND HUMIC

2,000 mg/kg

PER DAY · FOR 90 DAYS

A preparation of both, in rats: no toxicity at the highest dose in the study.

Murbach et al. 2020

SHILAJIT

5,000 mg/kg

PER DAY · FOR 91 DAYS

In rats: only minimal changes in the liver and intestine, and only at the highest dose.

Velmurugan et al. 2012

ⓘ These are animal studies, at doses far above those of daily use. **A wide margin is not an invitation to take more.**

IN PEOPLE · FEWER DATA

Shilajit has been used at between 250 and 500 mg a day, from 3 months to almost a year. *There are few studies, with extracts different from ours: we say it as it is.* What PubMed holds, on p. 9.

DURATION	FROM 1 TO 48 WEEKS	WHO AND WITH WHAT
1 WEEK		**Fulvic acid from another source** (carbohydrate-derived) · 30 men · no serious adverse effects · *Gandy 2012*
90 DAYS		**Shilajit** · 250 mg twice a day · men aged 45 to 55 · *Pandit 2016*
14 WEEKS		**Shilajit** · 125 or 250 mg twice a day · women · no adverse effects recorded · *Das 2019*
48 WEEKS		**Shilajit** · 250 or 500 mg a day · 60 postmenopausal women · *Pingali 2022*

BEFORE YOU START — What we ask of you

Read it calmly. If something does not add up, stop and ask.

- No shila:jit or alcalina during **pregnancy or breastfeeding**.
- If you have any medical condition or take medication, **always, always consult your specialist**.
- Keep out of the reach of children.
- Leave **2 hours** between these products and any medication.
- **Do not exceed the recommended daily dose.**
- Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle.

SOURCES Dai et al., *Evid Based Complement Alternat Med*, 2020 · Murbach et al., *Toxicol Rep*, 2020 · Velmurugan et al., *Asian Pac J Trop Biomed*, 2012 · Gandy et al., *Clin Pharmacol*, 2012 · Pandit et al., *Andrologia*, 2016 · Das et al., *J Am Coll Nutr*, 2019 · Pingali and Nutalapati, *Phytomedicine*, 2022.

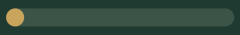
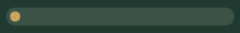
§05 · the science, today

What PubMed holds *the real figures*

Plenty of soil and water science. Very little in people. We give it to you with the figures in front, just as they come out.

18,383 scientific publications mention humic substances or fulvic acid in PubMed, the biomedical database of the US National Library of Medicine.

By word: "humic" 17,048 · "fulvic" 4,099 · both at once 2,764 · "ulmic" 6.
With the word in the title or abstract: 16,935.

18,383 PUBLICATIONS		Soil, water, chemistry, microbes, farm animals, the lab. The ten journals that publish the most are all about the environment and water.
832 WITH THE "HUMANS" TAG 4.5% OF THE TOTAL		The tag includes cell cultures, drinking-water quality and laboratory analysis: these are not 832 studies of people taking it.
10 TAGGED AS CLINICAL TRIALS IN PEOPLE		Humate baths, mud and a humate on the skin, a peat extract by mouth, blends with probiotics or herbs, and one shilajit extract. None of them tests fulvic acid on its own, taken by mouth.

ⓘ **Thousands of publications do not prove any effect in people.** What matters is this: science has spent decades studying these substances in soil and water, and in people almost everything is still to be researched.

Shilajit, separately: 154 publications · 57 with the "humans" tag · 9 clinical trials in people, most of them small and all with extracts different from ours (**p. 8**). One of the nine is already among the ten above.

DANI'S READING

"Unfortunately, because nature makes it, it can't be patented; and the pharmaceutical industry has no interest in spending millions studying something it can't patent."

– DANI, CO-FOUNDER OF bionobo

The patents that exist protect specific processes, preparations and uses; not the substance as it occurs in nature.

SOURCES PubMed, searched on 13 October 2026. Terms: humic OR fulvic · AND humans[MeSH Terms] · AND clinical trial[Publication Type]. PubMed tags 20 records as clinical trials: 9 are in farm animals and 11 in people; one of those 11 is unrelated (it appears because of an author's email address), which leaves 10. Outside that tag we have found two small trials in PubMed, of 30 and 36 people, with a fulvic acid manufactured from carbohydrate. Shilajit: shilajit OR mumijo OR mumie OR shilajeet, with 12 unrelated records removed. An article being in PubMed does not mean the Library endorses it. The figures change every day.

