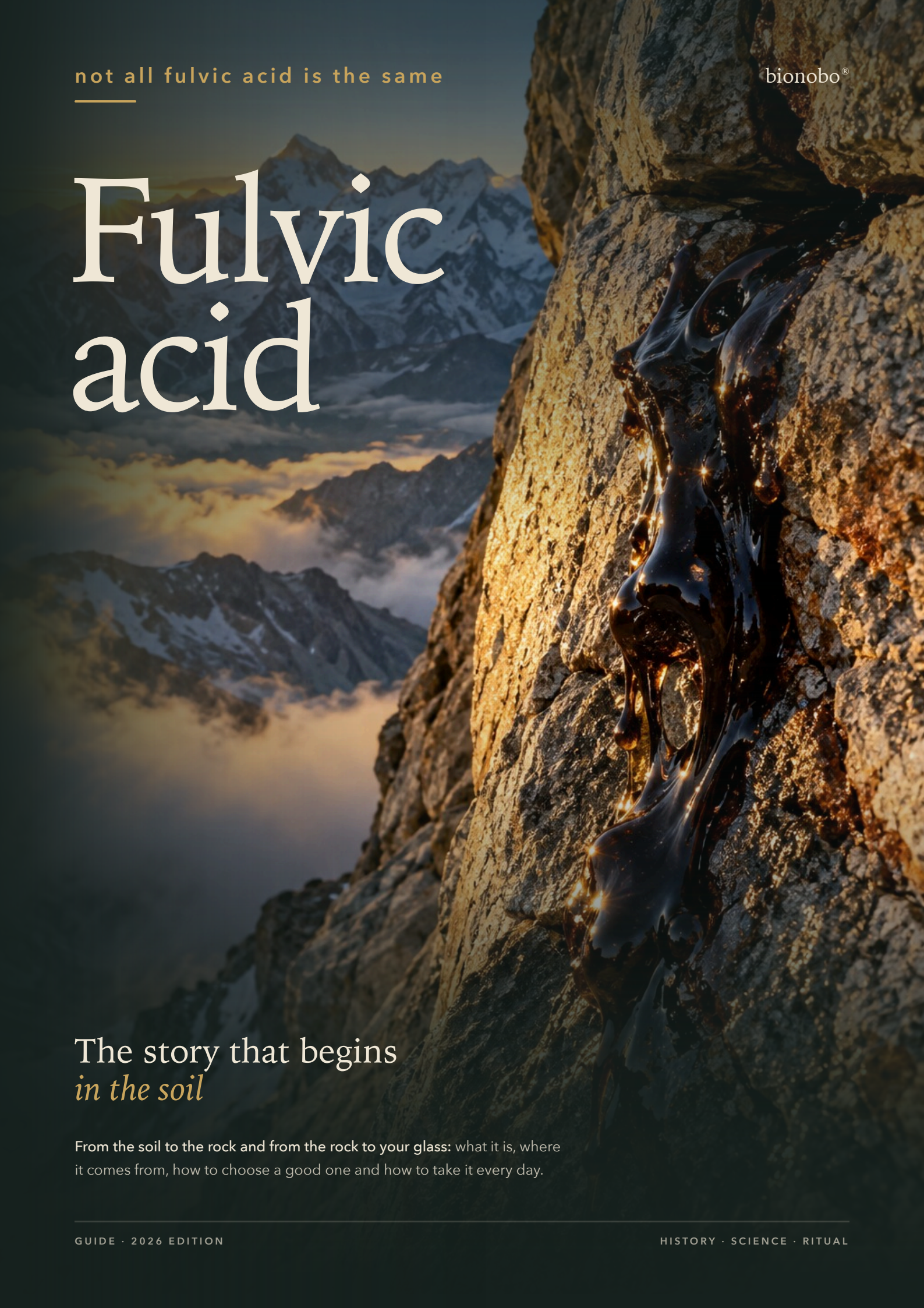
not all fulvic acid is the same

bionobo®

Fulvic acid



The story that begins *in the soil*

From the soil to the rock and from the rock to your glass: what it is, where it comes from, how to choose a good one and how to take it every day.

GUIDE · 2026 EDITION

HISTORY · SCIENCE · RITUAL

to begin

Welcome
fulvic acid in one minute

Every summer, when the sun warms the rocks of the Himalaya, a dark resin seeps out of the cracks, and some people climb the wall to gather it by hand. *Some two thousand years ago, the texts of Ayurveda already described it; today, laboratories separate it and weigh it.*

This guide puts the two together. We want to bring over from the East what has been known for centuries, with science alongside, and tell you honestly: **what we know and what we don't yet.**

WHY THIS GUIDE — Vialykh et al., 2025

14 *of 25*

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

Not all fulvic acid is the same. By the end of this guide you'll know what to ask (**p. 20**).



14 WITH A FULVIC FRACTION — 11 WITHOUT ONE

FULVIC ACID IN ONE MINUTE

I · SOIL
It is born in the soil
It is the golden fraction of humus, the one that stays dissolved at any pH. *p. 6* →

II · MOUNTAIN
The mountain keeps it
Shilajit, the resin of the rock, is mostly humic substances. *p. 8* →

III · MOLECULE
It is small and soluble
In the soil it travels bound to minerals. *p. 12* →

IV · QUALITY
Not all of it is the same
Origin, extraction, what it brings with it and how it is measured. *pp. 16–20* →

V · RITUAL
It is taken little by little
A grain of rice, a few drops, clean water. *p. 24* →

SOURCE Vialykh et al., *Journal of AOAC International* 2025;108(6):828–839 (PMID 40802521).

five parts · twenty-eight pages

Contents
a map, not a manual

You don't need to read it in one sitting.
If you want to choose well today, go to p. 20.
If you want to understand it
from the roots up, start with the soil.

I PART I · PP. 4-6
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NATURE'S COMPOUND INTEREST

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ŚILĀJATU

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A MISTAKE THAT LASTED CENTURIES

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CLOSE, CONTACT AND NOTICE

HOW TO READ THIS GUIDE

The historical part we tell as history, not as a promise.

The scientific part, with its source at the foot of each page and the full list on **p. 27**.

And the practical part, step by step.

part I · the soil

The one of the earth *homo and humus*

Before we talk about acids, let's talk about the soil.
Because everything starts there, and not only for plants.

homo — THE HUMAN BEING
humus — THE EARTH

LATIN · THE SAME ROOT: 'EARTH'

In Latin, *homo* – the human being – and *humus* – the earth – come from the same root, meaning 'earth'. *Homo* is, literally, 'the one of the earth'. Quintilian already noticed it almost two thousand years ago, though he didn't believe it himself.

adam — THE HUMAN BEING
adamah — THE EARTH

HEBREW · THE SAME ROOT

In Hebrew it is the same: *adam*, the human being, and *adamah*, the earth, share a root; Genesis says that man was formed 'of the dust of the ground'.



