

413

5 of 5 star reviews on PurBlack Shilajit from Amazon



Showing 1-10 of 413 reviews(5 star). [Show all reviews](#)

[5.0 out of 5 stars](#)

Most potent & most effective Shilajit I've experienced.

By [John M.](#) on March 6, 2015

Verified Purchase

First of all, I've taken Shilajit now for perhaps a year. I've done the background research so that I might understand how and why it works. And why today it may benefit just about everyone.

The human body needs a variety of trace minerals for things like cell repair, bone marrow replacement, brain chemistry and brain function and countless other things of which science is still getting an understanding. We used to get those through our food. But the same land has been farmed - intensely farmed - for generations now. Those micro-nutrients used to be in the ground in abundance. And come up into the plants fruit. But not any longer. Farmers don't replenish the depleted soil with those micro-nutrients because it's too expensive, and doesn't affect crop yield. Plus of course American style farming causes the wind and water erosion of billions of cubic yards of top soil every year. When Americans first began farming the vast richness of the American midwest, there were five to ten feet of top soil. Now many areas have none at all.

The body naturally craves micro-nutrients. It doesn't need a large quantity of any of them, but it very much needs them. It's now believed that a major reason that obesity has reached epic proportions is that the body naturally craves these minerals. Since it's not getting enough of them through a

healthy amount of food, the body continues to crave them; hence we over eat.

Shilajit has been known for centuries by the people of the mountains of central Asia - Nepal, India, Russia, Tibet. They are known to have nearly boundless energy; and its believed that regular consumption of Shilajit is the reason.

Because more and more people in the west are now getting on the Shilajit bandwagon, more and more manufacturers are distributing it. And since it would be hard for a consumer to know the nutrient density of the Shilajit they buy, there are some that are far more potent than others. Though I haven't sent samples to a lab for a chemical analysis, the texture, taste and personal experience I've had with Purblack Shilajit shows it to be the most concentrated and pure Shilajit I'm aware of. I've gained muscle tone, mental clarity, mental energy and focus, mood improvement, and better sleep simply by adding Purblack's Shilajit to my daily regimen. That's saying a lot. Not only would I say that Shilajit helps my body more than anything else I take for health, I'd say it does more than everything else put together.

In the final analysis, as another reviewer has very well said, "We're our own guinea pigs." You'll have to try for yourself to see if it works for you. But I will say this. Everyone I know who takes Shilajit has become a living testimony for its benefits. Some folks seem to experience a change within 24 hours. Others take three weeks or longer to notice any substantial improvement. But everyone notices it eventually.

I hope this helps. I wish you good health.

[Comment](#) 26 people found this helpful. Was this review helpful to you?

Yes
No

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[5.0 out of 5 stars](#)

Best Shilajit I have tried out of 8 other brands

By [Alex T.](#) on December 11, 2014

Verified Purchase

I have tried several Shilajits before. My body is very responsive to herbs and supplements because I am very healthy, so I am able to clearly discern differences in any product's quality. What intrigued me most about this brand was that it was in resin form vs. all the powders that are out there on the market. I could appreciate reading about PurBlack's purification and processing, but with Shilajit along with many other products I have tried, having direct experience in one's body is the best kind of feedback information one can receive about its quality.

The last Shilajit I had tried was David Wolfe's from his longevitywarehouse site. I thought that product was a pretty good powder for the price and was hesitant about Pur Black's price point. After trying Pur black I realize that it's

retail price point is actually the most affordable on the market because this product is by far the most potent.

It was actually too potent for me after a week I was so energized that I was having trouble sleeping. I have learned that it might be a good experiment to try taking this product before bed time since that is the time it regenerates the body. By the time the main energy boost kicks in it should be the morning and may help me get out of bed earlier..this is my theory.

As far as the increase in energy with this product, it was similar to my experiences with having tried strong antioxidant products and how they upscale the electron transport chain and mitochondria giving my body that buzz of energy and that seems to reduce body fatigue, but this was the only product I had tried that also erased the fatigue in my head. I literally didn't comprehend why I needed to sleep if I was not tired whatsoever. This is also showing that my metabolic rate of burning up energy was far outweighed by the amount of energy resources I had..meaning I did not need sleep to restore my energy reserves. I also noticed my calorie consumption declined a bit.

I backed down my dosage to 1/16th of a tsp. yes you heard that right. I had to always override that desire to do a higher dose and get high for 15 hours and it just seemed strange to be putting such a small dose in my tea in the morning. After one upscales their body on a jar or two of this, a person can easily back down to a low dosage, which means this product can easily last 3-6 times longer than other brands.

It is not just more potency but spectrum of compounds made available and not damaged in PurBlack. I would point out that other Shilajits did not have quite the same potency in my brain. What really amazed me was the next morning and during the day I didn't feel that familiar oh I really needed to sleep better last night why did I take that supplement! With this particular supplement not getting as many hours really didn't effect my performance or mood the next day.

Doing a jar of this now lasts me about 3-4 months. Divided up per day expense being anywhere from 70-90 cents...Ain't nothing that cheap on the menu at Starbucks..What I have found is that with great research one can come by the best supplements and keep to around a \$1 or less per day that is my rule of thumb.

[3 comments](#)55 people found this helpful. Was this review helpful to you?

Yes

No

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[5.0 out of 5 stars](#)

Main benefit function much better when sleep deprived

By [Palette0](#) on October 12, 2014

Verified Purchase

I've been using Purbblack Shilajit for about 2 years already. I am able to control weight and blood sugar very effectively. Overall I would say that when I take it my energy levels are better and I sleep sounder. My major problem is though that due to my work i don't get enough sleep. This is where it is really helpful, i can function very well on it even when sleep deprived. Also more energy in the morning. I don't feel so tired when I wake up.

[Comment](#) 19 people found this helpful. Was this review helpful to you?

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No

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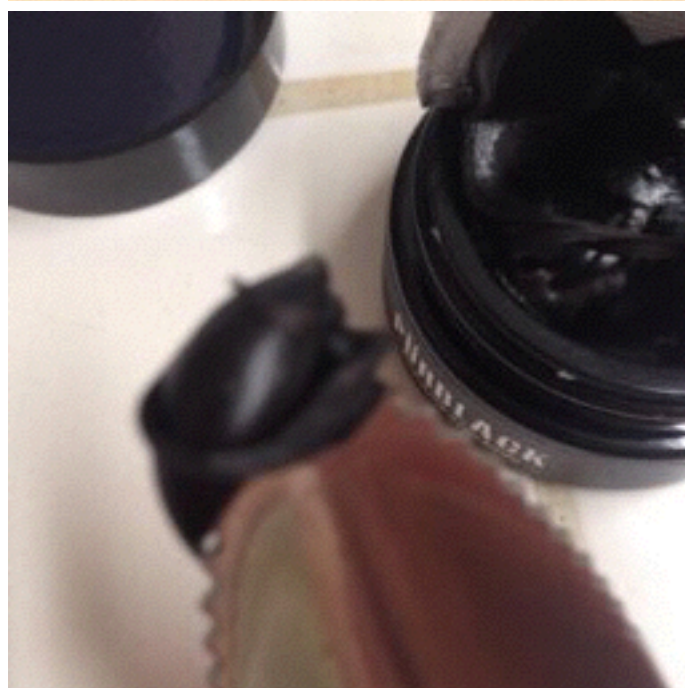
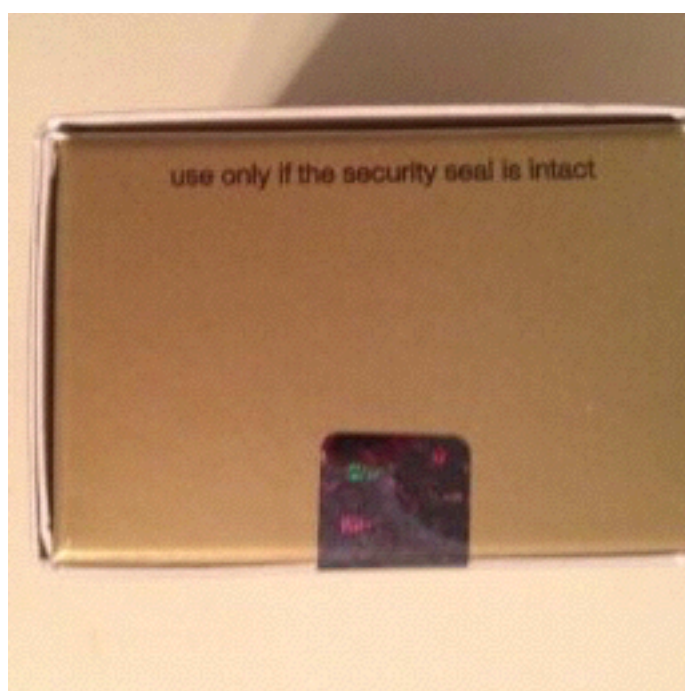
[5.0 out of 5 stars](#)

This has helped my fibromyalgia pain tremendously and has changed my sleep pattern for the best!

By [Hope Wright](#) on October 23, 2015

Verified Purchase

I ordered the Pureblack Shilajit because of its many health benefits. I am a sufferer of fibromyalgia and arthritis. I have used this in the past and I am amazed with the benefits. The first time I used it I wasn't well versed in how to get it out of the jar. After doing some research on this issue I found i can just open the jar and add 5-10 drops of filtered water then close the jar tightly And the resin softens so that I can get it out if the jar easier. This doesn't have the most pleasant odor or case, as it does smell like rubber. However I have found in my that some of the things that are the best for you, healthwise, do not smell or taste good. I have tried this different ways and have found that my favorite way of taking this is to dissolve a pea size amount in a teacup, add 1 teaspoon honey, a good size pinch of cinnamon, and a splash of creamer. As I mentioned before I have fibromyalgia, therefore I am in pain daily. The first jar of this that I ordered I took for two weeks and I have to say that my pain decreased by using this more than anything I have ever used before. And my sleep is much more sound. I could not wait to get this larger jar. I have been using this now for the past four days and I am just as impressed by it as the first time I use this brand of Shilajit. I recommend this 100%. I received this for free in return for an honest and unbiased review. These are 100% my own experiences with this item.





[Comment](#)3 people found this helpful. Was this review helpful to you?

Yes
No

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[5.0 out of 5 stars](#)

I started using this amazing product at the beginning of my pregnancy and I ...

By [rachel durling](#) on January 9, 2015

Verified Purchase

I started using this amazing product at the beginning of my pregnancy and I am now in the 3rd trimester. I am enjoying an amazingly energetic and healthy pregnancy and I believe Purblack plays a significant role in that. I have never had morning sickness or any of the other ailments that are associated with pregnancy. In fact, most of the time I have as much energy as I had before becoming pregnant. On top of that I feel the mentally clarifying effects of Purblack. I have used other powdered and pill forms of shilajit and I find this to be better tasting and more effective. I would highly recommend this product and I'm grateful that my baby is getting it in utero.

[Comment](#)9 people found this helpful. Was this review helpful to you?

Yes
No

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[5.0 out of 5 stars](#)

A Tremendous Blessing! Thank You Purblack!

By [andy](#) on March 24, 2015

Verified Purchase

Hi... After being introduced to Purblack Resin I was astonished that my sleeping pattern could change so quickly. I used to sleep in till well past 10:00 every morning and still feel tired and sluggish. After just 3 days of Purblack Resin use I was waking up just before dawn completely refreshed and ready to enjoy the Sunrise. This fact alone has dramatically changed my life for the better. I don't need to drink coffee loaded with sugar anymore! Purblack Resin has become an integral part of my daily living. Waking up before dawn is now a tremendous joy for me. Starting my day with Purblack Resin and doing Yoga with the rising Sun invigorates my body and mind and allows me to get the most out of my practice and study of martial arts. I'm more focused while working on projects and am enthusiastic about working with other people because my daily moods are so much more elevated. I have the highest opinion of this product because it truly turned my life around. I actually started using this product when my friend mentioned that it could help heal the broken bones in my face after a heavy accident. This is very true as the Resin has tremendously helped me through the healing process of mending my bones. But I never imagined that the other effects could be so incredible as to completely turn my life around for the better. I've been using Purblack Resin for 6 months now, and will continue to use it for the rest of my life.

My girlfriend also started using Purblack Resin at the same time as me just because she was interested in it after reading about some of the incredible benefits. She also noticed the improved sleep it bestows. It is noteworthy that she also noticed how she does not bruise as easily as she used to. Before taking the Resin she would have so many bruises on her body from who knows what... she thought maybe she was anemic or something. But now she rarely has a bruise, and when she does she knows exactly how she obtained it because it has to be from a substantial bump on something hard... usually from rock climbing!

We both have emphatically recommended Purblack Resin to all of our friends. All of which, by the way, have taken notice of the positive changes in our lives! The most recent being our friend who was having trouble with severe Tennis Elbow. What a tremendous blessing it is to have discovered this miraculous life changing substance! The regenerative properties of Purblack Resin are truly mind blowing. I now feel and know that my body is being restored to its optimal functioning wholeness with every daily dose. We absolutely LOVE Purblack Resin.

We like to take the Resin by letting it dissolve in our mouths as we have acquired a taste for it and quite enjoy it knowing full well the benefits we are receiving.

Thanks to you from Hawaii,
Aloha Nui Loa !!!

[Comment](#) 5 people found this helpful. Was this review helpful to you?

Yes
No

Report abuse

5.0 out of 5 stars

Finally something that will work for me! I can't say thank you enough.

By [Distinguished Poet](#) on December 5, 2015

I was actually almost AFRAID to try this Purblack Shilajit, because it seems that anything new I introduce into my system sends me into panic mode, and I have severe panic attacks. I really waited and waited before I decided to dive in and give it a try. To be quite honest, it took a bit of pressuring by my family and friends to try it, after they read so many of the reviews.

I do have to say that the taste is not the best if you are putting it direct in your mouth. (TOTALLY wish I would have read someone else's review beforehand where they describe putting it in honey water! DEFINITE improvement!) After that first initial shock from the taste, I started to research other ways to "improve" the taste, and found that earlier review.

Now, I take this 2-3 times a day, adding it to the honey water. (I really DON'T like plain water, so adding honey to it has made it bearable.)

Upon first use, I honestly did have a bit of a panic attack, but I think it's because I really psyched myself out. The panic attack didn't last long though, as my family was there to support me and assure me that given time, I would probably see some fantastic results. I have been using the Purblack Shilajit now for a couple of weeks, so I can honestly say that I don't want to be without it again.

As someone who was diagnosed with Severe Anxiety and Panic Attacks, and was put on Zoloft and Xanax, both of which are highly addictive.. this is quite refreshing. I didn't take the Xanax as I should have, for fear of side effects to my daughter.. so I truly was a mess. I couldn't take the Zoloft as directed because it made me foggy and really shaky when I awoke. That to me is dangerous, as I am the caregiver for 3 young children. I NEEDED to find something that would help me, as I just feel truly that I have been slipping farther away.

The shilajit, while tasting BAD, has actually allowed me to really function. I get up in the morning and make my children breakfast. (Something seemingly easy that most of you do without question, took every ounce of willpower for me some days.) I actually have the ENERGY to get up and clean my house. I go in and take a shower and put makeup on because I just FEEL better. It's a hard thing to describe sometimes, just how low you can get, but this product really seems to have me coming back out of my shell.