§06 · the percentage trap

Purity
what you can check

Not all fulvic acids are the same, even when they share a name. A percentage says little if you don't know how it was measured.

WHAT THE LABEL SAYS

14 of 25

In 2025, a study analysed 25 products sold as fulvic acid: only 14 actually contained fulvic fractions.

Vialykh et al. 2025

MEASURING COLOUR

+120 %

Measuring colour is not measuring the acid. In a published comparison, the colorimetric method overstated the humic acid of 8 samples by 120%.

Lamar and Talbot 2009

THE LAMAR METHOD

ISO 19822

The Lamar method, by the scientist Richard Lamar, separates real fulvic acid from the rest and weighs it. Since 2018 it has been an international standard.

Lamar et al. 2014 · ISO 19822:2018



IN YOUR GLASS

Dissolved in lukewarm water, a good shila:jit tints the glass amber without clouding it. It is a simple clue, not a lab test.

> *What makes a* shila:jit *"golden" is not the word on the label: it is the answers to these questions.*

QUESTIONS YOU CAN ASK

- ✓ Where does it come from?
- ✓ How was it gathered?
- ✓ Was heat used to purify it?
- ✓ How was the fulvic measured?
- ✓ Was the finished product tested?

🔍 **Check the units:** ppm and ppb are not the same; there is a factor of 1,000.

OURS

60–65 % fulvic acid in golden shila:jit, depending on the batch, measured with an analytical method based on Lamar

Raw shilajit can carry heavy metals: that is why we test every batch, of shila:jit and of alcalina, in an EU laboratory before sending it out, not only at origin. On heavy metals, our results are within the European limits for food supplements.

LABORATORY TESTS

The latest batch's reports

bionobo.com/en/pages/lab-tests

SCAN OR TAP

Heavy metals and microbiology in both; in alcalina, also mycotoxins and minerals. Want the reports for your own jar or bottle? Email us with your batch code.

§07 · the house rule

Your dose
the frame for every use

Everything you add to your water, your cooking or your cacao is part of your daily dose, not an extra one. Little by little: there is no prize for getting there on day one.

CONCENTRATED
golden shila:jit
in lukewarm or room-temperature water

One grain of rice	Several servings a day	Up to a small chickpea
TO START	LITTLE BY LITTLE	SPREAD THROUGH THE DAY

DROPS
alcalina
in a glass of water (200 ml)

4 drops	6 drops	10 drops	10 + 10
TO START	NO RUSH	YOUR SERVING	ONCE YOU KNOW YOURSELF

✓ **Never more than the pack says, counting every serving.**

On your fasting days, ki:wami: p. 21.

THE HOUSE RULES

- ✓ **Never boil it:** add it at the end, off the heat, once it has dropped below 40 °C.
- ✓ **shila:jit, in lukewarm or room-temperature water**; never hot.
- ✓ **Outside the glass, alcalina always diluted**: never undiluted on the skin or in the nose. **In the eyes, never.**
- ✓ Before using it on the skin, **the forearm test** (p. 13).
- ✓ **2 hours** apart from any medication.
- ✓ **With filtered water** (p. 16).

LISTEN TO YOUR BODY

At the start, some people notice something mild for a few days: tiredness, brain fog or a slight headache. Lower the dose, stay hydrated and rest. If it is intense, doesn't go away or doesn't feel right, stop and seek advice.

Discomfort is not proof that something is working: you are your own reference.



VIDEO · DAILY RITUAL

How to take our shila:jit | Daily ritual

youtu.be/qz1bboYZgN0

beyond the glass

Keep a bottle of alcalina in the kitchen.



IN THIS PART

On your skin 13
§08 · WITH THE FOREARM TEST

Hair and bath 14
§09 · MINERALS ON THE OUTSIDE

With your pet 15
§10 · LITTLE BY LITTLE, AND WITH YOUR VET

In your water 16
§11 · THE FIRST CHANGE

In your kitchen and in your drinks 17
§12 · BELOW 40 °C

Cacao ritual 18
§13 · BEFORE 5 PM

III

PART III · §08-§13

Five uses *at home*

And your shila:jit, close at hand. First, what you don't drink yourself: skin, hair, bath and your pet's bowl. Then water, kitchen and cacao, always within your dose. The amount for each use.