What we do know is more concrete: the circle of life closes in the soil. It is there that rock stops being rock and becomes something a living being can take up. From the soil to the plant, from the plant to the animal, and from there to us.



We come from the earth. Perhaps not the way the ancient books told it, but certainly in something that can be weighed: a good part of the minerals that sustain us passed through the soil first.

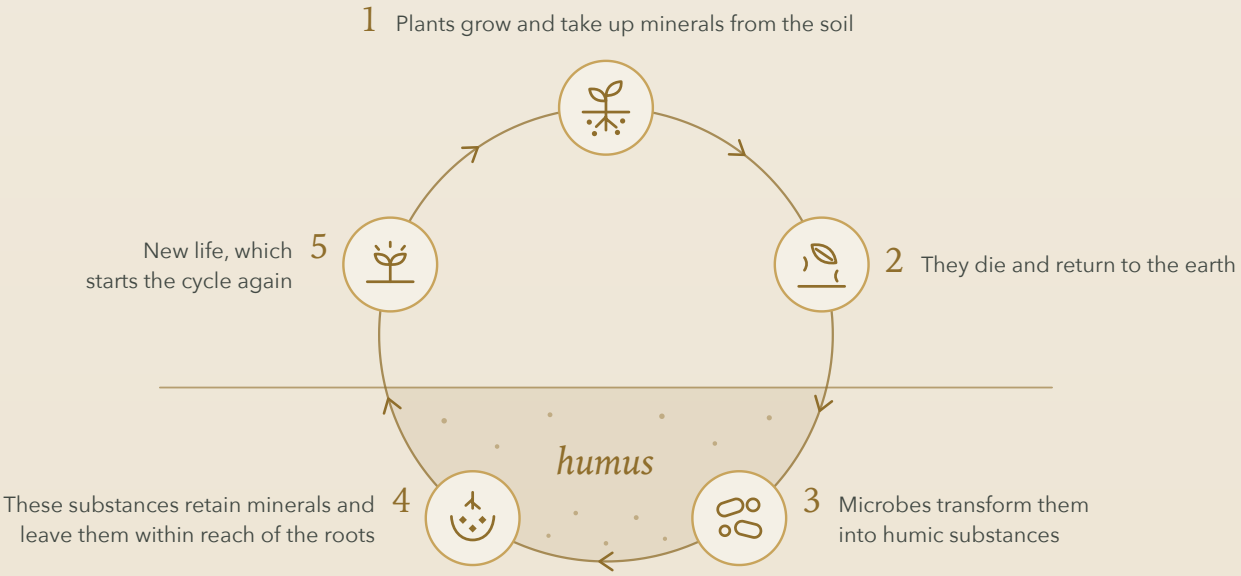
humus the organic matter in the soil, already transformed by microbes

SOURCES Wiktionary, 'homo' (Latin), citing de Vaan, *Etymological Dictionary of Latin and the other Italic Languages*, 2008, pp. 287–288 · Quintilian, *Institutio Oratoria* 1.6.34 · Genesis 2:7.

humification

How humus is born
nature's compound interest

When microbes break down leaves, roots and the remains of life, humus is born.



Each turn leaves a little more organic matter and a little more life. Repeated over thousands and millions of years, it is like ***nature's compound interest***: life that turns into the conditions for more life.

It is an image, not a measurement.

1786

A German chemist, Franz Karl Achard, dissolved peat in an alkali and obtained a dark powder: the first humic acid extracted in a laboratory.

AND TODAY?

The soil reaches your plate

A living soil, with organic matter, yields food with more micronutrient density. And many soils today are impoverished: it is estimated that **between 60 and 70% of EU soils are not healthy**. Between 1950 and 1999, in 43 US vegetables and fruits, calcium fell by 16% on average and iron by 15%. The causes are still being studied: varieties selected to yield more, soils with less life and the way crops are fertilised.

−16% CALCIUM **−15%** IRON

Davis, Epp and Riordan, 2004

◆ *That's why, more than 'eating a varied diet', it's about eating for nutrient density.*

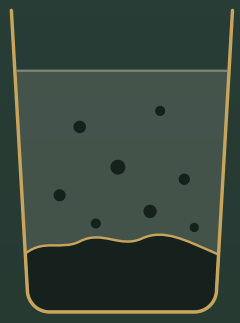
→ The humus of a forest, which keeps changing, is not the same as a deposit sealed millions of years ago (**p. 16**).

SOURCES IHSS, 'What are humic substances' · Gvozdeva et al., *Antioxidants*, 2025 (PMID 41009043) · Achard, 1786, cited in later reviews · Montgomery and Biklé, *Front Sustain Food Syst*, 2021 · EPRS (European Parliament), 'Soil monitoring and resilience', 2024 · Davis, Epp and Riordan, *J Am Coll Nutr*, 2004 (PMID 15637215) · Fan et al., *J Trace Elem Med Biol*, 2008 (PMID 19013359) · Marles, *J Food Compos Anal*, 2017.

defined by water

Black, brown and gold *three fractions, one soil*

Inside humus there are three fractions, and what sets them apart is water: how each behaves as the acidity changes.



BLACK

Humin

It never dissolves, in acid or in alkali: it is the part left undissolved.

0 7 14

DOES NOT DISSOLVE AT ANY pH



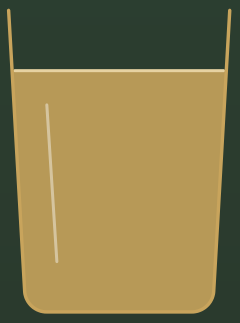
DARK BROWN

Humic acid

It dissolves in an alkaline medium and precipitates below pH 2. Its molecules are much larger than those of fulvic acid.

0 2 7 14

PRECIPITATES BELOW pH 2



GOLDEN YELLOW

Fulvic acid

It stays dissolved at any pH. It is the smallest fraction – around a thousand to a few thousand daltons – and the one with the most oxygen: the most mobile and the most reactive.

0 7 14

DISSOLVED AT ANY pH

Colour follows size: black, brown and gold.

→ The glass test, on **p. 17**.

Fulvic acid is not an ingredient: it is one of the three fractions of a single material.

Why *'fulvic'*?

From the Latin *fulvus*, 'tawny, yellow'. In the early 20th century, the chemist Sven Odén gave the golden fraction its name.