I haven't had any terrible mood swings, in over a week! This is one of the best effects of the shilajit! It may have saved my sanity and I jokingly say, my marriage.

I received this product at a significant discount for evaluation purposes. I was not required to leave a review, only asked that if I did it be an honest one. I hope that my review has been beneficial to future consumers, and if you have

any questions that I can help to answer or clarify, please comment below and I would be happy to respond.

[Comment](#)4 people found this helpful. Was this review helpful to you?

Yes
No

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5.0 out of 5 stars

... for about 5 months and it's by far the best and most cost effective Shilajit out there

By [Jim Gallagher III](#) on March 29, 2015

Verified Purchase

I've been using Purblack for about 5 months and it's by far the best and most cost effective Shilajit out there. I've tried many different types of Shilajit and there's a huge difference in the products offered under that name on the internet, most of them came in pill or capsule form and were junk.

At 62 year old my cholesterol went from 234 to 178 in 5 months and my energy level has gone up significantly.

[Comment](#)5 people found this helpful. Was this review helpful to you?

Yes
No

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5.0 out of 5 stars

Wonderful product, very potent!

By [Nicole Danna](#) on January 17, 2015

Verified Purchase

I've been taking Purblack shilijit for about 3 weeks now, and I am very impressed with how it's affected me. I've been taking 2 pea sized servings daily, dissolved in warm water so that it tastes like a strong, earthy tea which I really quite like--and its much tastier than eating it straight up. The first thing I noticed after about a couple of uses, was that I had much more energy--I noticed I was going throughout most of my day without any sense of fatigue; generally i'll get sluggish around 3:00 or so, but when taking the purblack shilijit, it feels like i've been effortlessly going about my day with sustained focus, feeling vibrantly awake, getting so much done, and sometimes I've noticed I've hardly stopped to even eat, I just feel so ON (and its definitely an added side benefit that I've dropped a couple lbs during this 3 weeks of taking the shilijit :) Because I get such an energy boost, I've been taking it morning or midday, and I stopped drinking it as a tea at night. Another added energy perk was my enhanced performance at the gym--there was measurable improvement in my endurance and strength, I was adding weights and increasing my resistance--and I ALWAYS use the same resistance and weights so that was pretty exciting to me. I'm quite happy and impressed with the noticeable health benefits I'm already experiencing with the purblack

shilijit. I've definitely noticed an improvement in my energy levels and physical fitness and I'm looking forward to seeing what other health benefits I might experience with my next jar!

1 comment7 people found this helpful. Was this review helpful to you?

Yes

No

Report abuse

5.0 out of 5 stars

Very happy with the product. Highly recommended!

ByTopDogon March 31, 2015

Verified Purchase

I received my Pürblack Live Resin Shilajit Jar last week and have been using it daily. Initially, it has a calming, almost euphoric effect which lasts for a few hours. After the minor euphoria wears off, the result is calm clear thinking for the remainder of the day. I've also been sleeping like a baby since I started using this product. I love it and will definitely purchase again.

The only downside is the difficulty in opening the jar when I first received it, although, it is understandable that it needs to be tightly sealed. It also smells a bit funky.

I use a chopstick and add about a pea-sized ball of Purblack to a glass of cold water. I recommend stirring for about 5-7 minutes with slight pressure against the side of the glass. It should dissolve relatively quickly.

Taste isn't great but is very manageable. I've read about people adding some coconut water or sweetener to the mix but, to me, it's not really necessary. I also use liquid velvet deer antler daily and the taste of the Purblack is not nearly as bad.

Highly recommended!



[Comment](#)9 people found this helpful. Was this review helpful to you?

Yes
No

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Showing 11-20 of 413 reviews(5 star). [Show all reviews](#)

[5.0 out of 5 stars](#)

Full Body wellness

By [Christine](#) on October 31, 2015

Verified Purchase

I had previously tried the 7 gram jar so I have actually been taking this daily for over a month. I have had no adverse reactions. I honestly can't think of any cons! I prefer to roll it into a ball and swallow like a pill, though I have dissolved it in water, and I don't mind the taste much at all. I think it is pretty easy to measure out. I use a butter knife to scoop it out, and then roll it into a ball. It will soften quickly in order to make a round pea size ball.

Here's some background on me: I have a stressful job- on rough days it really mentally and emotionally wears me out. My energy levels were really low, I didn't feel like working out. I had frequent headaches and did not sleep well at all. My blood pressure was higher than normal and I just pretty much felt like crap ALL the time.

Now for the benefits: This past month has been a marked improvement even though I experienced extra stress factors with the job, as well as personal obstacles. I am less antsy and more clearheaded. I sleep better, yet I have energy to spare. I have a bad knee, but have experienced no inflammation flare ups since I have been taking shilajit. My blood pressure has normalized and I am exercising regularly again. I just feel stronger.. more capable. There are so many benefits! Spend some time on the Purblack website- It's comprehensive and chock full of info.

If you take other supplements, this resin actually helps your body process other minerals, nutrients, and enzymes! I really feel that any one who tries this is going to see and feel a difference. This company has a 7 gram jar to try. It's totally worth it just to find out how it will help you! I'll be purchasing again, compared to other similar products you get more for your money with this company.

*I received this product at a discount in exchange for my review. The above statements are my honest and unbiased opinion.

[Comment](#)One person found this helpful. Was this review helpful to you?

Yes
No

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5.0 out of 5 stars

PUR BLACK HAS CHANGED MY LIFE IT WILL DO THE SAME FOR YOU

By [notaphonie](#) on October 26, 2015

Verified Purchase

GENUINE AND PURE resin without excipients of fillers. Manufacturing fully controlled by a US company.

FDA requirements COMPLIANT. Comprehensive, transparent, testing.

This is an elite superfood. Under Ayurvedic and East European Holistic classification it a supreme health substance.

Pürblack is a very high-end version of what would be known as Shilajit or Mumie. Due to a unique manufacturing and purification process their resin is higher efficacy than any shilajit available on the market.

ea and has been used in Ayurvedic medicine for centuries.

Purblack has to be refined to remove impurities and insure it is one consistency. It has vitamins and amino acids, including A, B, C, and P, and trace minerals.

I have a lot of different issues and the more I learned about PurBlack the more urgent I wanted to try it. The product came in a sealed box, in a wrapped container to insure its purity. It is thick and dark like tar. A 30oz jar should last about four months depending on how often you use it. The taste is not pleasant, some dissolve a pea size in a glass of warm water, it basically can be ingested any way you prefer. I purchased gel caps and I fill them with a pea size amount. I have been taking this for about 10 days and day one I had such a burst of energy, I felt years younger. I now find I sleep better, my energy is amazing, my aches and pains are beginning to diminish and I am due for my quarterly labs and I am anxious to see my results. I cannot express how much I trust and know this does work.

If this review has helped you please leave feedback.

I was given this at a discount for my honest and unbiased review.

[Comment](#) One person found this helpful. Was this review helpful to you?

Yes

No

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[5.0 out of 5 stars](#)

as I finally threw it away because it made me sick as a dog--felt like my liver was going to give up the ghost

By [la0508](#) on February 16, 2015

Verified Purchase

I looked at the Purblack advertisement and reviews on Amazon for months before I decided to take the leap and spend \$89(!). In the meantime I tried several other brands, another resin from Amazon that cost I think \$49--but it was not the Lotus brand, I honestly don't remember what brand it was, as I finally threw it away because it made me sick as a dog--felt like my liver was going to give up the ghost. So that was no good. Then I tried Ojio's powder--that is good and is very calming. I also tried Sunfoods brand recently, which gave me a headache. Many health aficionados will insist my headache was probably just a Herxheimer detoxification reaction, but I don't think so--I think it was just a splitting headache. Something was wrong. Then I tried Swanson's capsules (bought from Swanson directly)--nothing. Finally, with some trepidation but encouraged by the wonderful reviews, I bought Purblack. WOW!!! Really, really excellent. I feel so much better. Calm, very supportive of mood, sleep (which has been a terrific problem my whole life) is very improved. And even though I still occasionally awaken at night, I do feel better throughout the day and can keep going without feeling I will drop. I am

65, and I notice that the post-menopausal symptoms that often occur for women are no longer there (very happy-read between the lines). I do find that Purblack greatly magnifies the effect of any other supplement you are taking, so be careful. What was right for you before may be way too much with Purblack; in fact, I found I no longer need or want any other supplement, the purblack is more than sufficient. I am still taking 1 food-source multi, plus 2 huperzine A (for memory, as my Dad died from Alzheimer's) tablets every day, and a few micrograms of lithium, and these don't seem to interfere. One 5-mg tablet of lithium is way too much now, however, I don't need it. And, although I love rhodiola, I can't take it now as it is too strong with the Purblack, and anyway the Purblack seems to be at least as effective for all the parameters rhodiola rosea works for. Before Purblack I was also taking 1-2 over-the-counter thyroid complex capsules, consisting of thyroid gland, adrenal, etc., which was quite effective in counteracting the absolute hit-a-wall exhaustion I was feeling in the late afternoon. I don't need it now-Purblack is even more effective than that. I've been taking purblack for a month now, started out a tiny bit in the morning once a day, now I usually take it twice a day, the second time right before bed. It does not interfere with my sleep. I have suffered from duodenal ulcers periodically in my life, and the ulcer broke out again 2 months ago after some really bad news about a family member. For the ulcer pain, I do find that Ojio's powdered shilajit works better, about 1/2 tsp of the powder helps to subdue the pain and other symptoms. I really do like the Ojio powder and feel it is good, but I must say that the Purblack is GREAT. I also have to admit that I am still experimenting, and have ordered several different brands of Russian mumijo which I will also cautiously try. I will update this review when I have received the other mumijo/shilajit resins. I do find it almost inconceivable that anything could be as good as Purblack, however.

ADDITION AS OF 03/24/2015: I did buy several different kinds of mumijo/shilajit resin that are "manufactured" (that is, cleaned) in Russia and made a video of it. Unfortunately, once I had finished the video I found it was too long to upload to Amazon. If you want to see what brands of mumijo I bought on Ebay from Russia, and what I think of them in comparison with Purblack, then go to Youtube, search under "Mumijo", scroll down the page and you will find a 14 minute video from Cynthia McCoy, entitled "Comparison of Purblack Mumijo/Shilajit With Other...". I cannot provide a link to this video on Amazon.

[2 comments](#)4 people found this helpful. Was this review helpful to you?

Yes
No

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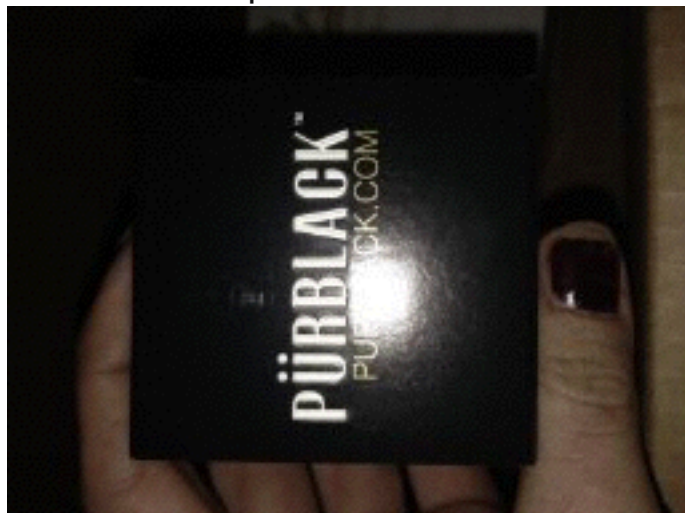
[5.0 out of 5 stars](#)

Happy

By [Kelly Rosson](#) on January 8, 2016

I just started using this stuff and can tell a huge difference. I have so much more energy and my body just feels relieved. I'm not sure how to explain it. But whatever this product is I suggest you buy all you can and keep it in stock !

I recieved this product discounted in exchange for my honest review



[Comment](#) 4 people found this helpful. Was this review helpful to you?

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No

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[5.0 out of 5 stars](#)

My eJournal of PURBLACK

By [Teresa](#) on November 21, 2015

This is my eJournal of PurBlack...

DAY 1 (Nov 20) - first thing, the package is sealed many times to ensure safety & quality, there is 3 boxes with a seal on each of them then the jar itself has a freshness seal...it says use a pea size in a beverage...the best I can describe the appearance is it looks like black tar...it does take awhile to dissolve in water & when done it looks like dirty water...the taste, oh the taste...I said it taste like charcoal & my husband said it tasted as if he had being chewing on a lead pencil...it is not an unbearable taste.

DAY 3 (Nov 22) - tried orange juice instead of water today to mix with & could barely taste anything. I have noticed I am sleeping better already...no difference other than that so far.

DAY 8 (Nov 27) - this stuff has gotten so much easier to drink...mixing with juice & all is fine...sleeping is my biggest difference, but more sleep gives me more energy & I feel more focused.

DAY 10 (Dec 1) - I feel great..sleeping good & more rested, my finger nails are growing, skin is clearer.

I used this stuff for 10 days & I can really tell a difference. I will continue to use this on a daily basis.

I was lucky enough to receive this product at a discounted rate in exchange for my unbiased & honest review

Honestly...I feel it has worked for me & hope it does for you also.

1 comment3 people found this helpful. Was this review helpful to you?

Yes

No

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5.0 out of 5 stars

amazing feeling of overall wellness since taking Pur Black Shilajit

By [Jenny Shepherd](#) on July 8, 2015

Verified Purchase

First I want to say this has one of the best presentations/packaging of any supplement I have ever tried. It was very impressed. And I thought that impressive packaging must mean impressive product. Sometimes that way of thing can be very deceiving. But it really rang true true with the pur black shilajit resin. The first day I took it I didn't seem to notice much of a effect but I only had taken about 1/3 of a pea sized amount because it does not taste the best. I reccomend dissolving it in tea or coffee. Day 2 I took closer to the pea size and noticed that felt a little more focused and just a overall feeling that is hard to explain. It's like you have to feel it I guess. So moving on I have really bad allergies when I go camping and we have a family tradition of a fishing/camping holiday for the 4th of July. I get so stuffed up and sinus pressure when we go but guess what not this year! I can't say for certain that it was the shilajit but that was one of the only differences. I really like this over all feeling of wellness I have since taking the shilajit. This is a very intriguing product and I can't wait to see what else it can do for me. I received this product for my personal use and unbiased review.

CommentOne person found this helpful. Was this review helpful to you?

Yes

No

Report abuse

5.0 out of 5 stars

If you go thru each day not feeling as good as you'd like then you should try out this ...

By [Kelly Ann Roberts](#) on October 25, 2015

Verified Purchase

If you go thru each day not feeling as good as you'd like then you should try out this PurBlack Live Resin. It doesn't look or smell pretty and the taste is just as bad but...if you can get past that you're on the way to feeling great. As

you can see in my pics you only need a pea sized amount. Dissolve it in a small glass of water, then chug it down. You can add it to your coffee or tea if you want to hide the smell a bit. Take it every day and after about a week you will notice how great you are feeling. More energy, more ambition, less headaches and body woes. This is some amazing stuff. I highly recommend this product and this seller. I did receive it a a discount in exchange for an honest and unbiased review. All comments are my own thoughts and are based on my experience with this supplement. It has changed my life for the better!!!