§08 · use 1 · the skin

On your skin
a beauty gesture

A home recipe, not a treatment: that is how we use it. For the skin, **shila:jit** is better: its pH is gentle. **alcalina**, outside the glass, always diluted and rinsed off afterwards.



STEP 0 · BEFORE ANYTHING ELSE

The forearm test

Apply a little to the inside of your forearm, just as you would use it, twice a day for 7 to 10 days. If you notice redness, itching, swelling or stinging, don't use it.

This is the guidance of the American Academy of Dermatology.

RECIPE 1 · shila:jit

Mineral mask

Dissolve a little shila:jit, from a grain of rice to a lentil, in a few drops of lukewarm water and mix it with raw honey or with your favourite natural oil. Spread it on clean skin, leave it for 10–15 minutes and rinse with lukewarm water.

rice to lentil | 10–15 min | 1–2 times a week

RECIPE 2 · alcalina

Mineral rinse

5 drops of alcalina in 30 ml of filtered water. Wipe it on with a cotton pad, leave it for a minute and rinse with water.

5 drops in 30 ml | 1 minute | then rinse

TAKE CARE

Only on healthy skin

- **Never on wounds**, irritated or recently treated skin, or on a tattoo that is still healing.
- **Away from the eyes** and mucous membranes.
- If you have a lesion or an infection on your skin, **that is one for your doctor**.
- If anything itches or stings, **rinse with plenty of water**.
- It can stain towels and light clothing: **use a dark towel**.
- Uses on the skin **don't count towards your dose**: you don't drink them.

§09 · use 2 · on the outside

Hair and bath
minerals on the outside

Peat baths rich in humus have been a spa tradition in Central Europe for centuries (p. 5). Today you can make your own ritual at home.



shila:jit

Scalp

Dissolve a small piece of shila:jit (from a grain of rice to a lentil) in a little lukewarm water or in your favourite oil, massage for a few minutes and wash as usual.

rice to lentil

shila:jit or alcalina

Mineral bath

Dissolve a pea-sized piece of shila:jit, or about 20 drops of alcalina, in a glass of lukewarm water and pour it into the bath. 15–20 minutes, no rush. Rinse the bath out afterwards: it stains.

a pea · 20 drops

alcalina

Foot bath

10 drops of alcalina in a basin of lukewarm water, 15 minutes. A good end to the day.

10 drops

REMEMBER

For all three

- ✓ **The forearm test** before the first time (p. 13).
- ✓ **Nothing in your eyes.**
- ✓ If your skin is irritated, better another day.
- ✓ Dark towel: it can stain light fabrics.
- ✓ It doesn't count towards your dose: you don't drink it.

◆ PAUSE *An unhurried bath with your phone far away: fifteen minutes just for you.*

§10 · use 3 · the ones at home

With your pet *little by little, and with your vet*

When you start looking after your water, you end up looking at their bowl too. What is known and what is not, with no rush and no promises. We are talking about dogs and cats only.



Their water, first

Filtered water for their bowl too, fresh every day. It is the first change, just like yours.

filtered water · fresh every day

A few drops in their bowl

Some people share alcalina with their dog or cat: always in the bowl water, never straight into the mouth. No amount has been studied and we give no guideline.

always in the water · your vet first

Little by little

Start with very little and watch for a few days: that they drink and eat as usual, their stools, their mood. Leave a second bowl of plain water next to it. If anything changes, stop.

very little, first · a second bowl of plain water

WHAT IS KNOWN · AND WHAT IS NOT

- ✓ In the EU, leonardite (a humate) has been listed in the catalogue of feed materials since 2013. In Germany there are veterinary medicines with humic acids whose target species include dogs and cats: different products, with their own dosing.
- ✓ alcalina is a food supplement for people: neither a feed nor a veterinary medicine.
- ✓ In dogs, few studies, small and with other preparations; in cats we have found none.

YOUR VET, FIRST

If they take medicine by mouth: plain water while it lasts, unless your vet says otherwise.

If they are old or have delicate kidneys: your vet decides. They should never drink less because their water has changed.

Puppies, kittens, pregnant or nursing females: with alcalina there are no data.

A cat is not a small dog, and is fussier about water.

If they are ill, vomiting or have diarrhoea: the vet, not drops.