SOURCES IHSS, 'What are humic substances' · Carrasco-Gallardo et al., *Int J Alzheimers Dis*, 2012 (PMID 22482077) · Gvozdeva et al., *Antioxidants*, 2025 (PMID 41009043) · Odén, 1919, cited in later reviews · Wiktionary, 'fulvic' (from Latin *fulvus*).



II

PART II

The mountain *the resin of the rock*

Where the soil turns to rock, the mountain keeps its most concentrated form: a resin with many names, and a word that ended up in Egypt.

The sweating mountain 08
ŚILĀJATU

Many names 09
FROM PERSIA TO THE ANDES

The word ‘mummy’ 10
A MISTAKE THAT LASTED CENTURIES

the name and the text

The sweating mountain
śilājatu, the resin of the rock

About two thousand years ago, the Charaka Saṃhitā, one of the founding texts of Ayurveda, already described it: the rocks of the mountain, heated by the summer sun, sweat their resin.

THE NAME

śilā + *jatu*

ROCK — RESIN OR LAC

In Sanskrit it is called *śilājatu*: *śilā*, rock, and *jatu*, resin or lac. **The resin of the rock.** In Hindi, shilajit; it is popularly translated as 'conqueror of the rock'.

IN AYURVEDA

A *rasāyana*

The Ayurvedic tradition considers it a rasāyana, the category of substances for renewal and longevity. Later the tradition also called it *yogavāhī*: the one that accompanies and carries other substances.



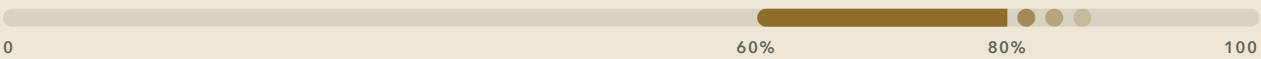
THE RESIN, ON ITS WAY TO SUN-DRYING

WHAT IS INSIDE

60–80%

Scientific reviews describe shilajit as a complex of **between 60 and over 80% humic substances**, mostly fulvic acid, with calcium, potassium, magnesium and dozens of trace elements.

And every mountain gives a different one.



◆ *Modern science has barely begun to study it in people* (*p. 14*).

SOURCES Charaka Saṃhitā, Chikitsā Sthāna 1.3 · Wiktionary (*śilājatu*) · Carrasco-Gallardo et al., *Int J Alzheimers Dis*, 2012 (PMID 22482077) · Kamgar et al., *Crit Rev Anal Chem*, 2025 (PMID 38133965) · Wilson et al., *J Ethnopharmacol*, 2011 (PMID 21530631) · Stohs, *Phytother Res*, 2014 (PMID 23733436).

from Persia to the Andes

Many names *one material*

The name changes, the material does not. And almost every name speaks of what the mountain gives off: its resin, its oil, its juice, its sweat.



Shilajit is not only from the Himalaya: it is a global process. There are humic deposits on every inhabited continent. The numbers mark where each name comes from; the dots, other regions with humic deposits. Illustrated map, not to scale.

1 INDIA

śilājatu

'resin of the rock'

2 PERSIA

mūmiyā

from mūm, *'wax'*

Avicenna records it in his Canon of Medicine, and Razi in his great medical encyclopaedia.

3 IRAN AND IRAQ

'araq al-jibāl

'sweat of the mountains'

4 CENTRAL ASIA AND RUSSIA

mumijo

мумиё

5 ALTAI

barachschin

'oil of the mountains'

6 TIBET AND MONGOLIA

brag-zhun

'juice of the mountain'

In Chinese, *zhaxun*.

7 ANDES, NORTHERN CHILE

Andean shilajit

◆ *Mumijo and mummy are the same word. We tell you about it on* ***p. 10****.*

SOURCES Meyer-Hicken, thesis, Univ. of Kiel, 1978 (via de.wikipedia, 'Mumijo') · Wiktionary ('mumijo', 'momia') · Shahriari, Zare and Nimrouzi, *Acta Med Hist Adriat*, 2018 · Ding et al., *Chin Med*, 2020 · Carrasco-Gallardo et al., *Int J Alzheimers Dis*, 2012.

a story from history

The word ‘mummy’ *a mistake that lasted centuries*

IN PERSIAN

mūmiyā

The word ‘mummy’ *comes from here.*

via Arabic and Latin — *via Russian*

mummy
IN MEDIEVAL LATIN, *mumia*

mumijo
IN RUSSIAN, *мумиё*

The Persians called a black pitch that seeped from the mountain *mūmiyā*. Around the 12th century, Latin translators mistook it for the black substance of the embalmed bodies of Egypt… and for centuries Europe sold ground mummies as medicine.

All because of a resin from the rock.