[Comment](#)One person found this helpful. Was this review helpful to you?

Yes
No

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[5.0 out of 5 stars](#)

IN my opinion the only reliable shilajit on the market with consistant results STELLAR PRODUCT!!!!!!

By [Astral Cephalopod](#) on March 19, 2015

Verified Purchase

I have been searching for a worthy version of this particular substance for quite some time trying many incarnations. starting with the various gradations in texture and density. First grade being a brown powdery , albeit sticky version with minimal results at all this type morphs up to the next grade which is a deep black sticky powder that is usually crammed into pills and is usually hardly noticeable at all, then one can get a 7to1 ratio in a crystalized powdered formulation from various ayurvedic companies purporting to have the best , and still not what i would call even close to effective as per claims. Then finally one moves up to black resin hoping to get the best, and let me tell you . There are hundreds of inferior shilajits on the market , from just

about every location you can imagine , and everytime i have tried one i have either had a reaction as if i had taken a toxic substance, because they were not purified . Or they were touted as the real deal and simply were not . The herbal trade market is flooded with inferior products. So after many different types of shilajit and a multifaceted approach to experimentation with different morphologies of this well known legendary magical tar. I would most certainly say that this is the cleanest ,purest, most instantly noticeable and truly effective shilajit i have yet experienced. It's clean , you can count on its effectiveness meaning it doesn't vary from batch to batch it always has the same effect and is perfect for making other ayurvedic herbs more intense and bioavailable for the body helps with focus ,clarity, meditation, yoga, inner dream work , exercise and is perfect to take straight, in tea, or raw milk my favorite combination . Increases psychospiritual awareness and potentiates other ayurvedics quite nicely; ashwaganda is a really decent simultaneous herb to take with this form of shilajit : PURBLACK The only shilajit that i personally have ever experienced as being worth black mountain resin hype STELLAR PRODUCT!!!!!!!!!!

[Comment](#)3 people found this helpful. Was this review helpful to you?

Yes
No

[Report abuse](#)

5.0 out of 5 stars

The Real Deal

By [San Dawgon](#) on March 14, 2015

Verified Purchase

I recently came down with a cold that was going around, and my order of Pürblack Shilajit arrived the same day. I bought it based on a recommendation from a friend and this was my first experience with it. I started dosing with a small pea size dap of Shilajit every two hours. I like to heat water and let the Shilajit dissolve into the warm water in my cup, and sip it like tea. It has a strong smoky flavor that I find enjoyable as a beverage.

I have to say, I'm very confident in the positive results. I felt like I was at the onset of about to be sick, with a sore throat and achy body, but now with the Shilajit my body was fighting it back and I didn't actually decent into the depths of being sick. Usually I would feel like this was the point of no return and would normally take a week to recover with all symptoms cleared up. I continued taking the Shilajit several times a day, for several days, and was able to work and continue with normal life without taking any sick time off!

Also, completely anecdotal, but I walked to the farmers market after taking some Shilajit, and I noticed all the colors seemed brighter around me, and my situational awareness was increased, including visual acuity, and directional

stereo hearing improved. And I felt like in an especially good mood for almost being sick.

[Comment](#)2 people found this helpful. Was this review helpful to you?

Yes
No

[Report abuse](#)

[5.0 out of 5 stars](#)

Most reliable, best quality I've found

By [Irene Chang](#) on January 27, 2015

Verified Purchase

I have tried a few other shilajit products, and kinda wondered what all the hype is about. With pur black, I don't think I've become immortal yet, but I generally feel good. I feel more energy, and more clarity. I also feel good about the company, and their commitment to shilajit. They seem really interested in providing the best product, and establishing some sort of standard in a business full of fake or low quality stuff. I don't what makes other product lessor quality, but some of the other stuff I've tried seems "real" but doesn't taste as "clean" and doesn't feel as good.

Overall, from what I can tell, if you're going to try shilajit, this is the one if you want a guaranteed pure, high quality product for a price comparable to others. You can buy a cheaper shilajit, like I tried to do, but I haven't found anything that compares to pur black.

[Comment](#)6 people found this helpful. Was this review helpful to you?

Yes
No

[Report abuse](#)

Showing 21-30 of 413 reviews(5 star). [Show all reviews](#)

[5.0 out of 5 stars](#)

Thank you for the health boost Purblack

By [vjacrion](#) April 1, 2015

Verified Purchase

I started taking PurBlack shilajit for three moths now. I took it from December to April during the height of flu season and I didn't get sick at all. Meanwhile two out of my three kids got sick, my co-workers and close friends got sick and it seemed as though I had an armor suit on against illness.

Also, I've been working out four days a week for the last fifteen years and have plateaued this winter. And perhaps its not coincidence that my stamina and personal bests have also increased while I was taking Purblack shilajit. Thank you Purblack.

[Comment](#)2 people found this helpful. Was this review helpful to you?

Yes
No

[Report abuse](#)

[5.0 out of 5 stars](#)

The product is Amazing! I notice I am more energized

By [Miguel Anjel Contreras](#) on March 29, 2015

Verified Purchase

The product is Amazing! I notice I am more energized, and balanced. I feel I get more rest at night, and feel more emotionally balanced. I am able to get more from my exercise. In other words, I feel stronger and have more endurance. I do feel much more healthy overall. I don't feel as tired, and am able to focus a lot better. Incredible product!! I will continue to purchase this product.

[Comment](#) 2 people found this helpful. Was this review helpful to you?

☒ Yes

☐ No

[Report abuse](#)

[5.0 out of 5 stars](#)

Pürblack Live Resin Shilajit delivers helps for so many things - it has greatly improved my general brain fog

By [Jen T.](#) on October 23, 2015

Verified Purchase

Pürblack Live Resin Shilajit delivers helps for so many things. It has greatly improved my general brain fog and that alone is a huge blessing. I only just recently heard about shilajit for the first time and how it works great for delivery energy and a just a general feeling of improved well-being.

With the natural, chemical-free mineral boost you get from the resin your body can improve so many internal functions that rely on us getting enough minerals to work correctly. This stuff is brimming with generation after general of decomposed plants and trees giving their very essence right back to mother nature. So many health benefits in one little jar of black, oozing, mountain sludge oozing out of the cracks of a mountain.

I cringe at both the smell and the taste of the stuff. It smells just about how it look and I tried mixing it in different drinks to take it. I think once I've opened it and started working out my pea-sized portion the smell gets stuck in my nose and I can't stop tasting it no matter what I put it in. So, I've settled on scraping some out of the jar and taking it like a pill with a drink of liquid and a chaser to make sure no bit of taste lingers. This way I don't even taste it at all and I've successfully consumed my pea-sized portion.

I only tell you about the smell & taste so you understand how wonderful the shilajit is – it works so well that it's worth all that to make it a part of your regular health supplement routine. My brain fog has cleared, I'm not only less exhausted during the day but actually have real energy, and it's either a

secret mood booster a well or I'm just happier with energy and lack of brain fog.

Note: I obtained my shilajit in exchange for providing an honest and unbiased review.

[Comment](#) Was this review helpful to you?

Yes
No

[Report abuse](#)

5.0 out of 5 stars

Seems to work

By [Sparkly Raven](#) on April 8, 2015

Verified Purchase

Seems to work as far as adding bioavailable organic minerals to your body, which improves healing, cellular regeneration, strength, endurance, and immune system. Makes you feel more robust. I get a similar effect from vegetable juice. Both Shilajit and vegetable juice are extremely bad tasting. Vegetable juice gives me more benefits in addition to physical regeneration, but Shilajit helps me get by when I don't feel like making vegetable juice. I'm also going to try some other sources of organic minerals that I read about.

[Comment](#) One person found this helpful. Was this review helpful to you?

Yes
No

[Report abuse](#)

5.0 out of 5 stars

Great energy

By [Deidre Linon](#) on June 20, 2015

Verified Purchase

Start with only a tiny speck on the end of a knife and go from there. Realize that this is a very concentrated form of fulmic acids. I tried a brand which is a liquid drops but prefer this form which is closest to nature. For those who are put off by the price, realize that this jar will last you many many months.

I've tried other Shilajit products prior to this one (Dragon Herbs) and this is definitely more potent!

[Comment](#) One person found this helpful. Was this review helpful to you?

Yes
No

[Report abuse](#)

5.0 out of 5 stars

I cannot say enough about what this product has done for my life! Best thing in my medicine cabinet HANDS DOWN.

By [Nicole Desrosiers](#) on October 24, 2015

I have tried this product in the past in a smaller package - and I loved it so much that ordering the larger tub was just the natural thing to do. Purblack Shilajit is absolutely amazing. I have to admit - when a friend approached me a few months back and asked me to try this product - I was like erm... what is that? But after using this product for only a week - I was hooked.

I have chronically low energy. It's been an issue for years - part of it is due to sleep apnea - the rest... who knows. I have had my thyroid checked and am otherwise healthy so the doctor has no idea why I will get the sudden and overwhelming urge to sleep several times a day out of nowhere. I'm not narcoleptic - I don't just pass out - It's just I become overwhelmingly exhausted for no reason. Before I started taking the shilajit everyday - I did a bit of research (yes, because I'm one of those people, LoL) and I read that shilajit can help with fatigue and increase energy naturally. So, of course that became my main motivation for trying it.

The product is essentially a resin- and before you ask - yes - it smells and tastes absolutely horrid. But the results you get from taking it are well worth the momentary aftertaste. , You can consume this in two ways - by mixing and dissolving it in water or by breaking off a small pea-sized piece and swallowing it like a pill and chasing with a glass of water. I recommend the second. I find it easier for me to take this way because it's much easier to deal with the taste that way - one swallow and done - versus having to drink a glass of water flavored like resin. But whichever way works best for you - both as just as effective.,

After about 30 minutes - I will notice a very nice burst in energy. I feel more alert, awake and it seems to help me shake off my fatigue and start my morning - the energy that I get from it does not cause jitters and does not have a crash period which is awesome. I also noticed that it does wonders for my mood - really seems to balance out my anxiety - which is great because if it can avoid me having to take prescription meds for anxiety - then i'm sold.

Things I have also noticed in the months I have been taking this product: I am sleeping better at night and waking more rested. (For people with Apnea -- that is a HUGE deal.__) I have also noticed that my moods are more balanced and I feel less stress on a day to day basis. I also haven't had a cold, snuffle or cough since using it. This product is intended to help boost your immune system as well - and it seems to be working for me.

I love this product. Obviously you see the length of this review.. I can't say enough about it. It's amazeballs. I recommend it simply because it will

CHANGE YOUR LIFE. Yes, it is a bit pricey - but you only need a tiny piece every day - so the jar lasts a long time. Definitely worth the cost.

I received this product free in exchange for my honest review. I have not been compensated in any way. All opinions are 100% my own after having used the product extensively.

[Comment](#)2 people found this helpful. Was this review helpful to you?

Yes
No

[Report abuse](#)

[5.0 out of 5 stars](#)

Strange taste, wonderful results

By [Haz Tantra](#) on October 24, 2014

Verified Purchase

As a super health conscious person, I'm always looking for ways to sleep better when I'm asleep, be clearer when I am awake, and just generally feel more alive. Purblack was recommended to me by a friend and I now take it on a regular basis. At first the taste was too strong and unpalatable for me until I realized that I wasn't diluting it enough. Now it tastes like a strong tea, and the energetic benefits keep me coming back for me. Yay for peaceful sleep!

[Comment](#)7 people found this helpful. Was this review helpful to you?

Yes
No

[Report abuse](#)

[5.0 out of 5 stars](#)

Amazing Results

By [Natalie P.](#) on October 21, 2015

The Purblack Live Shilajit Live Resin arrived in a 30g black jar, similar to makeup cream. Inside was the thick, pure black, sticky, tar colored resin that is both genuine and pure. It has not been made with the use of fillers, is FDA compliant and manufactured in the US. I have included product pictures for reference.

The resin is similar to sap from trees, but instead comes from rocks and contains over 85 ionic minerals. Other beneficial contents contained in the Shilajit are triterpenes, humic and fulvic acids, phospholipids, polyphenol complexes, terpenoids and vitamins including A, C, B and P (citrines). The combination of the above create a resin with numerous benefits to the mind, soul and body.

I use my Shilajit to reduce stress and anxiety while uplifting my mood. It has relieved my arthritis pain with its anti-inflammatory properties has helped relieve symptoms from my ulcers. I've had less digestive issues, including bloating, cramping, gas and constipation..

I've been taking the Purbblack Live Shilajit for several months now and my mood has improved dramatically. I am no longer taking medication to get through the day. I no longer need pain medication to relieve my inflammation symptoms and those close to me have been asking what I've changed to become so pleasantly different. If others are noticing the differences in my behavior, I know I've found a special something. I just want to scream it to the world! I am happy, I have more energy, I'm not depressed, sad and in pain anymore. I'm sleeping through the night, again, without the use of medications. The digestive issues I was having have disappeared and I'm no longer experiencing heartburn, gas, bloating, or constipation. I have myself back, and I thought she was lost long ago.

All things considered, I am very pleased with the overall quality and results the resin provides. Disclaimer: I received this product at no cost in exchange for my honest, unbiased review. Regardless, I'm very happy with my Purbblack Live Shilajit Live Resin and would happily purchase.



[Comment](#)2 people found this helpful. Was this review helpful to you?

Yes
No

[Report abuse](#)

5.0 out of 5 stars

ACE Product - really works!!!

By [russell h.](#) on January 12, 2015

Verified Purchase

First time taking this product - just received it today - took less than the recommended dose - I would say about 1/4 pea size and mixed it with a glass of cold water (the reason I took a small dose is because I didn't know better) - I didn't think it was going to work but from reading the reviews I decided to give it a shot - the moment I took my first swallow I knew that it was for real - hard to explain the feeling because I haven't experienced this type of feeling before - I'll try to explain it the best way that I can - the feeling is a cleansing feeling followed by focus, clarity, and energy - I was very surprised and look forward to how my health progresses as I continue to take this product - I will differently recommend this product to family and friends

[Comment](#) 6 people found this helpful. Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

Foul taste but high quality healing that has changed me from a skeptic to believer. Will be continuing to use in the future.

By [JHM](#) on November 8, 2015

I've been battling insomnia and chronic pain for years and had no problem trying out something natural to see if it helped--particularly with insomnia. I've taken the product for nearly two months, and here are my takeaways:

Pros

- * When I sleep, it's longer and I awaken feeling more rested
- * My chronic pains from years of abuse working at a desk with no attention to ergonomics put a significant strain on my body, but taking this has helped substantially lessen my daily discomforts
- * After trying a 7gram version of the product and feeling a little better each day, I've ascertained this cannot simply be the typical placebo effect experienced in many scientific studies.
- * High quality holistic healing supplement and I'd happily pay full price to continue getting well and undoing years of physical damage.

Cons

- * Tastes hideous, but I remedy this by rolling up the specified quantity into a pea-sized ball and popping it like a pill
- * Have to be careful to remove it with a small tool I generally use for my nails, because it is sticky and lingers under fingernails.