SOURCES Regulation (EU) No 68/2013, catalogue of feed materials, entry 13.10.2 "Leonardite" · package leaflets of two veterinary medicines authorised in Germany · PubMed, Europe PMC and OpenAlex, 12 Oct 2026. We have no guideline for shila:jit in animals, nor for other species.

◆ PAUSE *What if today's first change is the water in their bowl?*

§11 · use 4 · water

In your water *the first change*

We're stepping away from bottled water. The first change is a filter for the water you drink and another for your shower: tap water, as it comes, is full of rubbish.

THREE STEPS, LITTLE BY LITTLE

1 **A drinking-water filter and a shower filter**
Which one is up to you: Dani explains just below.

2 **Give the minerals back**
If your filter also removes the minerals, as reverse osmosis does, add a few drops of alcalina to your jug or your bottle.

3 **Spread out your drops for the day**
In the water you are going to drink: for example, 10 drops in your morning bottle and another 10 in your afternoon one, once you are on 10 + 10.

HOW MUCH your daily drops, spread out

4 drops → 6 → 10 → 10 + 10

Build up little by little, at your own pace (**p. 11**). What you add to the water **counts towards your daily dose.**



"If there's something you can invest in, your first investment is taking time to understand water. Nobody is going to understand it for you. Everyone is going to come and sell you the best filter… I could tell you which one is best, but I don't want to: *I want you to decide which is best.*"

— Dani, co-founder of bionobo

More in the guide **Remineralise your water**, in the guides library. bionobo.com/en/pages/biblioteca-de-guias

§12 · use 5 · the kitchen

In your kitchen *and in your drinks*

Keep a bottle of alcalina in the kitchen: it has no taste and blends into almost anything. One rule only: never boil it.





the kitchen rule

For alcalina and for shila:jit: always last

Prepare your dish or your drink → **Off the heat** no boiling → **Let it cool** below 40 °C + **Add your drops** or your shila:jit → **Stir and serve** and enjoy it slowly

COLD OR LUKEWARM

alcalina

- A few drops in your **jug of water**
- **Juices, smoothies and kefir**
- **Dressings**
- **Soups and broths**, once off the heat
- **Infusions and tea**, lukewarm

"It is very easy to take, as it is a liquid and you can mix it with water on an empty stomach. You cannot taste it once it is diluted."

ANGELS G. · alcalina · VERIFIED REVIEW
Translated from Spanish

HOW MUCH **your daily drops, spread out**

LUKEWARM OR ROOM TEMPERATURE

shila:jit

- In **lukewarm or room-temperature water**, never hot
- In **milk**, as in Ayurveda (gently warmed, never above 40 °C)
- In your **coffee**, once it is lukewarm
- In **cacao** (**p. 18**)
- **Sublingual**: let it dissolve slowly under your tongue

Its taste is intense, mineral and earthy: an acquired taste. If you find it hard, start with alcalina.

HOW MUCH **one grain of rice per cup**

⚠ Everything counts towards your daily dose (**p. 11**). **Raw milk:** not in pregnancy, for young children, older people or anyone with low immunity.

§13 · the afternoon pause

Cacao ritual *with shila:jit*

This ritual is not just a drink: it is a way to integrate, give thanks and reconnect with your body, every day or whenever it feels right. A conscious pause to remember that self-care is not always measured in action, but in presence.



CACAO TIME

Best before 5 pm: cacao also contains theobromine and some caffeine.
And if you drink coffee, better not to combine them.

bain-marie · without boiling · before 5 pm

Ingredients

FOR ONE CUP

- **Raw ceremonial cacao**
  Unprocessed.
- **Raw honey**
  Living and unpasteurised, to taste (never for babies under one).
- **Milk of your choice**
  Homemade plant milk or raw pasture-fed milk. **Don't boil it:** warm it gently, never above 40 °C.
- **Spices**
  Cinnamon, nutmeg, cardamom or clove, to taste.
- **shila:jit**
  Your dose (p. 11), the final mineral touch. **It is one of your servings for the day, not an extra one.**

Mindful preparation

1. **In a bain-marie**
   Warm the cacao slowly, without boiling.
2. **The milk**
   Add it gently warmed, never above 40 °C.
3. **Spices and honey**
   Stir them in calmly.
4. **The mineral touch**
   Off the heat, with the cacao lukewarm (below 40 °C), add the shila:jit last, stirring with intention.
5. **Drink slowly**
   Feel how the elements come together within you, and let your body know you are listening to it.

Honouring this ritual is a way of telling your body:

"I am here with you, not against you."