HOW IT HAPPENED

1 — PERSIA
mūmiyā
the mountain’s pitch

2 — 12TH CENTURY
The mix-up
by the translators

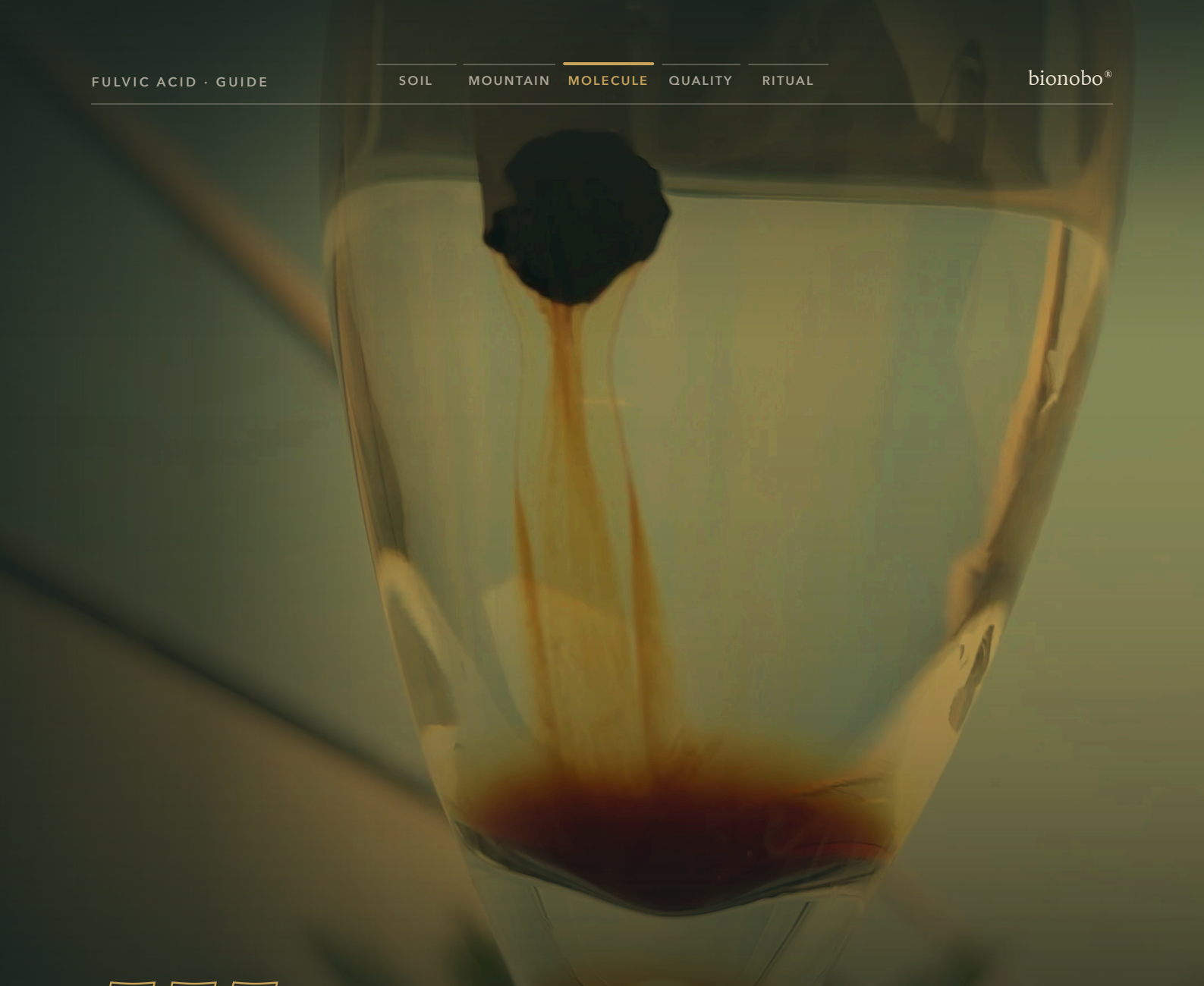
3 — FOR CENTURIES
Ground mummies
in apothecaries

4 — 16TH CENTURY
Egypt bans
taking them out

5 — 1924
Still on the price list
of a German pharmaceutical company

Mumijo and mummy: the same word, from the Persian mūm, ‘wax’.

SOURCES Wiktionary (‘mummy’, ‘mumijo’, ‘momia’) · Wikipedia, ‘Mummia’, accessed 9 October 2026.



III

PART III

The molecule *complex, small and soluble*

What fulvic acid is, what it does in the soil, and what science knows — and doesn't know.

What it is, chemically 12
A FAMILY, NOT A FORMULA

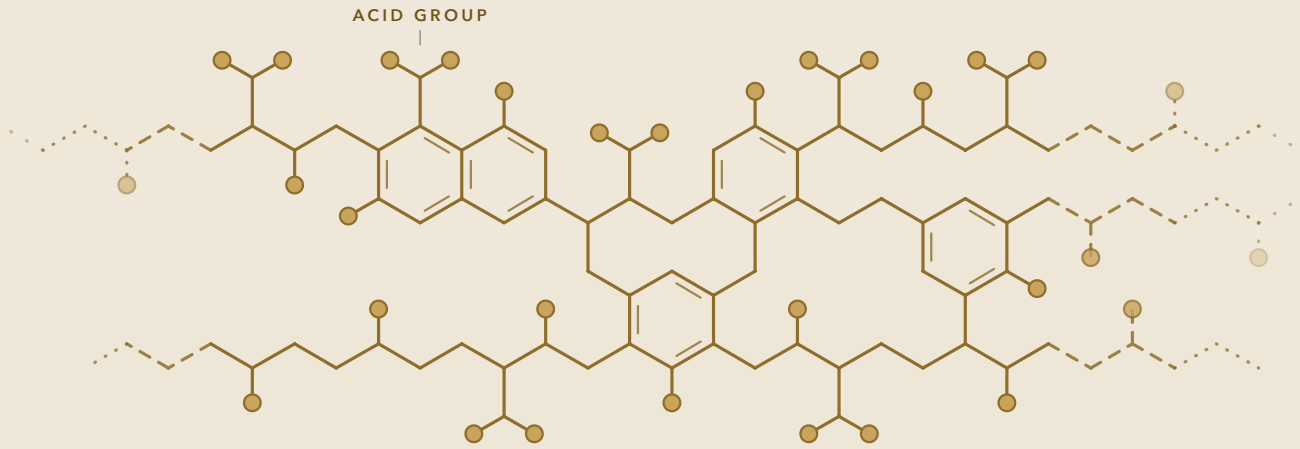
A natural chelator 13
IN DANI'S WORDS

What science says 14
HONESTLY

a sketch · four traits

What it is, chemically *a family, not a formula*

It is not a single molecule: it is a mixture of many, and nobody has managed to draw it whole.



OXYGEN · CARBON SKELETON · WHAT IS STILL TO BE DRAWN

A sketch, not a portrait.

Small

The smallest fraction of humus (**p. 6**).

Soluble

It stays dissolved at any pH, acidic or alkaline.

With more oxygen

More acid groups than humic acid: they are the 'hands' it uses to bind to minerals.

A small battery, in the soil

In the soil, with microbes, humic substances give and take electrons: they charge and discharge.

How a mineral *travels*

In the soil, minerals travel bound to organic matter: that is how they reach the root. **What matters is not only how much mineral there is, but in what form it arrives.**

> Humic and fulvic acids have been studied for more than two hundred years, and science has still not finished understanding them.
>
> This is how Gaffney, Marley and Clark summed it up, in a publication of the American Chemical Society (1996).

WHAT CAN BE MEASURED **pp. 16-19**

What it is made of, where it comes from, how it was processed and what a laboratory found in each batch.

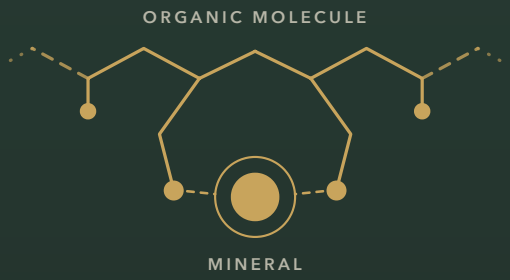
SOURCES IHSS, 'What are humic substances' · Gvozdeva et al., *Antioxidants*, 2025 (PMID 41009043) · Lovley et al., *Nature*, 1996 · Aeschbacher, Sander and Schwarzenbach, *Environ Sci Technol*, 2010 · Gaffney, Marley and Clark (eds.), *ACS Symposium Series* 651, 1996.

to chelate: to hold like a claw

A natural chelator *in Dani's words*

> *"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

In the lab and in soils, fulvic acid forms complexes with metals such as lead, cadmium and mercury, which is why it is studied as a 'natural chelator'.