Overall, the pros far outweigh the cons, and each day brings me one step closer to feeling like myself. I received this for free in exchange for an honest review, but positive ratings are never guaranteed.

[Comment](#)2 people found this helpful. Was this review helpful to you?

Yes

No

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Showing 31-40 of 413 reviews(5 star). [Show all reviews](#)

5.0 out of 5 stars

PURBLACK Shilajit

By [Desiree](#) on October 26, 2015

Verified Purchase

I have been using PURBLACK Shilajit for a few weeks now and have noticed such a drastic difference in my health and energy level. I can say that I feel totally different since I have started using this resin. I have also become accustomed to the smell and taste and use the resin at least twice a day. I mix about a pea size ball of the resin in warm water until it is completely dissolved and I drink it just like that. I feel a lot better health wise in the sense that my blood pressure seems to be regulated now and I am weaning off of prescription meds. My body no longer has that weighed down feeling and I no longer feel sluggish. I feel like my memory is improving daily and the brain fog I lived with seems to be going away and I am more on task. With all the health benefits that Shilajit offers I plan on taking this for a very long time, especially if I am feeling this good already. I have tried many things in the past that never quite lived up to what they advertised, with this Shilajit I am experiencing everything first hand and I feel great. I am so glad that I was introduced to Shilajit. I received this item in exchange for my honest and unbiased opinion.

[Comment](#)Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

I'm so happy with Purblack Shilajit, amazing product.

By [Jen](#) on September 16, 2015

Verified Purchase

I have been using Purblack Shilajit for a bit now and I am more than ever a believer in this Brand & their product. Before trying it I was having daily headaches, and had been just generally feeling lousy for a while. I feel so much better overall now. Some days I get busy and forget to take my Purblack and I can always tell the next day, I just don't feel as good in the morning. I am also sleeping better at night & finding it easier to wake up in the

mornings. I'm not as groggy or tired. I don't get nearly as many headaches as I was, nor as many stomach aches. After a while the harsh smell of the shilajit didn't bother me as much. I had to try it a few different ways & taking it at different times through out the day until I found what seems to work best for me. I prefer to roll the pea size amount into a little ball & swallow it like a pill, followed with water. I usually take it between breakfast & lunch. It gives me a little mood & energy boost for my afternoon. I was skeptical of what I was told Purblack Shilajit could do for me, but I'm so happy I gave it a try. I was lucky enough to be able to try this product at a special rate in exchange for my honest opinion on the results & effects.

[Comment](#) Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

but I really feel like it helps balance my mood

By [curlyfreckles](#) on October 21, 2015

Verified Purchase

Per the vendor, it's been also use to reduce high blood pressure, help with diabetes, help with weight loss as well as several other ailments. I don't have any of those issues, but I really feel like it helps balance my mood.. Great supplement to your body. I take it in conjunction with Ashwagandha and it's helped me manage my anxiety (along with frequent meditation) . I

t's a putty-like texture, and has earthy flavor. I have to be honest and thought it looked like shoe polish when I opened the container. You're supposed to mix it into lukewarm water and drink it which isn't bad tasting as long as you swallow quickly and don't hold it in your mouth. I've been taking it for a while now ans have found it definitely increases energy. Usually, at 2pm I get that afternoon slump where I need to have a cup of coffee but since taking this resin I haven't needed caffeine mid-day. I do wish it came with as scooper to make it easier to get out of the jar (I use the tip of a knife) other than that, it's great! I received this item in exchange for my honest and unbiased review. Namaste



[Comment](#) Was this review helpful to you?

Yes
No

[Report abuse](#)

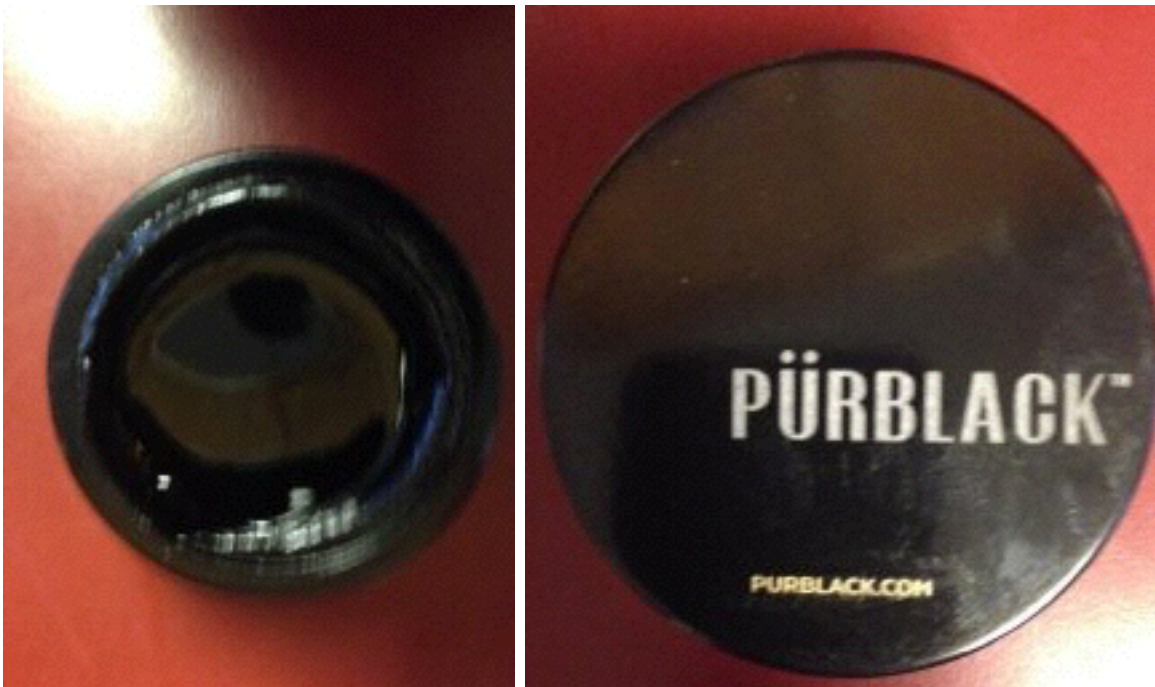
[5.0 out of 5 stars](#)

This is the Missing link in our diets!

By [I Crowder](#) on March 5, 2016

Verified Purchase

Purblack Shilajit(30 g) resin is one of my favorite supplements. It has countless healing benefits. It strengthened my adrenals, relieved my anxiety, helped to regulate my blood pressure and blood sugar and increased my energy. This amazing superfood has every mineral, amino acid, and enzyme the body needs. It also has fulvic acid and all the phytonutrients we need! Fulvic acid is thought to be the missing link in our diets because of the depleted soil our food grows in today! Plus, the 30 gram size is much more economical since it costs much less per serving when you get this size. I highly recommend this supplement because it provides numerous healing benefits. It's been said to be the best carrier of health and nutrition into the body! I received this product at a discount in exchange for my honest and unbiased opinion.



[Comment](#) Was this review helpful to you?

Yes
No

[Report abuse](#)

[5.0 out of 5 stars](#)

Wonderful and amazing way it improves your body

By [Charles & Anita Good](#) on October 30, 2015

I LOVE LOVE LOVE taking Purblack Shilajit! I've been speaking high praises of shilajit for some time now. It is a taste that you have to be ready for or get used to though. There are so many benefits for everyone to take this but for athletes or active people or people with health issues, this can really make such a difference for you. It can be a little messy to ball up but that will just rinse off and that's such a small hindrance. This not only helps repair your muscles and tendons, but it helps with sleep, better memory and mental health, If you are new to trying this, then I might suggest to add honey to the water as well to make the taste a bit more pleasurable. I just mix with water and drink it quickly. I have tried it just in my mouth and left it to dissolve but I only needed to do that once to decide that I preferred to drink it. I received this product at a discount or free in exchange for providing my honest and unbiased opinion. These are my real thoughts, both positive and negative, on this Purblack Shilajit.

[Comment](#) 2 people found this helpful. Was this review helpful to you?

Yes

No

Report abuse

[5.0 out of 5 stars](#)

The positive effects certainly outweigh the taste issue!

By [Faithsmommy2](#) **TOP 1000 REVIEWER** on October 28, 2015

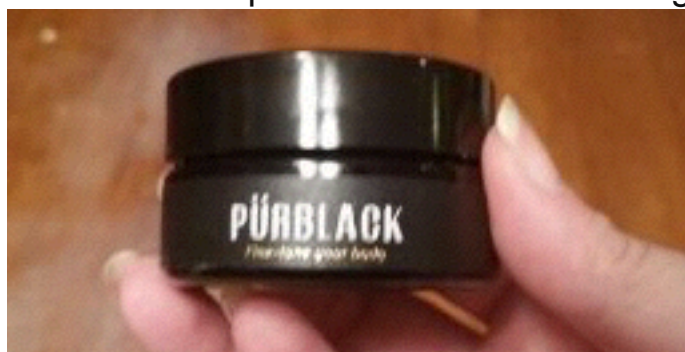
Verified Purchase

I started out with the 7 gram container of shilajit and after about half way through that, I decided to get the 30 gram container as well because the results that I have seen have just been fantastic.

Let's face it, this stuff tastes gross. I've tried a few different ways to make it better, but at the end of the day, shuddering through the taste once a day is made up for by the fantastic effects Shilajit has had on my overall well-being. I have had issues with chronic leg and muscle pain for almost 2 years. Very few things have offered me any kind of relief, until I started taking Shilajit. I just feel better in general. I wake up each day just feeling better than I was prior to Shilajit.

I would urge anyone who has let the taste deter them from taking Shilajit to reconsider. This product is fantastic and it really does make a difference.

I received this product for free in exchange for my honest, unbiased opinion.



[Comment](#) Was this review helpful to you?

Yes

No

Report abuse

[5.0 out of 5 stars](#)

It looks like TAR, honestly doesn't taste amazing but strangely enough

By [Coco de Paul](#) on October 21, 2015

Verified Purchase

Okay, so I buy a lot of stuff and try a lot of stuff but this is the strangest thing I think I have ever tried! It looks like TAR, honestly doesn't taste amazing but strangely enough, I feel pretty damn awesome...legit. I put a tiny amount in some water and drink it in the morning. I have noticed an increase in my energy and I think that due to that increase 1. I am losing weight 2. I am happier and 3. I am sleeping better. I think they all go hand in hand and

definitely improve my health. Now, lets discuss this chocolate that came with it. I need more, where can I get more and OMG it was awesome and I felt AMAZING after I ate it!!! HOOK ME UP! I definitely recommend trying this over other supplements, it really is great for every aspect you might want to take anything for. I received this for free in return for my honest and unbiased review. Sign me up for more! Seriously though, can you get this going on Subscribe and Save?!

[Comment](#) Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

never felt so good in my life

By [Tina Narushof](#) on October 27, 2015

Verified Purchase

Let me start by saying this is my second jar I started with sampling the 7 gram jar and needed to further my sampling with the 30 gram jar still can't get passed the taste and smell it kind of smells like wet cigarette ashes but the benefit from this is amazing I've been sick for a long time immune system is bad my stomach and many other things when I started the small sample I started to feel a change with my body I was starting to feel a little better but since I continued trying this my stomach isn't hurting anymore I feel so much better I'm not as tired though out the day I've just never felt this good in a long time you wouldn't think this nasty smelling black stuff could make you feel like a million dollars even my concentration has improved I will continue to use this product the Health benefits are amazing I did receive this product for free for my own honest review

[Comment](#) Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

Everyone should buy this

By [Chanetel hope](#) on February 26, 2016

That's saying a lot. Not only would I say that Shilajit helps my body more than anything else I take for health, I'd say it does more than everything else put together.

In the final analysis, as another reviewer has very well said, "We're our own guinea pigs." You'll have to try for yourself to see if it works for you. But I will say this. Everyone I know who takes Shilajit has become a living testimony for its benefits. Some folks seem to experience a change within 24 hours.

Others take three weeks or longer to notice any substantial improvement. But everyone notices it eventually.

I hope this helps. I wish you good health.

I received this product at a huge discount price for my honest review on this product

[Comment](#)2 people found this helpful. Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

PURBLACK

By [Arthur Fuller](#) on March 29, 2015

Verified Purchase

I have used PURBLACK several months and I love this product. This product has strengthen my immune system and given energy. I will continue to purchase and use this product. I shall remain a loyal customer of PURBLACK. Art

[Comment](#)One person found this helpful. Was this review helpful to you?

Yes

No

[Report abuse](#)

Showing 41-50 of 413 reviews(5 star). [Show all reviews](#)

5.0 out of 5 stars

More Energy!!!

By [Teresa Tucker](#) on November 5, 2015

I have been using Purblack for a little over two months now and I am beyond impressed with this Shilajit. I am not a fan of supplements but this is nothing like your typical supplement. This is a resin which can be used different ways. I personally choose to roll it into pill form and swallow it like my other meds. Let me warn you beforehand it has a pungent smell. My opinion is it is like the smell of tar on a hot day or burning tires. Yes it does taste a little bad but the benefits SO out way the momentary bad smell or taste. I had so much more energy once I started using Purblack Shilajit and I just over all feel better health wise. I highly recommend this to everyone. I received my Purblack product complimentary in return for my honest and unbiased review.

[Comment](#)2 people found this helpful. Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

This is great quality

By [Cynthia Smith](#) on October 26, 2015

Verified Purchase

This is great stuff, I love all the health benefits. Shilajit is composed of centuries old, decomposed plants which are a potent source of vitamins, minerals and other nutrients. It just may be nature's most potent trace mineral source. It's a powerful adaptogen, helping protect against all types of mental and physical stress.

It is never consumed in raw form, but purified first before use.

I received this product with a promotional discount in exchange for an honest and unbiased review. No compensation for a positive review was provided. All of my reviews are based 100% off of my experience with the product and I never guarantee a positive review.

[Comment](#) Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

Great support for body and mind.

By [Lara R](#) on April 15, 2015

Verified Purchase

I've been taking the Purblack shilajit for about 6 weeks now. The effects have been subtler than some I've read about, but as I look back over this period of time I'm seeing a number of changes that have occurred. I've started rebuilding some daily practices that I'd let slide - meditation, qi gong, exercise. I've felt more intuitive and my day-to-day energy has felt more even and sustained. I've been eating better and doing more self-care, in ways that have felt like an effort in the past, now happening naturally. I had hoped for a more noticeable increase in mental focus and clarity. A few weeks into it, I remembered that I had found CoQ10 to be helpful in this arena, and took some in the morning along with the shilajit. That day I noticed a marked increase in mental alertness, acuity, and general positive outlook on life and work. I experimented with this combination again over the next few days and felt like the synergistic effect was especially positive for my body and mind. I started noticing my dreams becoming more vivid, interesting, creative. There were a few nights when I didn't sleep so long or deeply, yet I felt completely rested and energized the next day. I've already recommended to several friends, and plan to continue taking it myself!

[Comment](#) 2 people found this helpful. Was this review helpful to you?

Yes

No

[Report abuse](#)

[5.0 out of 5 stars](#)

IT WORKS!!