§14 · the nose

The nose
the saltwater nasal spray

Rinsing your nose with salt water is an old, simple habit. This is how we make it at home with a few drops of alcalina; on the next page, everything there is and how it is used.

THE BASE · SALT WATER

Saline is water with 0.9% salt. Seawater for the nose can be isotonic (that same salt) or hypertonic (saltier; it may sting). For this mix, sterile saline or isotonic seawater: never plain water, and never from the tap.

WITH alcalina · AS A GUIDE

How we make it at home

1 **The bottle**
An empty 30 ml nasal spray bottle: new, or washed with hot soapy water, rinsed and thoroughly dry.

2 **The base**
Fill it with sterile saline or with isotonic seawater from the chemist's, the kind sold for the nose.

3 **The drops**
3 to 5 drops of alcalina. Start with 3. Shake gently.

4 **The use**
1–2 sprays in each nostril, once or twice a day.

5 **The care**
One bottle per person, in the fridge. Three days at most: throw away what is left and make it again.

3–5 drops in 30 ml · once or twice a day · three days at most

IMPORTANT

alcalina, never on its own in the nose: always well diluted in salt water. And never in a medicated spray.

The water, never straight from the tap: sterile, distilled, or boiled and cooled. A household filter is not enough for the nose.

If you make the salt water yourself: boiled, cooled water with 9 g of non-iodised salt per litre, made that day; with that base, the mix is also for that day only.

The mix with alcalina is for adults only; not during pregnancy or breastfeeding.

If it stings, fewer drops; if it still does, stop.

If there is bleeding, pain, recent nasal surgery, a weak immune system or any illness: your doctor first.

It is for the nose: never for the eyes (p. 20).

⚠ *If it itches or stings, it is too much:* dilute it more or stop.

It is a home habit, not a treatment. alcalina is a food supplement, made to be taken by mouth; it is not a medical device or a medicine, and we have found no studies in people for this use. The salt, here, is for the nose: in the glass we still don't add it.

SOURCES CDC, "How to Safely Rinse Sinuses" (2025) · FDA, "Is Rinsing Your Sinuses With Neti Pots Safe?" (2025) · AAAAI, "Saline Sinus Rinse Recipe" · searches in PubMed and ClinicalTrials.gov, 12 Oct 2026.

§14 · the nose · what there is

Nasal sprays *what there is and how it's used*

By type and without brands: we don't recommend any. First, the ones from the chemist's; then the ones that already contain humic or fulvic substances. And at the end, the eyes.

WHAT THERE IS	WHAT IT IS	HOW IT'S USED
FROM THE CHEMIST'S *water and salt*		
Sterile saline	Water with 0.9% salt, in single-dose vials or as a spray.	A few drops or one spray in each nostril. An opened vial is not kept.
Isotonic seawater	Seawater prepared for the nose, with the same salt as saline.	The everyday one: one or two sprays per nostril, following its leaflet.
Hypertonic seawater	Saltier than saline. It may sting.	Following its leaflet.
High-volume rinse BOTTLE OR NETI POT	A glass of water with its salt, in through one nostril and out through the other.	The water: always distilled, sterile, or boiled and cooled. The device is washed and dried after each use.
WITH HUMIC OR FULVIC SUBSTANCES *sold mostly in the United States and South Africa*		
Saline with fulvic acids	Salt water with fulvic acids.	Following its label.
Humic extract	A liquid humic extract.	Following its label.
Iodine with fulvic acid	Potassium iodide, fulvic acid, water and a preservative.	One or two sprays per nostril, following its label.
Fulvic acid made from carbohydrate	In a mild saline with glycerine; another one, with elderberry extract.	Two sprays per nostril, following its label.

ⓘ **We have found no studies in people by this route, and none of these sprays authorised in the European Union.** One was withdrawn from the market in 2023 because the liquid had become contaminated: that is why we insist so much on hygiene.

AND THE EYES? · EYE WASH

Only what is made sterile

To wash the eyes there are products made for it, and they are all sterile: single-dose saline (water with 0.9% salt) and eye baths from the chemist's. They are used as they are, with nothing added, and an opened vial is thrown away.

Eye drops advertised with fulvic are also sold online, and some people say they dilute it in salt water. We have found none that is authorised and no clinical trials to support them; in 2025 the US FDA warned one of them.