THE WORD

Chelate comes from the Greek *chēlḗ*, 'claw': a mineral held by an organic molecule, as if in a claw.

THREE WAYS TO RECEIVE A MINERAL

01 · ISOLATED SALTS Rock minerals	Carbonates, oxides: a single mineral, with no cofactors.	one mineral
02 · COMBINED Laboratory complexes	High doses of a few minerals, combined in the laboratory.	a few
03 · BIOMINERALS Fulvic structure	An organic matrix, like that of humus, bringing together trace minerals and organic acids. The form in which the soil used to feed plants.	complex matrix

SOURCES Ye et al., *Sci Total Environ*, 2022 (PMID 35772564) · Lee et al., *Environ Sci Technol*, 2009 (PMID 19708356) · Wiktionary, 'chela'.

what we know and what we don't

What science says *honestly*

Most of what is known about fulvic acid comes from the laboratory and from animal studies; trials in people are few and small.

3,029 papers on **fulvic acid**

15,051 on **humic acid**

157 on **shilajit**

PubMed, 9 October 2026. Searched as typed, without quotation marks: *fulvic acid*, *humic acid*, *shilajit*; for *humic acid*, PubMed also counts papers on humic substances. Most fulvic acid papers are about soil and water chemistry, not health. An indexed paper is not proof: it is a place to start reading.

SAFETY

In animals

Daily-use doses are far below these; **a wide margin is not a reason to take more.**

mg/kg = mg per kilo of body weight

FULVIC ACID

5,000 mg/kg

PER DAY · 60 DAYS

It showed no adverse effects.

Dai et al. 2020

FULVIC AND HUMIC

2,000 mg/kg

PER DAY · 90 DAYS

A mixture of the two: no adverse effects either.

Murbach et al. 2020

SHILAJIT

5,000 mg/kg

PER DAY · 91 DAYS

It was the highest dose: minimal changes, and only at that dose.

Velmurugan et al. 2012

TRIALS

In people

1 week

30 men prone to allergies took, for one week, a fulvic acid made from carbohydrates (not from humus), up to 40 ml of a 3.8% solution twice a day: no serious adverse effects. *Gandy et al. 2012*

45 days

14 healthy volunteers took humic acids for 45 days: the concentration of bacteria in the colon increased, with no change in their diversity. A small study, with no control group. *Swidsinski et al. 2017*

48 weeks

60 postmenopausal women with osteopenia. On placebo, bone density fell; on a shilajit extract, it rose ($p < 0.001$ versus placebo). **It is a different extract from ours.** *Pingali and Nutalapati 2022*

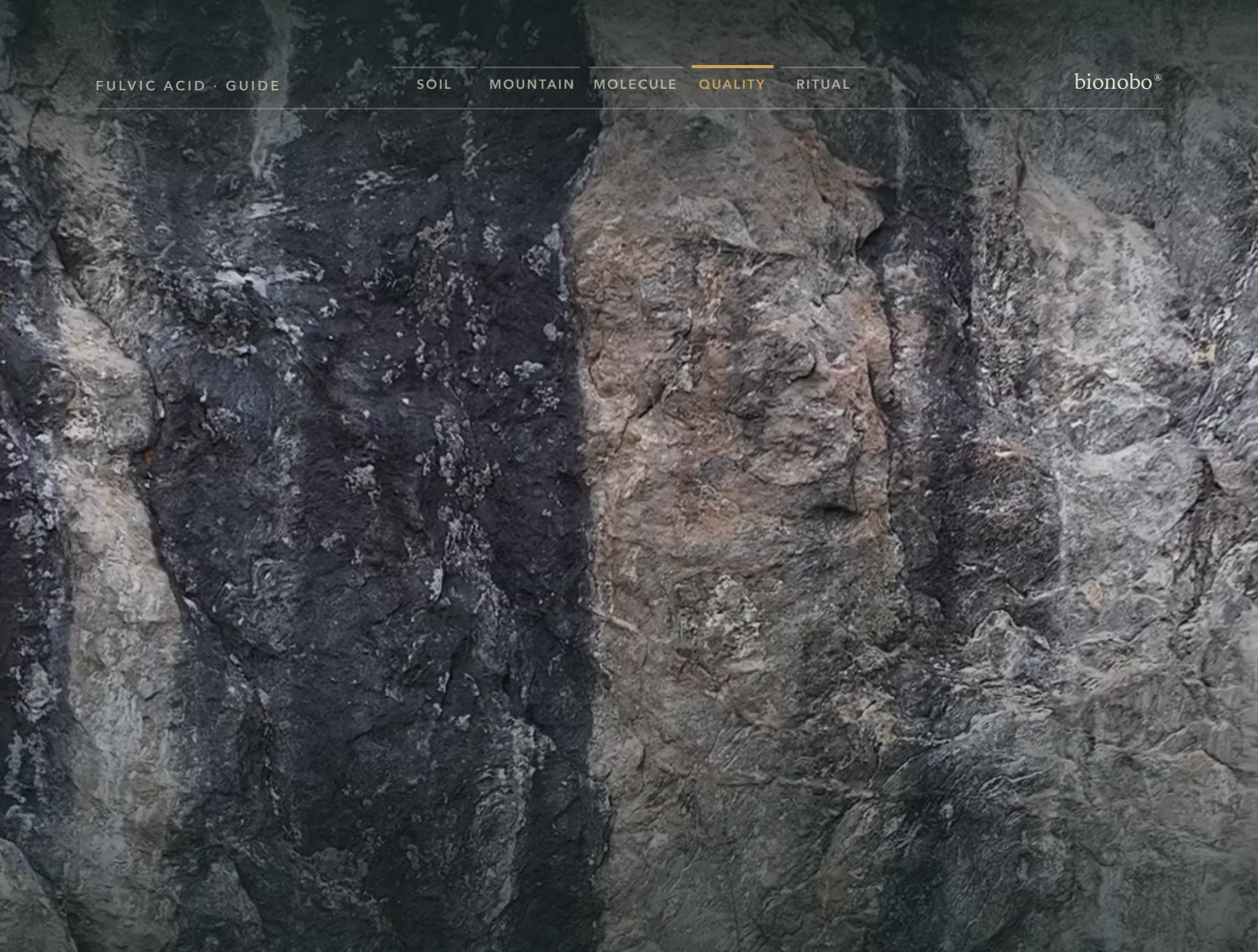
PLACEBO	250 mg A DAY	500 mg A DAY
−4.4% spine	+0.7% spine	+3.8% spine
−2.6% femur	+1.6% femur	+4.7% femur

Mean change in bone density from baseline (figure 1 of the paper).