By [joyce](#) on March 28, 2015

Verified Purchase

I make 64 year old woman reasonably fit and in good health. I have been trying different kinds of shilijat always careful about the quality. I never really felt the difference I expected. I kept searching and finally stumbled upon Pur Black and I have been using it for about nine months. Since it was in pure resin form and the quality standards seemed to be in place I gave it a try even though it was a bit pricey for me. Within less than a week I noticed a clear difference. I felt more grounded, centered and clear headed. My energy level did not wax and wane during the day as it had typically done and my sleep seems to be more sound. The effects did not disappear like I have experienced in other products and continued to give me the sense my body was getting the missing minerals and enzymes (I guess) that it was needing. I take really good supplements and am very careful about what I put into my body. I have to say I would recommend this brand of shilijat to anyone who wanted a boost that lasts. My husband runs his own business and is under a huge amount of ongoing stress. I made him try Pur Black and he asked me order more when we ran out. Apparently it helps with stress too. Now the price doesn't seem so bad because it actually makes a difference.

[Comment](#) 2 people found this helpful. Was this review helpful to you?

Yes

No

[Report abuse](#)

[5.0 out of 5 stars](#)

I feel better than I have

By [Daniel Cooper Barbee](#) on October 23, 2015

Verified Purchase

I feel better than I have, ever, I think. I've reviewed the 7 oz. jar of this as well, add I purchased that one first, but this stuff is amazing. It improves the way I feel, which improves my mood, which makes me more productive. I'll never be without this stuff again, I can't. A note on taste, if the smell bothers you, the taste will. The first time I tried it, I dissolved in water as suggested. It did not go well. So now I take it like a pill and drink a bottle of water, it's much easier, as the taste makes me gag.

Disclosure, I received this item free of charge in exchange for my honest and unbiased review.

[Comment](#) Was this review helpful to you?

Yes

No

[Report abuse](#)

[5.0 out of 5 stars](#)

Shilajit for your health needs

By [Love decorating](#) on October 28, 2015

Verified Purchase

Shilajit comes in a black glass jar. Just not to surprise you it smells awful almost like tar and is very thick like tar. I use a knife to get mine out and roll in a ball and swallow with water. I tried to dissolve and drink it but didn't like the taste. Just easier to take as a ball and down the hatch it goes. I take it at night and feel like I have a good night's sleep and my pain that I have in my legs and feet is getting better. I definitely know when I miss the dose as I have a lot of cramps and pains on those days. I received this product for free for an honest and unbiased review.

[Comment](#) Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

... 3 jars of Purblack Shilajit and have been very happy with the results

By [Peter](#) on March 21, 2015

Verified Purchase

So far I have purchased 3 jars of Purblack Shilajit and have been very happy with the results. In just a few months, I have noticed an overall increase in my general well being. In particular my stamina/energy level has increased allowing me push myself a little harder over longer periods of time with less rest if needed. I would recommend this product to everyone and plan on continued use.

[Comment](#) 2 people found this helpful. Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

Great help for sleeping problems

By [Alessandro Pagan](#) on March 11, 2015

Verified Purchase

I bought this item for my wife after some online research (such as resin is better than powder, some resins are cooked, some are low temp processed...).

I tried it, but I am not a regular user, so I didn't feel any benefits (I don't mean there aren't, I literally mean I can't feel them).

Now the good part: my wife has been struggling with her sleep for years, and this product helps her sleeping so much better.

Trust me, that's a huge accomplishment: 5 stars.

(Disclaimer for the FDA guys out there: this is our personal review and experience, it is not meant to replace any serious scientific study paid for by a Big Corporation.)

[Comment](#) 2 people found this helpful. Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

wonderful product

By [Gwynn](#) on November 25, 2015

Verified Purchase

Have researched all of the health effects, the Russians would give this product to there special forces and athletes during the olympics. My plan is to take 1 and half the recomenned size twice a day until I use the entire canister as a shock and all for my system. Then after the first canister I will repeat buy and take more of a maintenance approach. I do plenty of cleanse and use plenty other herbs for better health so it will be difficult to be surely aware of seeing results. Along with his product I bought 20 plants for the house, an air cleaner, turning my breakers off at night to block EMF curtains and paint to block EMFs from entering from the outside. Sleeping with the wi-fi off plus phone in the other room on airplane mode. I started juicing and I am switching from coffee to tea. I also have only ate organic for 9 months now and purify my water. My point is I am going off faith and research this stuff will work I put it right up there with real "distilled 30ppm colloidal silver" as far as health aspects that have been discredited by so called doctors.

[Comment](#) Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

I find that I sleep much better, my anxiety has lessened

By [MaineFox](#) on September 6, 2015

I've been using Shilajit for almost 3 weeks now and I have to say it;'s really brought some improvements into my life and health. I find that I sleep much better, my anxiety has lessened, I have much more energy during than the day than before shilajit.

I'm nursing and my son has been getting better sleep, much more restful during sleep times.

I mix with a coffee in the morning, because I've found the taste to be very unpleasant at first. It is an acquired taste and now I really don't even notice it anymore.

It comes packaged very well and it's clear the purity and quality is important to this company. There's a lot number and safety seals. I'm very happy with this product and absolutely plan on continuing to take it. Received at a discount in exchange for my honest review.

[Comment](#)2 people found this helpful. Was this review helpful to you?

Yes

No

[Report abuse](#)

Showing 51-60 of 413 reviews(5 star). [Show all reviews](#)

5.0 out of 5 stars

Taste is not that bad, I can swallow it without any problems

By [Lola](#) on October 25, 2015

Verified Purchase

This is a quality product.

I have been using it only for a week but tell you about increase in my energy level, impressed. Taste is not that bad, I can swallow it without any problems. Then I drink a juice or tea. Just follow the directions, nothing to be afraid.

I have been trying different shilajit and mumie before without any effect but this is more potent, recommend.

I have received this product for free to evaluate, share unbiased opinion.

[Comment](#)Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

Recommended to anyone and everyone.

By [Pawel Nuckowski](#) on June 24, 2015

A friend of mine recommended it to me - I'm really skeptical about that stuff so I would not try it - but then I did mention it to my mother who said she knows about this product and its benefits and it was around even when she was young. That's when we decided to give it a try and it works wonders for both of us! I'm in my 40s having problem with sleeping and with a small kid it was so difficult to focus (I work from home). After drinking Purblack I finally got full night sleep! I find that focusing on work is now easier than before. Also - and I do realize how it may sound - I feel more positive in general. My mother has serious problems with her hip and with a serious pain she found it difficult to walk - after two months of drinking Purblack the pain in the hip faded and she's able to walk. I definitely recommend to everyone to try it out - not that big investment if you think about all possible benefits!

[Comment](#)2 people found this helpful. Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

Best I've had in 2 years usage.

By [Kindle Customer](#) on March 30, 2015

Verified Purchase

Like many of the users who've left reviews I've tried different types of shilajit,, whether it's powder or resin, and I think this is the best so far. The fact that you need so little dosage means it lasts forever, unlike the Tbsps of powder of other products. I enjoy the appetite supressing effect it has on me, as well as a mental clarity, without some sweeping hangover like some nootropics give. Fully recommended, give it a try!

[Comment](#)2 people found this helpful. Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

I have a weak immune system & always feel like I'm coming down with a cold

By [Zana Thompson](#) on October 30, 2015

Verified Purchase

I have a weak immune system & always feel like I'm coming down with a cold. Whenever I use shilajit, I feel good for days. I just roll a small, pea sized amount into a ball & swallow it like a pill & it works very quickly. It looks like tar & its smell & taste isn't the greatest, but it is a wonderful product, but it is a wonderful product that I highly recommend. This was received complimentary in exchange for an honest review.



[Comment](#)Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

Don't be put off by the smell! Amazing, supportive tool for health!

By [Queen_of_Kings](#) on March 24, 2015

Verified Purchase

I am brand new to shilajeet, and have been taking Pürblack daily for a full week now at a friend's suggestion. I came to this experience having little to no expectations, did only a small amount of reading, and then decided, what the heck, let's see how it works? The smell, at first, was positively horrendous. Honestly, I almost couldn't get that first dose down. Think burning tires. However about 20 minutes after taking it, I was blown away by a variety of subtle yet powerful sensations and I continue to feel daily benefits. My need for caffeine is greatly diminished despite hectic, sleep-deprived days caring for my three young kids. My sugar cravings are nearly gone. I feel an internal, boundless strength. Colors seem a bit brighter and sharper. My energy levels are higher and more sustainable. My ability to keep a positive outlook and focus on difficult tasks has improved. My inner calm and patience with myself and others, especially my kids, has grown in spades. When I make healthy choices for my body, I feel the "reward" more profoundly. This allows me greater ease in breaking addictions to unhealthy foods and negative thought patterns. I am less sore after difficult workouts and even an old back injury is less bothersome. I had been experiencing severe dry skin on my fingers, and already that has significantly improved! I could go on and on and it has only been seven days!

I had already been leading a pretty healthy lifestyle: 60-90 mins of exercise 6x/week, very clean eating, etc. I haven't been taking this long enough to say for sure, but my sense is this is a very powerful tool for those seeking healing, health and growth on their journey. If you are already taking good care of yourself but have hit what seems like a limit or plateau of any kind, physical, mental or emotional, Pürblack might be the thing to help move you past it. It has been very supportive to me and my only complaint is that I didn't know about this sooner in my life!

[Comment](#) 4 people found this helpful. Was this review helpful to you?

Yes
No

[Report abuse](#)

5.0 out of 5 stars

Purblack Shilajit

By [Gregory Hough](#) on August 3, 2015

I am a doctor of Chiropractic. I bought Purblack Shilajit at the spring Institute Of Functional Medicine conference in Austin Texas earlier this year. I was not sure what I was getting when I bought Purblack but two of my other doctor friends encouraged me to buy it. After taking it for a week I noticed that I was

waking up before my alarm went off at 5:00 AM and was feeling much more rested. I have noticed more energy and have felt more clear minded on less sleep than before I started taking it. I have not felt rundown or sick and have had more energy and quicker recovery since taking Purblack. I would wholeheartedly recommend it. I feel like I have found the missing ingredient in my health regimen.

[Comment](#) 2 people found this helpful. Was this review helpful to you?

Yes

No

[Report abuse](#)

[5.0 out of 5 stars](#)

Must have for those with chronic fatigue

By [Layla](#) on March 21, 2016

I absolutely love Pur Black Shilajit resin. I have been very fatigued lately, which along with the low energy it was causing me to be very foggy, and not thinking very clearly. I have been taking this product for almost a month, and can't even get over the amount of crazy good energy I have. I am more focused, clear headed and focused. This is huge for me, I suffer from ADD, and the lack of focus and energy can really mess up my life. I love that this stuff doesn't make me feel shaky, and that the energy that I have is an all over energy, not just a head buzzing energy like some products on the market. I also like that since I have been taking this my emotional well being has stabilized and I don't feel like my emotions are all over the place. Something I didn't realize was from this product until I stopped taking in and started again, but it's helped me get the REM sleep I had been missing. REM sleep is important for your brain and body to regenerate, when you don't go into REM sleep your body doesn't have time to recoup from the daily stress of today's busy lives.

This product doesn't smell the greatest but unless you stick your nose in the jar, you are not going to smell it. It also doesn't taste that great. But honestly, there are ways around this. You can put it in warm water with honey and lemon, or you can take a pea size amount and just swallow it, with a shot of warm water. Also if the smell/ taste really bugs you... just scope out a pea size amount and put in a capsule. But honestly I have had much much worse stuff.

The product comes in very cute packaging, and glass jar. Some don't like how the product sticks to the jar, but I just take a hot knife and it scoops out very easily. You can also warm the outside of the jar up.. I really didn't have an issues with it but I do know others have posted that they have.

I love this product and think everyone should look up the amazing health benefits that Shilajit have to offer. I am positive that you will find at least one reason you should be taking this awesome product.

******I received this product at a discounted rate, in exchange for my honest review. This is my feelings and opinions.

1 commentOne person found this helpful. Was this review helpful to you?

Yes

No

Report abuse

5.0 out of 5 stars

Results amazing taste you get used to.

By **Alexandra** on March 15, 2016

I love this stuff it has done so much for my health and happiness. If you have never tried it really give it a chance. I have gotten so used to it for me the taste is barely noticeable. It does taste like resin from a bong or kinda like an ashtray or something but the most you use it the more tolerable it gets.

If you really just can't stand the taste just do the peas size amount in honey its really easy and as long as its coated all the way you don't taste it. I usually do it this way because making a tea with it is just too time consuming for me. To get it out I recommend a butter knife, spoon. It's a little hard to get out but once I got the hang of it it was pretty easy.

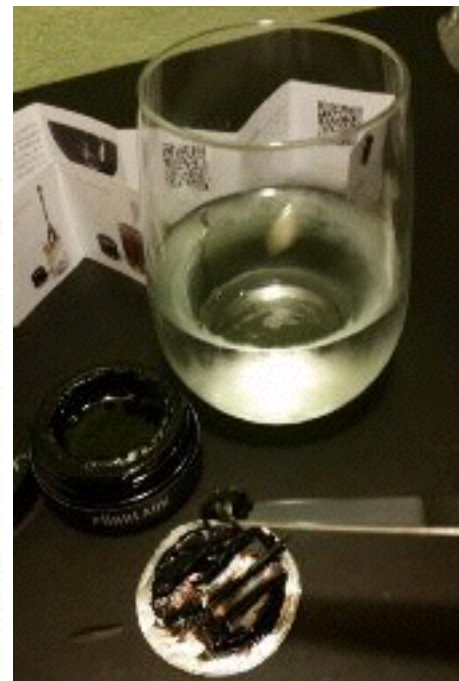
Now as far as effects. I have been taking this for over a month. (I have gotten this before just a smaller to try it out) the effects are amazing, I have noticed a huge increase in my energy levels. I no longer go through half the day and require a nap.

I recently started dancing Tahitian again I have noticed decrease in the amount of time it takes me to recover. I have also noticed I have been able to practice longer without getting tired.

I am a huge insomniac and my sleeping schedule is constantly getting off track. I am able to fall asleep at a normal time now without all of the tossing and turning, I haven't needed to take a sleeping pill in a month. I wake up feeling well rested and ready to start my day.

All of these changes have not only helped me physically but emotionally as well. I am much happier now I have less anxiety and feel calmer and more relaxed throughout my day. I understand not all people have the same effects with supplements as other but I recommend at least giving it a try.

I received this product discounted in exchange for my honest and unbiased review. This does not effect the time, effort and integrity I put into a review that would be beneficial to any fellow customer. I have no relationship with sellers and manufacturers. I base all my reviews on quality, value, and personal experience of the product.



[Comment](#)One person found this helpful. Was this review helpful to you?

Yes
No

[Report abuse](#)

[5.0 out of 5 stars](#)

Please read this! You need this product in your life!