With our bottle, no: not a drop straight from the bottle, not diluted, not the nasal spray mix. alcalina is not sterile and is not an eye drop. If it gets into an eye, rinse it straight away with plenty of water, for at least 20 minutes, and have it seen at an emergency department.

SOURCES FDA: recall of 29 Sep 2023 and warning letters of 7 Dec 2023 and 25 Aug 2025 · product pages consulted on 12 Oct 2026 · European Pharmacopoeia, monograph 1163 (eye preparations: sterile) · NHS, "Eye injuries" (2026) · searches in PubMed and ClinicalTrials.gov, 12 Oct 2026.

§15 · outside the routine

Fasting and travel
your minerals with you

When your routine changes, your minerals can stay with you: on your fasting days, when you travel or after training.



ON YOUR FASTING DAYS

< 2 kcal

shila:jit barely adds any calories: not even the maximum daily dose reaches 2 kcal. And alcalina has no sugars or fats.

A few drops of alcalina in the water you drink through the day, within your dose (p. 11).

ki:wami · SEPARATE

ki:wami is different: it is a kōso, a ferment of fruit and vegetables. If you take it on your fast, **2 to 4 servings of 30 ml a day**.

ⓘ None of this replaces the electrolytes you may need on a long fast. If you have a medical condition or take medication, seek advice first.

TRAVELLING

It fits in your cabin bag

The 30 ml bottle of alcalina fits in your cabin liquids bag (maximum 100 ml per container in the EU). A few drops in your bottle, at the hotel or on the plane, and you feel at home.

TRAINING AND SAUNA

Your drops, in the bottle

After training or the sauna, your daily drops in your water bottle, and drink well.

at home · travelling · training

FOR YOUR FASTING DAYS

ki:wami · 2–4 servings of 30 ml

How to take it and what it contains, on its product page.

bionobo.com/en/products/kiwami

SCAN OR TAP

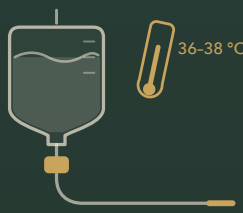
§16 · in brief

Enemas
the basics, in brief

Enemas have their own guide. If you already do them, here are the basics for adding your minerals.

THE ENEMA WATER · THREE OPTIONS

OPTION 1



Warm water

Just filtered water.

OPTION 2



With fulvic acid

5 to 10 drops of alcalina per bag if you're starting out; **10 to 20 or more** with experience.

OPTION 3



With fulvic acid and organic coffee

How to prepare the coffee, in the enema guide.

WHAT YOU NEED

- **2 L bag** — with a flow clamp
- **Filtered water** — lukewarm, between 36 and 38 °C
- **alcalina** — for options 2 and 3
- **Coconut oil** — for the cannula
- **Mat** — with a towel, near a wall

300–700 ml

FIRST ENEMAS

Start with the amount that feels comfortable. With practice, it will get easier every time.

BEFORE YOU START

No enemas or alcalina during pregnancy or breastfeeding. If you have any intestinal disease or take medication, check with your specialist first.

ENEMA GUIDE · GUIDES LIBRARY

Step by step, in the enema guide

You'll find it, free, in the guides library.

bionobo.com/en/pages/biblioteca-de-guias

§17 · to keep

At a glance
every use, its amount

Take a photo of it and keep it to hand. What you drink counts towards your dose; what goes on the outside doesn't, but always do the forearm test first.