In the EU there are no authorised health claims for fulvic acid or for shilajit: we do not claim that any product treats, cures or eliminates anything. **alcalina and shila:jit accompany your routine.**

◆ *So we don't promise you effects: we tell you what is there.*

SOURCES Winkler and Ghosh, *J Diabetes Res*, 2018 · 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 · Swidsinski et al., *World J Gastroenterol*, 2017 · Pingali and Nutalapati, *Phytomedicine*, 2022 · Regulation (EC) 1924/2006. All of them, with full references, on **p. 27**.



IV

PART IV

Not all fulvic acid *is the same*

Four things decide what is in your jar: where it comes from, how it was extracted, what it brings with it and how it was measured. At the end, five questions to take to any shop.

Origin 16
YOUNG OR PREHISTORIC

Extraction and the glass test 17
WATER, SUN AND TIME

What the earth also brings 18
METALS, MYCOTOXINS, MICROBES

How it is measured 19
COLOUR OR SCALES

Five questions before you buy 20
TAKE THEM TO ANY SHOP

not all the same · 1

Origin
young or prehistoric

All humus forms in the same way, so it shares a name. That doesn't make it the same.



THE DEPOSIT This is the kind of deposit alcalina comes from: a layer of land origin over another of marine origin, sealed for tens of millions of years (**p. 23**).

ON THE SURFACE, TODAY

Young humus

The humus of a forest, a field or a compost heap. It keeps transforming and carries whatever that soil holds today, including what we have put on it.

UNDERGROUND, SEALED

Prehistoric deposit

Organic matter from ancient forests and seas, buried and sealed for millions of years, far from the modern surface.

And no two mountain resins are the same either: when **twelve shilajits from different origins** were analysed, their composition – including that of the toxic elements – varied widely from one to another.

A NOTE

Fulvic and humic, together

In the earth they arrive together; an analyst separates them, nature does not. That is why we talk about both.

OUR VIEW

The two-number trap

Almost all brands talk about two figures: the percentage of fulvic acid and the absence of heavy metals. Both matter, but neither says how it was processed.

Purity is not integrity

Purity is the absence of contaminants. Integrity is the material arriving without having been through heat or solvents. Usually only the first appears on the label.

All brands say 'premium' and 'pure'; neither word is a specification.

SOURCE Kamgar et al., *J Trace Elem Med Biol*, 2026 (PMID 42364294): twelve shilajit samples.

not all the same · 2

Extraction and the glass test
water, sun and time

To get fulvic acid out of the material there are fast routes — heat, solvents — and slow ones: water, sun and time.

The fast ones save weeks. The slow ones aim for the material to arrive as close as possible to how it came out of the earth. Ours are slow: **shila:jit is sun-dried and cold-filtered; alcalina is filtered for about two years in water.** Neither goes through heat or solvents.

water sun time



1 **AT ORIGIN** the resin goes into the water

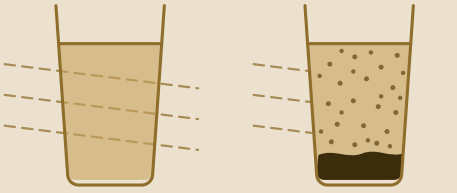


2 **DISSOLVED** clear, with no sediment

A SIGN YOU CAN SEE YOURSELF

The glass test

It isn't the colour that counts – depending on how much you use, it can range from gold to dark brown – but that it stays **clear, with no sediment**. Cloudiness or sludge at the bottom can point to unfiltered residue or a lot of humin (**p. 6**). It is a sign, not a lab test.



clear, with no sediment *cloudy, with sediment*

1 Warm water, never boiling.

2 A pinch of shila:jit or a few drops of alcalina in a large glass; stir and wait a minute.

3 Hold it up to the light: clear, with no sediment.

not all the same · 3

What the earth also brings *metals, mycotoxins, microbes*

What comes out of the earth can also bring what is in it.

When shilajit has been analysed, **in most studies** the heavy metals were below the WHO and FDA reference limits; **in some, above**.

SHILAJIT

12 of 12

12 BELOW THE THRESHOLDS

In one study of twelve samples from different origins, all were below the toxicity thresholds.

Kamgar et al. 2026

OTHER AYURVEDIC REMEDIES

1 in 5

1 WITH DETECTABLE METALS

Beyond shilajit, in a study of 193 Ayurvedic remedies bought online, 20.7% contained detectable lead, mercury or arsenic.

Saper et al. 2008

A resin that is gathered and dried in the open air also needs microbiology checks.

OUR TESTS

- ✓ **We test every batch in an independent EU laboratory**, not only at origin.
- ✓ **shila:jit:** heavy metals and microbiology.
- ✓ **alcalina:** heavy metals, mycotoxins and microbiology.

What comes out of the earth always brings something.

What matters isn't promising 'zero', but measuring how much there is, batch by batch.

LABORATORY TESTS

The tests, published

bionobo.com/en/pages/lab-tests SCAN OR TAP

QUESTIONS?
hola@bionobo.com

SOURCES Hussain and Saeed, *Biol Trace Elem Res*, 2024 (PMID 38393486) · Aldakheel et al., *Biol Trace Elem Res*, 2022 (PMID 34800280) · Kamgar et al., *J Trace Elem Med Biol*, 2026 (PMID 42364294) · Saper et al., *JAMA*, 2008 (PMID 18728265).

not all the same · 4

How it is measured *colour or scales*

A percentage only means something if you know what was measured and with which method.

TWO WAYS TO MEASURE	BY COLOUR Colorimetric	BY WEIGHT Lamar · ISO 19822
What it measures	How much light the sample absorbs: darker, 'more'.	Fulvic acid, separated, dried and weighed.
Does it separate the fractions first?	× **No.**	✓ **Yes:** first the acid, then a resin.
Does it leave out what isn't fulvic?	× **No:** it can count other substances.	✓ **Yes:** the resin leaves out the non-fulvic fraction.
International standard	× **No.**	✓ **ISO 19822**, since 2018.
The figure	Can come out higher[1].	That of the fulvic acid left, dried and weighed.

[1] In a published comparison of 8 samples, the colour method overstated humic acid by 120% (Lamar and Talbot, 2009).