By [Jen Bottorff](#) on March 14, 2016

I was very excited to try this product because of all the health benefits this claims to have. I have never taken a shilajit supplement before and I really have never heard of this amazing product. When I received it I has a small

brown box that was factory sealed, inside was another box factory sealed and the tub itself had a seal on it. The company takes many steps to ensure the product is not tampered with. I was able to get the seal off without too much trouble it stuck a little which is expected with the viscosity of this product. It definitely does not smell pleasant but when you purchase this you pretty much know you aren't going to be smelling luscious berries when you open it. I put a pea size amount in a hot cup of tea to make it somewhat more pleasant to take. It was still pretty nasty but i just chugged it and got it over with. I have diabetes and I feel very tired a lot that is one of the reasons I wanted to try this product. The first day I felt a slight pep in my step nothing to exciting. The next day I definitely felt a noticeable difference, a man I really do not need a nap kind of difference. I purposely did not drink any caffeine while I was taking this so I could give this a true test, and I usually have two to three cups of caffeine a day. Day three was when I really felt it, I felt more energized and I was able to do more around the house and again, no nap! I am six days in on a pea size a day and I feel amazing, this also has not made any changes to my blood sugar I was slightly concerned if there would be any weird effects to my blood sugar but it has been normal. Overall I am completely sold on this as a wonder supplement, yes it is expensive but at a pea size a day this will last a while and for what it does for your body overall it is completely worth it. Think about how much better your life will be when you have more energy and not having to drink obscene amounts of caffeine to get to that point. If this review has been helpful to you please click YES because that encourages me to continue writing helpful and informative reviews! If you have any questions please leave a comment and I will answer quickly. I did receive a discount on this product in exchange for my honest and unbiased review.

[Comment](#)One person found this helpful. Was this review helpful to you?

Yes
No

[Report abuse](#)

[5.0 out of 5 stars](#)

... had not heard of Shilajit but I certainly am glad I did

By [Linda Ann Withrow](#) on March 12, 2016

Until recently I had not heard of Shilajit but I certainly am glad I did. After researching and learning about Shilajit resin and the many benefits I HAD to give it a try! I have had severe right shoulder pain for 19 years after a left modified radical neck resection for Non Hodgkin's lymphoma that occurred as a large tumor in my LEFT neck. To compensate for the removal of muscle and weakness in my tendons my right upper torso overcompensates. I have tried numerous therapies, medications and ointments but had resigned myself I would deal with this pain for the rest of my life. I was a bit skeptic about any true benefits I might have but have since been AMAZED. Take note that this

IS a resin and is thick like tar. The best way I have found to scoop out a pea size portion it to place a spoon in very warm water for about 30 seconds and quickly dry it off, then scoop out the amount I need. I have found that if I place it in a cup of hot tea that it dissolves rather quickly with stirring. It is an acquired taste and tastes rather woody. I mix it with a Rooibos or oolong tea. You can also add honey or just mix it in warm honey water. I have tried it in many ways because I drink it 2 times a day. I am thrilled to say that the constant pain in my right neck and shoulder has diminished tremendously and some days I don't even notice it. I also have intense shrill in my ears caused by a damaged bone at the base of my skull from the surgery I had, much like tinnitus, kind of like dual high pitched dog whistles constantly being blown 24/7. AND that has improved dramatically to where it is a lower pitch and I actually went 3 full days with complete silence from the shrill. It has returned but not to the degree that I have had to endure all these years. With just these two improvements I AM ON CLOUD 9! Other benefits I have noticed are improved mood, energy, mental clarity and great sleep! I am very excited to see the benefits that will occur with long term use. With the small amount that is used the jar should last a while!

I received this product for my honest review and it is definitely a product that I would purchase and recommend to family and friends!

[Comment](#)One person found this helpful. Was this review helpful to you?

Yes
No

[Report abuse](#)

Showing 61-70 of 413 reviews(5 star). [Show all reviews](#)

[5.0 out of 5 stars](#)

Really makes me feel better

ByC.P.on June 25, 2015

I have tried shilajit from a couple of companies and found that the Purblack works the best for me. Almost immediately upon drinking it I could start to feel a tingling sensation and then I just felt like I was ready to get up and going. I feel good all day long when I take Purblack. I'm really impressed with how long the energy lasts. I take it first thing in the morning on an empty stomach and I only need to take it once a day. The other product I was taking two and three times a day. I've recommended Purblack to my friends and relatives and they're equally impressed. I'm giving it 5 stars.



[Comment](#) 2 people found this helpful. Was this review helpful to you?

☒ Yes
☐ No

[Report abuse](#)

[5.0 out of 5 stars](#)

I feel better than I have in years!

By [Aurailia Danning](#) on March 14, 2016

PÜRBLACK SHILAJIT. 30 GRAMS. LIVE, PURE, GENUINE RESIN.

This is a superfood that will help you in many ways, so I decided to try it out and see if I would improve in any of these areas..

The first thing I did was to get a pea sized ball and dissolve it in a glass of water (about 8 ounces) the dissolving part took about 15 minutes, and the water turned a brownish black.. I was a little worried about trying it since it didn't look very appetizing.. however, when I got the nerve up to actually drink it, I was surprised.. It wasn't a horrible nasty taste.. It did have a different taste hard to explain, but the taste went away after a few seconds.. I didn't feel any

thing at first.. and wasn't sure what I should feel.. so I went about my day and after a couple hours I realized I was feeling a bit more energetic.. not knowing for sure if that was due to the Shilajit or not, I decided to wait until I took it the next day.. So.. next day.. black goo .. pea size.. in water.. drink.. wait.. after about an hour I noticed I was more energetic.. hmm.. coincidence?? I think not.. and It has been that way every day since.. Whether it is doing anything else or not, I feel better daily, and have way more energy to use on the things I need to get done.. This is a pure resin super food.. This is also FDA approved.. I know what it is doing for me, and I can tell you honestly that I feel a whole lot better than I have in a couple years.. If this keeps up, who knows..

I was given this Purblack live resin at a reduced/free price for my honest and unbiased review.. all opinions are my own!

[Comment](#)One person found this helpful. Was this review helpful to you?

Yes
No

[Report abuse](#)

[5.0 out of 5 stars](#)

Purblack Shilajit

By [mommy and bella](#) on January 20, 2016

When I first seen this Purblack Shilajit I really wanted to try it but I decided against it because I really didn't think I could deal with the form it comes in, I am really funny about appearances of what I consume and a black tar looking product going into my mouth was something I just didn't feel I would be able to do but after seeing so many people talking about how great this stuff was and knowing the physical and mental issues I struggle with day in and day out I really felt I needed to give it a try to see if it would help me as it has others and I am so glad I did!

This product arrives in a nice little box and arrived in just a few day from ordering. This is truly a product that would remind you of tar, it smells somewhat like it and It does have the texture of it. That being said one can imagine it is somewhat hard to get out but it does take a small amount, I have been using it in the size of a larger bead and adding it to my coffee, if I am not drinking coffee I will add it to juice but the taste is covered nicely by coffee.

I have noticed a change in my sleeping patterns, before I only slept a few hours during the night mostly due to chronic pain I suffer from and depression. I take medicine for both but it doesn't work so great so I am always looking for something that may be the wonder drug for me and although this isn't the wonder drug so to speak this has improved the way I feel and sleep. I have been able to maintain a steady sleeping pattern which is a huge plus because I feel that sometimes contributes to my depression

and pain, it all goes hand and hand according to my doctor. So far I can say I have seen improvements after taking this and will continue until it is all gone to see how much a difference it makes all in all.

I did receive this at a discounted price in exchange for my honest and unbiased opinion.

CommentOne person found this helpful. Was this review helpful to you?

Yes
No

Report abuse

5.0 out of 5 stars

A lifesaver?

Byjrgon January 14, 2016

What can I say about this product without seeming like I'm bullsh*tting you? OK so first, I got this to review, it seemed interesting enough.. some black tar looking stuff that people said looked and smelled like burning tires that detoxed your system? Weird, but I'm kinda weird like that.

So I got the big jar, jumped right in. It does.. smell like a burnt tire and I can imagine that it tastes even more disgusting BUT I rolled it in a little ball and swallowed it like a pill.. easy peasy, no taste at all. Swear, on the first day I felt good, pooped good, slept good and my S.o. even said I was nice (which I'm never) and that brings me to the "lifesaver" headline.

OK so without throwing all my S.o.'S business out there and like you all know me anyways, he is battling a horrible, ugly opiate addiction. Methadone and suboxone have been of some help but still dependent on those. I was reading the pamphlet inside and it said it could help detox your body from opiates.. I figured why not? We have literally tried everything and he is GOING TO DIE if he doesn't stop. So I shared this PURBLACK and we took it together, everyday for two weeks. And slowly he felt better, and actually pooped everyday normally for the past week! If you know anything about opiates, they are awful to your GI system and it has been torture on him.

Now I'm not claiming he is cured of his addiction from PURBLACK alone.. but I'm a million percent convinced that this stuff right here has him on track to success along with support and the right mindset..

I whole heartedly recommend this product!

I did receive this item for free in exchange for my unbiased review however this did not influence my opinion in any way.



[Comment](#)One person found this helpful. Was this review helpful to you?

Yes
No

[Report abuse](#)

[5.0 out of 5 stars](#)

Benefits outweigh the negatives!

By [Meghan Y.](#) on December 16, 2015

I have been using PurBlack Shilajit for a month or pretty close to it. As a little background info, I have arthritis (two forms), fatigue that controls my life, severe insomnia, anxiety, depression, and sorry guys - but I also have very irregular menstrual cycles. Since I have started taking this product, my cycle is actually quite normal (compared to those before this), I am not having nearly as many aches/pains, I am not nearly as drained, I have not needed my anxiety meds as often, and I am sleeping much better. I will not say this is some miracle supplement, but to have things improve - even slightly - is amazing after years of meds that only brought me down more. I do believe everything is, in a sense, normalizing within my body thanks to this stuff.

With all of that said, I did not begin taking PurBlack just because someone said to. I have read many articles and done my research on it (and Shilajit in general). It is some intense reading - to say the least. I won't bother reciting all of the info I've learned, as you can easily look it up online and hopefully you know a bit about the stuff you plan to put into your body. However, I will say that I have learned the Shilajit can benefit your mind, body, heart, and so much more. It really is impressive and interesting. Of course, there will always be those with the negative side of every good thing out there, but I really have not found anything that has concerned me for my health/safety. One piece of

advice I have heard and read is to be sure and talk to your doctor(s) before using - especially if you are on prescription medication. Just to be completely safe.

Now for the worst part of it all... The smell!!! It is not pleasant in any way, shape, or form. The taste is (I have only heard and can imagine) just as bad as the smell. However, I have yet to taste it as I scoop a very small amount out, roll it into a pea-sized ball, and swallow it just like a pill. As long as you do not keep it in your mouth any longer than needed to get it down, you should not have a problem. Be forewarned that it is a tar-like substance, so it can be sticky when getting it out of the jar. There are other ways to use this, but I have only done it as I've mentioned.

In the end, I am not a doctor - but I am human and have experienced many health problems over the course of my life. If I were to not take this, I would likely continue on a declining path of health problems. In my opinion, I trust this product enough to give it a chance. I've already put many medicines that have proven health risks involved into my body; what is wrong with trying something that is derived from nature itself?

I received this product at a discount in exchange for my honest, unbiased review. This does not factor into my review whatsoever, as I only review based on quality and the product itself.

[Comment](#)One person found this helpful. Was this review helpful to you?

Yes
No

[Report abuse](#)

[5.0 out of 5 stars](#)

It is really the very the best that I have found and tastes wonderful

By [dawn](#) on March 13, 2015

Verified Purchase

I have tried many different types of Shilajit over the years and then was so excited to have found the purblack one. It is really the very the best that I have found and tastes wonderful. It has a nice feeling in your body when you drink it and makes me feel better also right away.

[Comment](#)2 people found this helpful. Was this review helpful to you?

Yes
No

[Report abuse](#)

[5.0 out of 5 stars](#)

The claims are legitimate!

By [J.S. Northington](#) on December 15, 2015

The main reason I initially ordered this product was because I wanted to review it, and after using it consistently for over a week now, I'm really glad I did! Granted, this is not the best tasting supplement in the world, but it may be one of the best working. The first few times I took this, I had to chase it with some juice to get the taste out of my mouth. It does indeed taste and smell like a cross between tar and an old tire (imagining what they might taste like, that is, lol), but after about 3 days, the taste and smell didn't bother me. And it is sticky as heck! Following the directions were a little challenging when it came to measuring a pea-sized amount to dissolve in water, so I used my best guess. I'm sure I may have overshoot it once or twice and maybe I even undershot the dosage a little. At first, I followed the directions and stirred it in 12 ounces of water for about 5 minutes, but this got tiresome really quick. So the next day I tried a different route and just let the resin sit in the water for a few minutes before stirring, and that worked like a charm. It makes the water a dark brown color (see photo), reminiscent of coffee, or just slightly lighter. According to the directions, you take this small amount daily, and the container says there are 300 servings in this 30 gram jar, so it should last for a good little while.

For awhile now, I've suffered with chronic pain and inflammation in my hip and knees from a long ago accident, so I was really eager to see if this resin would help with that. After my first consumption I noticed an immediate improvement - the pain I felt was extremely decreased and my range of motion was improved by about 50%. After 2 more days, I noticed I had more energy in the afternoon around the time I usually hit my afternoon slump (3pm). By about day 5, I felt almost pain free, and only needed to take 1 ibuprofen as opposed to the usual 4. I honestly cannot wait to see what the benefits are and how I feel after taking this consistently for 30 days. I would definitely recommend this product!

****I received this product deeply discounted for my honest, unbiased review. All reviews are based on my honest opinion after testing the product****





[Comment](#)One person found this helpful. Was this review helpful to you?

Yes
No

[Report abuse](#)

[5.0 out of 5 stars](#)

PurBlack Shilajit- Amazing stuff for mental clarity!

By [Thisbytez](#) on October 26, 2015

Verified Purchase

This stuff is amazing, after the first dose I had amazing mental clarity, and more energy. I will note it tastes horrible and smells horrid. That being said I don't care, this stuff is amazing. I skipped a day due to a stomach ache and regretted it! I think anyone with mental fog should be using this!

I received this to test for an honest review.



[Comment](#) Was this review helpful to you?

Yes
No

[Report abuse](#)

5.0 out of 5 stars

but was surprised to find that it really does appear like "tar in a jar"

By [NoDakVal](#) on March 20, 2016

I ordered this product after hearing some many people rave about the benefits. I didn't know exactly what to expect when I received the product, but was surprised to find that it really does appear like "tar in a jar". The seal was stuck to the top by quite a bit of product, but I was able to remove it by putting it in the freezer for a couple of hours and then spooning it off. I found this tip in the Q&A section of the post. I will say the taste isn't very pleasant at first and see why the seller recommends mixing it in a drink or with honey. Once you get past the taste the benefits will keep you coming back to that little jar. I normally take a prescribed med to assist in staying asleep at night, but after taking this, I have reduced the amount of meds I take drastically. I'm able to stay asleep longer and wake up refreshed and not sluggish as I had suffered previously. Also, normally at the first of the month I am super stressed trying to get all of the end of month reports complete for work - It's ridiculous! I started using Purbblack a week before and noticed that I was able to handle the stress at a much more manageable level. For these two situations, I will continue taking it and enjoying all the benefits.

I was given the opportunity to try this product at a discounted price for an honest and unbiased review. My opinions are my own and are in no way influenced by the generosity of the seller.

[Comment](#)One person found this helpful. Was this review helpful to you?