USE	WITH WHAT	HOW MUCH	WHEN	CARE
ON THE OUTSIDE *you don't drink it yourself: it doesn't count towards your dose*				PP. 13-15
Face mask P. 13	shila:jit + honey or oil	**from a grain of rice to a lentil**	10–15 min, 1–2 times a week	the forearm test, first
Face rinse P. 13	alcalina, always diluted	**5 drops in 30 ml of water**	one minute, then rinse	away from the eyes
Scalp P. 14	shila:jit + water or oil	**from a grain of rice to a lentil**	before washing	dark towel: it stains
Bath P. 14	shila:jit or alcalina	**a pea or about 20 drops**	15–20 min, in lukewarm water	rinse the bath afterwards
Foot bath P. 14	alcalina	**10 drops in a basin**	15 min, in lukewarm water	only on healthy skin
Pet (dog or cat) P. 15	filtered water	**in their bowl**	every day	alcalina: no guideline from us; your vet first
WHAT YOU DRINK ● *counts towards your dose*				PP. 16-18
Drinking water ● P. 16	alcalina	**4 → 6 → 10 drops per glass; then 10 + 10**	throughout the day	after reverse osmosis, in your jug
Cooking and drinks ● P. 17	alcalina or shila:jit	**your drops or a grain of rice**	at the end, off the heat	below 40 °C; never boil it
Cacao ● P. 18	shila:jit	**your serving**	before 5 pm	counts as one of your servings
OTHER MOMENTS *outside the routine*				PP. 19-22
Nose P. 19	alcalina + sterile saline or isotonic seawater	**3–5 drops in 30 ml; start with 3**	1–2 sprays, once or twice a day	never tap water; adults only
Eyes P. 20	–	**not with our bottle**	–	sterile saline, as it is
Fasting ● P. 21	alcalina	**your drops**	throughout the day	within your dose
Fasting P. 21	ki:wami	**2 to 4 servings of 30 ml**	a day	does not replace electrolytes
Travel ● P. 21	30 ml alcalina	**your drops**	in your bottle	fits in your cabin bag
Enemas P. 22	alcalina	**5–10 drops per bag; 10–20 or more, advanced**	if you already do them	water at 36–38 °C · enema guide

ⓘ ● **counts towards your dose.** The amounts for the external uses are a guide: start with less and observe. No shila:jit or alcalina during pregnancy or breastfeeding; 2 hours apart from any medication.

§18 · the next step

Whenever you want *to go deeper*

A bottle and a jar are all you need for every one of these uses. And if one day you want to support your body on another level, here is the path.



CONSTANT AND LIGHT

alcalina

30 ml

Tasteless drops for your water, your kitchen and your travels.

View alcalina

SCAN OR TAP



CONCENTRATED AND DEEP

golden shila:jit

30 g

Himalayan resin for your rituals, your cacao and your skin.

View shila:jit

SCAN OR TAP



A FERMENTED KŌSO

ki:wami

720 ml

For your fasting and cleansing days: 2 to 4 servings of 30 ml a day.

View ki:wami

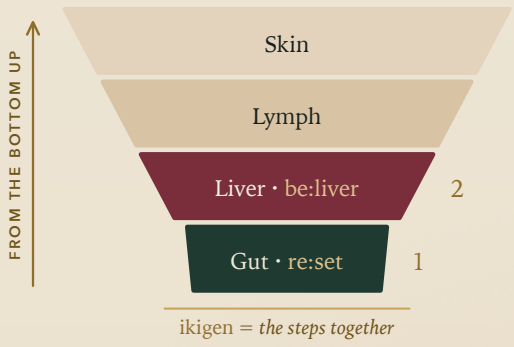
SCAN OR TAP

THE DRAINAGE FUNNEL

First the gut, *then the liver*

Draining goes from the bottom up: first the gut, with re:set, the 24-hour cleanse; then the liver, with be:liver. ikigen brings the steps together in one complete protocol. They support your body through the process.

View re:set | View be:liver | View ikigen



GUIDES LIBRARY

All our guides, free

re:set, be:liver, the beginner's guide and more.

guides library

you choose

For some 3,000 years, people have climbed the mountain to look for this resin, kept it like a treasure and shared it from generation to generation. Today it can be in your kitchen.

You don't have to do it perfectly. A drop in your jug, a mask on a Sunday, a cup of cacao in the afternoon, filtered water in your pet's bowl too. Little by little, learning to feel yourself. Letting go of control, rather than taking control.

Looking after yourself isn't only what you take: it's how you live each gesture.
Stop merely surviving, and begin to truly live.

You choose: one day or day one.
Your moment starts today.

START WITH alcalina

A bottle in your kitchen

Start with 4 drops in your glass of water, and build up little by little.

View alcalina

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NOTICE

This guide is inspiration, not health advice, and it is not meant to diagnose, treat or cure anything. We are not a medical team. shila:jit and alcalina are food supplements: the uses outside the glass (skin, hair, bath, nose, your pet's bowl) are everyday ideas we share, not product indications. For your animals, ask your vet first. No shila:jit or alcalina during pregnancy or breastfeeding. **If you have any medical condition or take medication, always, always consult your specialist.**

hola@bionobo.com

Any question about your uses and your dose.

bionobo.com

The guides library, the lab tests and the product pages.

Do not exceed the recommended daily dose. Keep out of the reach of children. Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle.

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