THE LAMAR METHOD, IN FOUR STEPS

STEP 1
Sample in alkali

STEP 2
The acid makes the humic drop out

STEP 3
A resin retains the fulvic

STEP 4
It is dried and weighed

THE NAME

LAMAR is not an acronym: *it is a surname*

It is the surname of Dr Richard T. Lamar, who published the method in 2014; since 2018 it has been an international standard, ISO 19822. It measures the fulvic fraction called 'hydrophobic' and was written for humic materials and fertilisers.

A TIP

ppm and ppb: a thousandfold difference

Check the unit before the figure.

1 ppm = 1,000 ppb

SOURCES Lamar et al., *J AOAC Int*, 2014 (PMID 25051616) · Lamar and Monda, *J Vis Exp*, 2022 (PMID 35377366) · Lamar and Talbot, *Commun Soil Sci Plant Anal*, 2009;40:2309–2322 · ISO 19822:2018.

not all the same · in short

Five questions before you buy
take them to any shop

They work for our fulvic acid and for any other. If an answer doesn't come, that is an answer too.

01 **Where does it come from?**
Young humus, a prehistoric deposit or mountain resin, and from which area.
→ p. 16

02 **How was it extracted?**
With heat or solvents… or with water, sun and time?
→ p. 17

03 **What percentage, of what, and how was it measured?**
Fulvic acid, or all humic substances together? By colour or to ISO 19822? In ppm or ppb?
→ p. 19

04 **Is every batch tested?**
Heavy metals, mycotoxins, microbiology… and are the results published?
→ p. 18

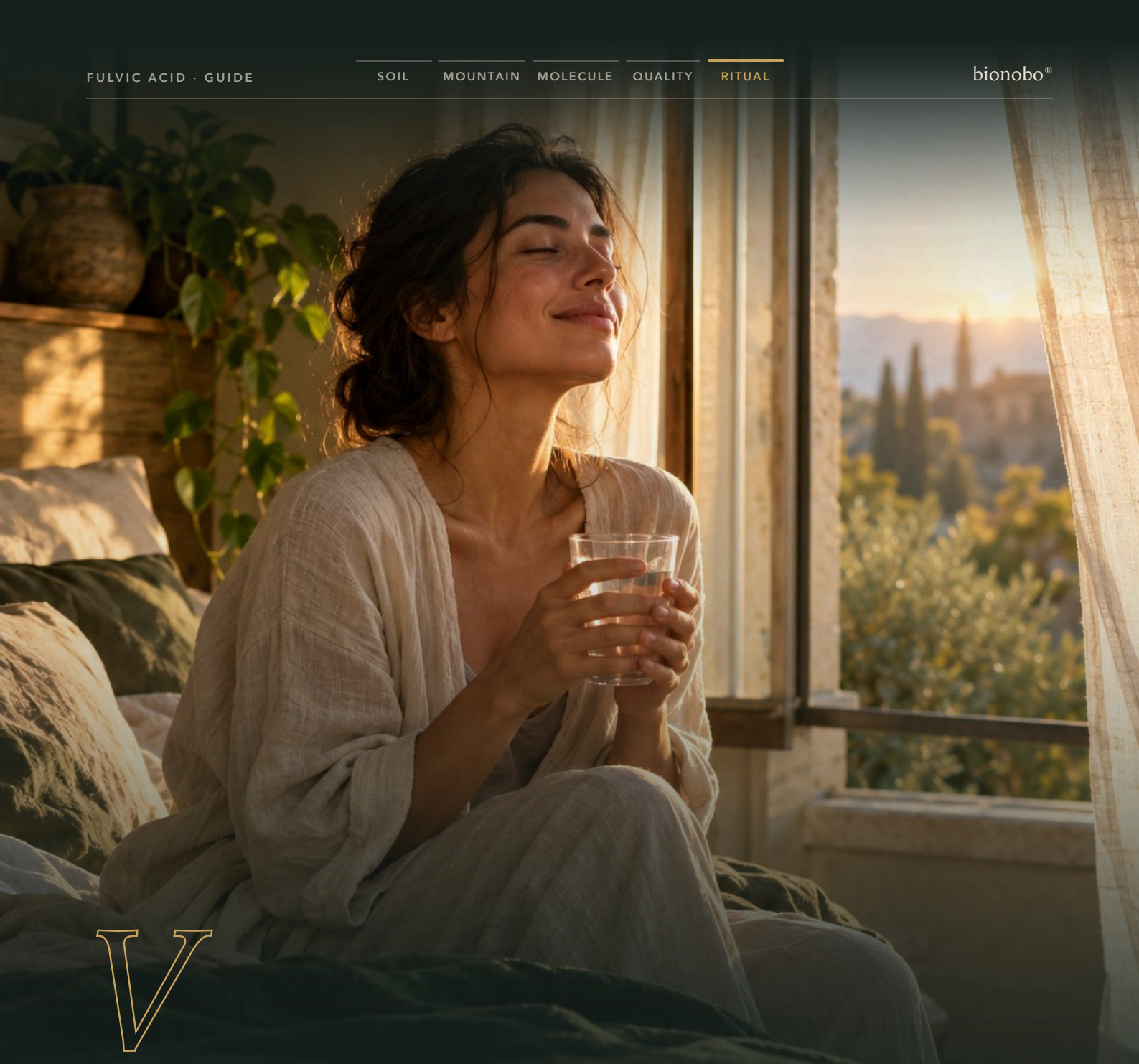
05 **What happens in the glass?**
Clear, with no sediment: a sign, not a lab test.
→ p. 17

14 of 25

Remember: of 25 products sold as fulvic acid, only 14 contained a fulvic fraction (2025).

Vialykh et al., J AOAC Int, 2025 (PMID 40802521)

If a brand sounds more certain than science itself, ask yourself where that certainty comes from.



V

PART V

Your ritual *from knowing to habit*

Our two forms of fulvic acid, how much to take and how to fit it into your day, little by little.

golden shila:jit 22
THE RESIN OF THE PEAKS

alcalina 23
FULVIC ACID IN DROPS

Two fulvics, one ritual 24
BUILD YOUR DOSE

Your mineral day 25
AND THE WATER THAT GOES WITH IT

Before you start 26
QUESTIONS AND OTHER USES

in the morning · the concentrated ritual

golden shila:jit
the resin of the peaks

60–65 %

fulvic acid, around that figure depending on the batch

analytical method based on Lamar

Resin from the Himalayan peaks, above 5,000 metres, gathered by hand in summer, sun-dried and cold-filtered.



THE JAR



THE RESIN

FROM THE PEAK TO YOUR JAR

Gathered by hand
In summer, at high altitude.

Sun-dried
Up to three months.

Cold-filtered
The process, on p. 17.