Yes

No

[Report abuse](#)

[5.0 out of 5 stars](#)

MY SEARCH IS OVER 😊😊😊😊

By [LAWRENCE STEVENS](#) on March 29, 2015

Verified Purchase

I have tried several different shilajit products, but now my search is over. Purblack has change my life, when I take it there's a feeling of mental clarity and open feeling that's hard to explain. I feel stronger and full of energy Purblack keeps you going. The taste is similar to black coffee but I mix it in my cashew milk and it taste fine. If I miss a day my body definitely knows the difference. Purblack works you will not be disappointed.

[Comment](#)2 people found this helpful. Was this review helpful to you?

Yes

No

[Report abuse](#)

Showing 71-80 of 413 reviews(5 star). [Show all reviews](#)

[5.0 out of 5 stars](#)

Absolutely awesome product!

By [Rae Cerce](#) on August 29, 2015

This is an absolutely excellent product. Twice a day, I take a pea sized amount, roll it up and swallow it just like a pill. The most appealing part of the product is how it affects my mind, it gives me a clarity that I have never experienced before. I will be taking this every day for the foreseeable future. I very much recommend giving this a try.

Note: I received this product at a deep discount in exchange for an honest review.

[Comment](#)2 people found this helpful. Was this review helpful to you?

Yes

No

[Report abuse](#)

[5.0 out of 5 stars](#)

This is one of the coolest health supplements I've come across!

By [Family Time](#) on November 5, 2015

I had tried the Pürblack Live Resin Shilajit [7g Jar] a few weeks ago and really liked the results so was more than thrilled to continue with it longer term by trying out the 30g jar of it.

Please take note of the notice they put on the package. It has note a not to not store it upside down. My delivery guy delivered mine upside down and left it on the porch. It doesn't hurt the product but because the PURBLACK is a thick tar like substance it slowly moves over time and sure enough it did and pretty much locked the cap on the jar. I spent an hour to open it and had no luck. I heated it in the microwave for 15 secs and was almost a disaster. It heats up super fast in a microwave and when i opened the lid it was super hot and still sizzling. Do not heat this in the microwave. If you must put it in warm water. Always store it top side up.

The Pürblack Live Resin Shilajit [30g Jar] It comes in a nice solid black glass jar wit black plastic lid. Dark and black jars keep light from breaking done the beneficial elements of the resign. Inside the jar is 30 oz of a very thick ink black substance that looks very much like a tar resign. It has a new rubber tire scent but not overwhelming unless you stick you nose in the jar. It is very thick and you need to use a tool to get some out. I used the handle end of a sturdy spoon to get the pea sized amount recommend to take. It's best to take with a glass or water/milk or in a hot beverage like tea or coffee. I have been taking it for almost 8 weeks now and it has had noticeable improvements in a few areas. Mostly I sleep much better and often though the night which wasn't always the case. I noticed that I have more vivid and memorable dreams. Another area is metal clarity. I can think clearly and not feel dreary and tired during the day. It has also given be a bit of a boost of energy to keep my going along through my day. I give Pürblack Live Resin Shilajit [30g Jar] 5 stars.

I received the Pürblack Live Resin Shilajit [30g Jar] for inspection, test and review purposes.

Summery:

- Sleep better and have better mental clarity.
- Easy to take and use.
- A quality product.
- Do not store upside down.

Pics:

[Comment](#)One person found this helpful. Was this review helpful to you?

Yes
No

[Report abuse](#)

5.0 out of 5 stars

Getting better and better....

By [Eileen M. Newman](#) on November 1, 2015

If you have heard or read about this strange product from India and am wondering if it is for real or not, I can tell you from my perspective that it is not just a lot of hype. Not at all. Now I have done what some people think are odd things to try to become more healthy in the holistic sense of the word. Admittedly, this one may be the oddest product I have ingested in that quest.

I have been using Pürblack Shilajit for a while now. I tried the 7 grams size and went back for this 30 gram jar. The jars are sealed very well. There are seals and warnings in case the jars are not properly sealed. It's like the Fort Knox of supplement products. I like the concern for freshness and purity and making sure that no tampering has occurred. When you get to the actual product you smell something you have probably not ever experienced before and see something resembling a kind of tar... the Shilajit resin.

Having said that it is not that unpalatable and you can have it in whatever mode most suits you. I have not tried it, but some go with this and honey in water. I am sure that would taste even more palatable than just the Shilajit in water, which is how I drink it. Even plain it is not bad. It tastes a bit like a briny broth to me. An extra half glass of water to chase it down, and I am good. I am taking the Shilajit twice a day, as it is recommended per the dosing instructions.

While it is always a tricky business to determine what the effects are with supplements, I can tell you that I will take this as long as I possibly can. I have noticed differences in the areas of energy, of concentration, of calmness and feelings of well-being, sleep, and general overall better health. I am certain that these benefits are not my imagination as I am also confident that these are not the result of some sort of placebo effect.

I would heartily recommend this for anyone interested in boosting their overall health and well-being. I am very pleased that I happened upon an offer to purchase this in exchange for my honest, unbiased review. I have gone to the reviews on Amazon often over the years to check out other opinions when I am in the market for something. I have gotten some good advice, so I try to do the same for others. I hope this has been helpful to someone in the Amazon community.





PATENT PENDING Take about a pea-sized portion daily. Dissolve in a beverage and drink. The jar lasts an average of two months. Filled by weight, not volume. Exp. Date, Batch, Lot, and Jar ID located on the bottom of the jar

LIVE RESIN **SUPPLEMENT FACTS**
Serving size 0.0035 oz, Servings
Calories 0. **Ingredients:**
** Purified mineral pitch resin
** Daily value not established

[Comment](#)One person found this helpful. Was this review helpful to you?

Yes
No

[Report abuse](#)

[5.0 out of 5 stars](#)

From barely surviving to thriving .

By [Tara M. Inman](#) on November 1, 2015

This is a review for a 30 gram sized shilajit jar. I was offered the opportunity to try this shilajit for free or at a reduced rate in exchange for an honest and unbiased review. I have used a shilajit sample in the past with excellent results. With the smaller sample-sized jar I experienced amazing life-changing results of resolved insomnia. I went through severe adrenal

exhaustion three years ago and have had horrible fatigue and insomnia since, always feeling like I was dragging and no energy. Lacking sleep is miserable. The sample of shilajit that I had resolved three long years of insomnia within ten days. I woke up energized and clear-headed and able to enjoy my day for the first time in three years. As a mother of four active children(including special needs), being able to think clearly and be ready for the day is a huge deal. I felt like I actually am be more of the mother that I knew I was meant to be.

When the opportunity to try the 30 gram jar was offered, there's no way I'd pass it up. While my hope was just to maintain keeping the insomnia gone, it's been an even better blessing than that. I have energy to exercise now without feeling like my muscles are shaking. I played on the playground of a local park and got to swing and go down the slide like I once did. I felt like a giddy school child because I actually had the energy to enjoy the beautiful autumn day with my children. I never imagined doing something this simple would have made this extreme of an improvement. The improvements are noticeable too. My husband first turned up his nose at it because it seems almost too good to be real. Yesterday he wanted to try it because he's seen firsthand how it's effected me to positively.

It's in a small jar, easy to use. While I've read that it could be dissolved easily in beverage, I've just utilized the shilajit by scooping out the amount recommended in the instructions, rolling it into a pea sized shape, swallowing it with water as if it's a small tablet. Quick, easy, simple, carry on with your day.

When I first tried the sample jar, it was a few days before I noticed any benefits. The first noticeable improvement was easily to get to sleep at night, then I noticed decreased afternoon fatigue. Within ten days, it was radical and undeniable improvements. I cannot begin to say thank you enough for the opportunity to use this product-not just for me, and also thank you for giving my husband and children their wife and mother back. It feels like I've went from surviving to thriving.

[Comment](#)One person found this helpful. Was this review helpful to you?

☒ Yes

☐ No

[Report abuse](#)

5.0 out of 5 stars

Has helped my arthritis, reduced recuperation time and has helped my immunity!

By [dhtammy](#) on October 30, 2015

This is the 2nd time that I have been fortunate enough to be able to test this great nature-made supplement. I have been taking PurBlack Shilajit for almost 3 weeks now and I have seen improvement in a few ways:

1. Even with the cold snaps we have been experiencing, I am not feeling any of the pain in my joints I generally do when it starts getting cold. I have osteoarthritis in my wrists, thumbs, knees, elbows, fingers and toes and the only place that I am feeling any joint pain is in my recently broken toe. Even it seems to be having quite speedy recovery! I also have bursitis, but the pain has lessened since I have been taking Shilajit. I also have Calcific Tendonitis and bursitis (so many itises!) and neither of these have given me the agony that I experienced before taking this product.

2. I have fibromyalgia and when I do anything that is strenuous for me, normally need a few days to recuperate. I had a birthday bash for my husband last night and I made it upstairs to put another load of dishes in the dishwasher this afternoon and am now feeling much better after only about a day and 6 hours and when I wake up, I think I will be ready for a normal day. So it seems to have cut my recuperation time in half!!!! That is something that is really priceless!!!

3. I made it through a influx of head cold viruses unscathed while all the other members of my family who live in my house were affected.

I am a real baby when it comes to nasty tasting things, but I have figured out a way to take this wonderful supplement (almost) painlessly:

I carve out enough of the PurBlack Shilajit to make a pea sized ball. It is really easy to mold with warm dry hands. I take a drink of water, but I don't swallow. I then pop the ball of Shilajit into my mouth and swallow. Then I take my prepared spoon of about 1/4 tsp. of honey to make the remnant of the taste go away.

This stuff just may be a cure-all for some people. It is certainly helping me!!!

I received this product for free in exchange for an honest and unbiased review.

*Please Note: Although I was required to give a review, I was not required to give a positive review. I am not paid for any review. My opinion is my own. If this review was helpful, please click yes to let others know :)

[Comment](#) One person found this helpful. Was this review helpful to you?

Yes

No

[Report abuse](#)

[5.0 out of 5 stars](#)

A bizarre, yet pure, natural product with amazing ingredients!

By [JIL](#) on October 17, 2015

This product is great! Don't be alarmed, although this is one of the strangest supplements that you will try. I find the ritual of taking this product an experience of its own. This product is the gold standard of mineral pitches, based upon the quality and the way that it is processed and regulated. Other resins will make you worry about what's in it. You should worry, because some aren't regulated and can contain heavy metals. It is comforting to know that this product is top-of-the-line, and is sort of like the paradigm by which all other mineral pitches are compared. Do you wonder what this is? It's basically animal and plant matter that has been broken down over the years, and due to heat and the ground shifting, it is brought up to the surface. This is a completely natural product--no fillers here. It is called "rock sweat" by some people, because it seems to seep up between the rocks. This product is mainly found in the Caucasus mountain area and has been used in Ayurvedic medicine for centuries. It is full of vitamins and amino acids, including A, B, C, and P, and other trace minerals. The acids include fulvic acid and humic acids. Do some research and see how important these are to the body. There are whole scientific papers dedicated to explaining the benefits (of fulvic and humic acid), which include things like reversing liver damage and reversing infertility for some people. Some people even tout that this product can remove heavy metals from your body. I used a pea-sized amount. I don't mix it with honey, because I like the taste of it. However, most people won't like it because it is bitter; mixing it with water and honey completely neutralizes the taste and makes it palatable. This product will have different effects for each individual. For me, I find it to be very calming and it relaxes me when I go to sleep. I have anxiety and trouble sleeping and I notice a big difference. Therefore, I would recommend this product to anyone. I received this product for free in exchange for my honest and unbiased review.

[Comment](#) One person found this helpful. Was this review helpful to you?

☒ Yes

☐ No

[Report abuse](#)

[5.0 out of 5 stars](#)

I drink some water afterwards and feel so much BETTER that day

By [Tamika Anderson](#) on March 17, 2016

This is the second time I have tried the purblack shilajit, don't ask me to pronounce it because I will fail. I really wish I understood how or why this works for me, but I am at a loss for how to go about describing it. I take a

small amount, by using a baby spoon to get some out, roll it in my fingers and swallow whole. I drink some water afterwards and feel so much BETTER that day. On days I feel crummy, I ask myself if I remembered to take it, and the answer is always no. On days I take this, I get off the couch. I have depression and anxiety, and for some unknown reason, taking this helps me make it through the day in a more productive way! It tastes and smells horrible, like bottom of an old burn barrel nasty. It makes your fingers smell bad and you want to have something to drink right away after swallowing. I noticed mine gets hard after it is open for a bit, which makes getting it out trickier. I honestly wish I could have it put into a capsule, to make taking it/storing it easier. I recommend this to friends and family, and often sound dumb trying to tell them WHY I take it. I don't even truly know what it is or why it works, I just know I feel like a better person when I remember to take it. I received this item in exchange for my honest review.

[Comment](#)One person found this helpful. Was this review helpful to you?

Yes

No

[Report abuse](#)

[5.0 out of 5 stars](#)

it is a black thick resin and it smells like tires. it tastes about like a tire as ...

By [AmyJon](#) March 21, 2016

ok, so i was very very skeptical at first of this purblack shilajit. it is a black thick resin and it smells like tires. it tastes about like a tire as well...or at least what i imagine one might taste like anyway. that being said, i followed a few others recommendations of putting it in warm honey water, and i added lemon, and it wasnt bad at all anymore. i never did develop the taste for it alone, but thats ok. i dont mind to add the honey and lemon. both of them are great for me as well so there ya have it. ive never used this product before so i was somewhat intimidated by it at first, but i followed the directions for use and read up on it a little and gave it a go.....i have an overall feeling of well being! im sleeping better, i have more energy. i feel better just in general. i am very impressed actually. i love that im sleeping through the night now, not restless and not up and down 50 times to go pee. i feel rested and whole. i have more focus. im not having horrible allergies right now as i typically am at this point due to weathe. even if nothing else came from thsi, that in itself is enough to thrill me t no end! i am very happy suprised by this product! i was able to try this item at a discounted cost in return for my honest review.

[1 comment](#)One person found this helpful. Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

The best Shilajit I have encountered

By [bobjustbob](#) on January 24, 2015

I have tried a few different shilajit products, and I can definitely say my experience with purblack is by far the best. It feels better, tastes better, and I even have better dreams when I take it. The kind of dreams where old issues are resolved by clear, empowered action. I was actually a bit surprised, but I found myself having unpleasant & "less productive" dreams with a couple other pastes. These also were much less palatable, though they might be pure. I don't know much about the processing shilajit goes through, or how exactly different products differ, but I like the transparency, rigor, and sincerity of pur black as a company, and like that I can trust that they most likely have as good a product as can be gotten.

[Comment](#) 2 people found this helpful. Was this review helpful to you?

☒ Yes

☐ No

[Report abuse](#)

5.0 out of 5 stars

Excellent product which we regularly use in our morning "health" ...

By [Jay Wilson](#) on March 29, 2015

Verified Purchase

Excellent product which we regularly use in our morning "health" drink. I am sure that it contributes to our good health.

Highly recommend Purblack to anyone looking for a very nourishing product which is easy to incorporate in a nourishing drink. Fast, reliable service.

Jay Wilson & Shige Yamada

[Comment](#) 2 people found this helpful. Was this review helpful to you?