Tested
Every batch, in an independent EU laboratory.

ON BIONOBO.COM

golden shila:jit

View golden shila:jit

SCAN OR TAP

TO START

You start with a grain of rice

And you go up little by little, at your own pace: your dose, on p. 24.

SOURCES golden shila:jit product page and origin page on bionobo.com · batch tests, published at bionobo.com/en/pages/lab-tests.

throughout the day · in your bottle

alcalina
fulvic acid in drops

Tasteless drops from a fossil deposit in North America, tens of millions of years old: a layer of land origin over one of marine origin (p. 16).



THE DROPPER BOTTLE

IN EVERY DROP

Biominerals of fulvic and humic acids

75+ trace *minerals*

14 organic *acids*

It is filtered in water for about two years. Our gentlest formula: it fits into your everyday water, at home or on the go.

AMONG ITS ORGANIC ACIDS

gallic · caffeic · ferulic · malic · succinic

Every batch, tested in an independent EU laboratory: heavy metals, mycotoxins and microbiology.

ON BIONOBO.COM

alcalina

View alcalina

SCAN OR TAP

TO START

You start with 4 drops

In a glass of water, and you go up little by little: your dose, on p. 24.

SOURCES alcalina product page on bionobo.com · organic acid profile by HPLC · batch tests, published at bionobo.com/en/pages/lab-tests.

which to choose · how much to take

Two fulvics, one ritual *build your dose*

shila:jit and alcalina are two sides of the same mineral story: both are natural sources of biominerals, with fulvic acid, trace minerals and organic acids. *They complement each other; they do not duplicate.*

WHICH TO CHOOSE? EACH HAS ITS MOMENT

And if you choose both, we show you how on **p. 25**.

golden shila:jit

Concentrated *and deep*

The most cost-effective option for a long daily ritual.

alcalina

Constant *and light*

For every day and for travelling.

CONCENTRATED

golden shila:jit

in warm water



One grain of rice
TO START

Several servings a day
LITTLE BY LITTLE

Up to a small chickpea
SPREAD THROUGH THE DAY

DROPS

alcalina

in 200 ml of water



4 drops
TO START

6 drops
NO RUSH

10 drops
YOUR SERVING

10 + 10
MORNING AND AFTERNOON

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

Little by little: you are the reference.
If you're sensitive, start with less and go up more slowly.

one minute, three moments

Your mineral day
and the water that goes with it

On waking 1

Your dose of shila:jit in warm or room-temperature water, and your drops of alcalina in a glass of water. On an empty stomach, if it suits you.

Through the day 2

A few drops of alcalina in the bottle you carry with you.

at home · travelling

Afternoon, if you like 3

A pause with cacao and shila:jit, best before 5 pm. It counts as one of your servings for the day, not an extra one.

SIMPLE RULES

- **Never boil it:** warm or room-temperature water.
- **2 hours** apart from any medication.
- **Same rhythm**, day after day; if it energises you a lot, take it first thing.
- **Adjust** the dose and the time to what works for you.

WATER

The first change

We're stepping away from bottled water. First: **a filter for the water you drink and one for the shower.** If your filter also removes the minerals, give them back with a few drops of alcalina.

And on your plate, real food with nutrient density (**p. 5**). More in the **guides library**.

"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 is best, but I don't want to: *I want you to decide which is best.*"

— Dani, co-founder of bionobo



VIDEO · DAILY RITUAL

How to take our shila:jit | Daily ritual

youtu.be/qz1bboYZgN0

read it calmly

Before you start
questions and other uses

SAFETY

Your health comes first

If something does not add up, stop and ask.

- We do not recommend shila:jit or alcalina during **pregnancy or breastfeeding**.
- If you have a **thyroid** problem or take thyroid hormone, check with your doctor first, and leave those 2 hours too.
- **Do not exceed the recommended daily dose.** Keep out of the reach of children.
- Leave **2 hours** between these products and any medication.
- **Start small** (p. 24). If at first you notice mild tiredness or a mild headache, lower the dose and drink more water; if it lasts more than a week, speak to a professional.
- Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle.

If you have any medical condition or take medication, always, always consult your specialist.

THREE FREQUENTLY ASKED QUESTIONS

01 Does it break a fast?

It adds almost nothing: alcalina has no sugars or fats, and the daily serving of shila:jit has less than 2 kcal.

02 Can I combine it with other supplements?

Yes. With any medication, leave 2 hours apart.

03 Does it stain your teeth?

In uncommon cases, daily use can tint them slightly: drink it through a non-plastic straw and rinse with water.

OTHER USES

Fulvic acid is also used outside the glass

For enemas there are three options:

1. Warm water
2. With fulvic acid
   5–10 drops of alcalina per bag if you're starting out; 10–20 or more with experience.
3. With fulvic acid and organic coffee

ⓘ It is a traditional practice: there are no published trials of fulvic acid given rectally.

Step by step, in the **guides library** (p. 28).

QUESTIONS? WRITE TO US — hola@bionobo.com

SOURCES Huang et al., *J Endocrinol Invest*, 1994 · Laurberg et al., *Biofactors*, 2003 · PubMed, 9 October 2026 · shila:jit and alcalina product pages.

for reference

Glossary and sources *for further reading*

GLOSSARY · EIGHT WORDS

humus	Soil organic matter transformed by microbes. p. 5
humin	The black fraction, which never dissolves. p. 6
humic acid	The brown fraction, which drops out below pH 2. p. 6
fulvic acid	The golden fraction, soluble at any pH. p. 6
chelate	A mineral held by an organic molecule. p. 13
rasāyana	In Ayurveda, a substance of renewal. p. 8
ISO 19822	The standard for the Lamar method, which separates and weighs. p. 19
ppm / ppb	Parts per million / per billion: a thousandfold difference. p. 19

SOURCES

Pages with data carry their sources at the foot. Here they are all together, in case you want to read on.

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you choose

Fulvic acid has been doing the same thing for millions of years: giving life back to the soil, cycle after cycle, unhurried.

Your body has its own rhythm too. It isn't about doing it perfectly or taking control, but about letting go a little and starting: a grain of rice, a few drops, a glass of clean water. Little by little.



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

THE GUIDES LIBRARY

All our guides

Free, and always in their latest version.

Open the library

THE PRODUCT PAGES

golden shila:jit and alcalina

A grain of rice or a few drops: what each one contains and how to take it.

View golden shila:jit

View alcalina

FULVIC ACID · THE STORY THAT BEGINS IN THE SOIL

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. Traditional uses are told as history, not as a promise. 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 ritual.

bionobo.com

The guides library and the product pages.

shila:jit and alcalina are food supplements. 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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