☒ Yes

☐ No

[Report abuse](#)

Showing 81-90 of 413 reviews (5 star). [Show all reviews](#)

5.0 out of 5 stars

So happy that I found Shilajit

By [Michelle](#) on March 18, 2016

Before my purchase I had never heard of Shilajit Resin. Ever. Well, I did my research and read up quite a bit on what it is, what it does/ helps with and who could benefit from it. Lets just say EVERYONE could benefit from it in one way or another. It does smell odd and tastes even more odd. But as some people have suggested you can add it to water or flavored water etc

and take it that way. This stuff is amazing. I suffer from stomach issues, nerve and pain issues. Of course when I read that Shilajit is beneficial to all of these I jumped at the opportunity to try it. And boy am I glad I did. I have felt a huge decrease in pain (inflammation) and I feel way more alert and ready to conquer the day ahead of me. I am so thankful that I made the decision to try shilajit. My body thanks me daily. I monitor my sugar levels too and I have to say that while I still have to watch what I eat I do have WAY fewer surges in my levels. I will continue to use shilajit and I am ecstatic that I may be able to enjoy more and more pain free time because of it.

I received a reduced price on my PÜRBLACK SHILAJIT. 30 GRAMS. LIVE, PURE, GENUINE RESIN in exchange for my honest and unbiased testing and review. All opinions are 100% my own.

[Comment](#)One person found this helpful. Was this review helpful to you?

Yes
No

[Report abuse](#)

[5.0 out of 5 stars](#)

Magic Shilajit Lifestyle

By [Florence Fensterer](#) on March 21, 2016

I've got three words for you: Magic Shajit Lifestyle. This stuff is amazing. I've been taking a very small amount, between a grain of rice and a small pea every day for a few weeks now. It energizes me and helps me wake up refreshed. I've also noticed that some of my other supplements, most notably my omega-3 fish oil pills, are doing a better job than they were previously.

It's a VERY sticky resin, which can make it hard to dose, depending on the temperature (colder = harder, and a little easier to work with). My only complaint is that I wish it came with a little spoon/spreader to make the process easier. It also has a very potent aroma and flavor. It's intensely bitter and smoky. I've grown to like it, but not everyone will.

Experiment a bit to find the right dose for you. Too little and you might not notice its effects, too much and you might be a little cranky. Once you find your perfect dose, though, it's truly great. The energy and well-rested feelings are worth it, but I really appreciate the overall sense of well-being. It really almost feels magical, as silly as that sounds

I did receive this product at a discount for my honest review. My opinions are completely my own.

[Comment](#)One person found this helpful. Was this review helpful to you?

Yes

No

Report abuse

5.0 out of 5 stars

EXCELLENT in preventing hypercalcemia.

By [Murphy](#) on September 2, 2015

I need to start off by saying, this is the strangest thing you will ever taste or use. Don't let that scare you off. The benefits this product has is amazing and I believe in the next year it will be more widely used.

I started using Shilajit for calcium absorption. I had my thyroid removed 6 years ago due to cancer. Along with it came the gland that makes calcium in your body. So I have struggled for 6 long years with hypercalcemia. I have constant numb lips, droopy face and eye twitches. When my calcium falls into the dangerously low levels I get migraines, stiff muscles and body ache. If I let it go beyond that I can have seizures. So I do very good with keeping up with taking my medications to keep me from getting this way. But that isn't always the answer. When I get sick, have diarrhea or pee too much (sorry I know that's gross) my calcium depleats out of my body super fast and nothing will slow it down. This is when I start having a really tough time. Till I discovered Shiljit.

I have been using this product for a little over 6 months. A friend of mine told me about it so I figured I would give it a try. The price scared me off a little but I thought it was worth giving it a chance to help me live a more normal life. My friend was right and the try and price was well worth it. I am now 6 months into using this product and never go a day with low calcium.

It's weird at first to use this product. The container is hard to open but I have learned if you cup your hands over the top for a second the lid loosen up and you can get it open easier.

I take a very small "pea size" amount daily. I do this in the morning along with my thyroid medication. I just make it into a ball and swallow. I did try adding it to water or tea or chewing, that just wasn't for me. So I am just swallowing it. The constancy is of a tar. It's black in color and has a odd smell and even odder taste. If you can get over those two things you will be able to use this product.

Since there are so many benefits:

Diabetes

Stress

Arthritis

Obesity

Alzheimer's

Genitourinary disorders

Jaundice

Digestive disorders

Epilepsy

Nervous disorders
Anemia
Bronchitis
Hemorrhoids
Kidney Stones
Edema
Asthma
Thyroid Dysfunction
And much more

You really should give it a try. I am usually very skeptical about trying new things, even when good friends recommend them to me. But this is one product I am very glad I tried. Also don't let the price scare you away. If you have any of the above problems give it a shot. You can find cheaper Shilajit out there, I have and I have bought it. But it doesn't have the same effects as PURBLACK Shilajit brand does. This is 100% the real deal. Sometimes you just have to pay that little extra to get the real thing.

I received this item at a discount only cuz I found a company that was offering it. But I have purchased this same item 4 times now at full price. So this is very much my honest review.

Give it a try. With so many healing properties and a in my eyes up and coming product why not be the first of your friends to try it out.

It helps with weight loss too. I know everyone loves losing some weight.

I received this item at a discount in exchange for my honest thoughts.

[Comment](#)One person found this helpful. Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

Real resin real results

By [nicholas rider](#) on January 27, 2015

Verified Purchase

Wonderful product. I have been taking for two months along with a healthy balanced diet and I am sleeping less at night yet having more energy seeing my hair grow in fuller and having clearer concentration while working. I believe it is the high concentration of minerals that add to these results. Since most of us are mineral deficient I highly recommend this product to counteract the results of being mineral deficient. My only question is will there be a better price available for bulk purchases? This product is expensive and I could easily go through the small jar of this in one month.

[1 comment](#)2 people found this helpful. Was this review helpful to you?

Yes

No

Report abuse

5.0 out of 5 stars

feeling good, energized and focused

By [Spring Chick](#) on July 7, 2015

Verified Purchase

Taking for about a week, first day I thought it was the placebo effect, feeling good, energized and focused. I've been sleeping better, more restful and just overall feeling better than I have in a long time. Less of the dragging through the day feeling that I'd been living through for some time now.

Since I started taking this product, I can say my experience has been nothing short of fantastic. I feel motivated and focused like I did when I was younger. It's like a gift to have back, the mental clarity and just the restful feeling.

Having 2 kids has really wiped me out on all levels and this is giving me some oomph back in my life.

The taste is a bit hard to get past. In the first day or two I thought, this can't be worth it. But it is worth it. You can avoid the taste by just mixing it in warm water, it dissolves quickly and the taste just disperses throughout the water. I highly recommend this to anyone. Especially if you're feeling just run down. Received free in exchange for my honest review.

[Comment](#) 2 people found this helpful. Was this review helpful to you?

Yes

No

Report abuse

5.0 out of 5 stars

great stuff!

By [Mindy Basson](#) on March 22, 2016

This is truly an amazing product that has so many health benefits. It came and be aware when you open this stuff... it stinks! Well, guess what, it tastes as bad as it smells. The instructions state to either put it in some water (note they do not say how much water). The first time I ever tried some, I definitely used too much water and could barely drink the stuff. If you try putting it in water, just use a small amount, and know that it really took a long time to dissolve. Next time I decided that I would try rolling a little ball of it and swallowing it. So I balled up my shilajit, put some honey in a spoon, dropped my little ball in the middle and swallowed the honey and the shilajit. That just made taking this stuff so much easier! So, try it see what way works best for you, but the honey is the way to go. I've been taking this for several weeks, just a few times a week, but the benefits are pretty awesome, and since I have thyroid issues I am enjoying the energy boost that this provides. I received this product at a discount in exchange for my honest and unbiased review and all opinions are based on my personal experience with the product.

[Comment](#)One person found this helpful. Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

Fantastic stuff! This is something that I need to keep around!

By [Christine H](#) on March 18, 2016

This review is for the PÜRBLACK SHILAJIT.

I first started out by kind of experimenting with the product. The resin is super hard to handle, but you can tell this is pure genuine resin. I did notice I was no longer tired and exhausted all day. I can say I have received the best night's sleep in a long time. I can say, I have not changed anything else in my diet and have kind of experimented with the resin and can say for me this is some awesome powerful stuff. My body was really needing the minerals and this has really changed everything.

I can't say how it will work for you, some people it is something that changes overnight and others it takes a little bit of time. I can say that Pureblack Shilajit has completely changed my life and I feel so much better!

I received this product for a discount in exchange for testing, inspecting and reviewing it. I received no other compensation for my review and always give my honest and unbiased opinion of each product. I am disclosing this in accordance with the Federal Trade Commission's 16 CFR, Part 255: Guides Concerning the Use of Endorsements and Testimonials in Advertising.

[Comment](#)One person found this helpful. Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

I noticed pretty quickly that I didn't feel terribly hungry at my ...

By [Ybella75](#) on March 26, 2015

Verified Purchase

I've been using Purblack Live Resin for just a few weeks and already I have noticed changes in my ability to focus throughout my day. Prior to taking the live resin, I often felt foggy especially in the afternoon. Now that I have been taking Purblack daily (in the morning) I feel fresher and more alert. I no longer need an afternoon cup of coffee to get me through the day. I may consider taking it twice a day to see how it affects me. But I am most excited about a rather unexpected effect of taking Purblack and that is the curbing of my appetite. I noticed pretty quickly that I didn't feel terribly hungry at my regular meal times when typically I would be starving. Quite a few times I had to remind myself that I should be hungry and that I should probably eat something. Even when I felt a little hunger, it wasn't overwhelming and I was

able to make better choices versus grabbing just anything. I can see this as a real help with my weight loss journey which includes eating better and portion control. I will definitely continue to take Purblack to see how it continues to affect me.

[Comment](#)4 people found this helpful. Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

PURBLACK has a very good reputation for being an authentic

By [VanillaZilla](#) on November 2, 2015

I have been curious about shilajit from the first time I heard of it and have received a smaller sample of this previously. When I had the opportunity to take part in a promo to try a full size jar I went for it. But before I tried it in the first place I did some research into the PURBLACK brand before doing so. From what I researched, PURBLACK has a very good reputation for being an authentic, pure, uncontaminated source of shilajit from the Caucasus mountain area. Shilajit is actually part of Ayurvedic medicine and has been used for centuries. The only reason I dinged a star off is that there is aluminum in this shilajit (I'm sure it's in all shilajit) and I know that we do take in some aluminum in our diet, it's generally something you should avoid. However, it is a very low and non-toxic amount and I think the other health benefits outweigh the aluminum issue. You eat aluminum every time you eat a cupcake and nobody's going to stop eating cupcakes lol. Anyway, the substance is dark and sticky and not that great smelling. I know that it is recommended that you dissolve the shilajit in a glass of water and drink, but the flavor was not for me. I rolled up a small ball of it with my fingers and simply swallowed it like a pill. Very simple and painless. Like I said before, I got this as part of a promotion to receive a discount on this product in exchange for my honest review.

[Comment](#)One person found this helpful. Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

PURBLACK SHILAJIT. 30 GRAMS. LIVE, PURE For better health and mental well being

By [Day Dreamer](#) on October 22, 2015

This stuff is interesting, it is said to come from the Himalayan mountain range. It is said when 2 continents collided and formed the mountains that the trees

and forests were crushed and every summer Shilajit oozes from the mountain crevasses.

Shilajit is said to support deep rejuvenation and energy production. Shilajit delivers energy and nutrition to your cells quickly.

Shilajit is said to benefit you as a whole, body and mind.

It comes in a black tub with a screw on lid. The lid is easy to unscrew so people that have issues with their hands shouldn't have allot of trouble opening the tub.

Inside this tub is where it gets interesting. Shilajit is black, and very thick. I first just mixed mine with water and drank it but now I just take a small pea size amount and swallow it. It does have a bitter taste but when mixed in water it isn't to bad.

After taking this a few days I did notice a few changes. I noticed my mood was better, I seemed less stressed, and just my overall well being was better. I seemed to have more energy and wasn't as inclined to take a nap in the afternoon.

I will continue taking this product as I cant wait to see how it affects some of the medical conditions I have.

I received this product for free in exchange for my honest and unbiased opinion and is based solely on my experience with the product

[Comment](#)One person found this helpful. Was this review helpful to you?

Yes
No

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Showing 91-100 of 413 reviews(5 star). [Show all reviews](#)

5.0 out of 5 stars

I also might add that I've been experiencing an unusual amount of abundance in all manners and aspects of my life as of late (es

By [lucas canzian](#) February 17, 2015

Verified Purchase

I have only been using Purblack for about one week now and have since noticed an inexplicable difference in my overall mood as well as my mental clarity. I no longer suffer from the stress or anxiety that were constantly impeding on my ability to remain calm and focused. I dread the thought of a future without Purblack shilijit in it. I also might add that I've been experiencing an unusual amount of abundance in all manners and aspects of my life as of late (especially in the love department!). Purblack is fabulous!

[Comment](#)2 people found this helpful. Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

Skeptical until I tried it! Well worth it!

By [Tim and Kate Blanchard](#) on December 2, 2015

As I said in my video, this resin works great! I have heard a lot of great things about using shilajit resins in general after doing a LOT of research on it, and I have no regrets whatsoever about using this product. I full intend on buying a second jar as soon as I'm done with this one, and recommending it to friends and family. When you first open it, you'll notice it smells very strongly, and it's got a very tar-like feeling to it. It's a little difficult to spoon out, but you don't need very much at all - the sizing is shown on the instructions. Dissolve it in water for a few minutes, or you can mix it with a honey water or even a lemon water if you want to try neutralizing the taste. Personally, I just drink it down, it takes a bit to get used to but once you do, the health benefits seriously outweigh the bitter taste. I felt better the second day that I took it and there was a noticeable difference in my mood, my recovery from working out, and my sleeping at night. I sleep terribly, and this has helped me gradually stay asleep at night instead of tossing and turning and waking up! That sold me with just that, but it has a lot of other benefits as well. I can't wait to rave about it some more to my family! I received this product in exchange for my honest, unbiased review.

[Comment](#)One person found this helpful. Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

From the first day of use, I could tell a difference in my mood.

By [Saturn5798](#) on March 13, 2016

From the first day of use, I could tell a difference in my mood. We have a lot going on in our lives right now, and I was pretty stressed out. I took a pea sized amount of the Shilajit and rolled it up in a ball. I dropped it into a hot cup of tea with some honey. It had a woodsy taste to it. It looks and feels like the texture of pliable tar. With the honey, it sweetened up nicely and tasted like an earthy tea. Later that evening, when I was faced with a lot of stressful issues going on, I realized that I was handling it all quite well. That I had a level head and that nothing was really "getting" to me. It is a little bit of a pain to pull the lid back on the Shilajit because it is such a thick texture, however, that would be my only complaint. The product comes in a small round container

approximately 1 inch high and 2 1/2 inches in diameter. It is in a dark container to protect the Shilajit and give it a longer shelf life. The Shilajit is great, and it is working for me!

I received this product at a discounted rate in exchange of my honest review.

[Comment](#)One person found this helpful. Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

Works great!

By [Vannessa](#) on November 7, 2015

I am very impressed with this product. I was nervous about trying it at first because there isn't a lot of information out there about shilajit that comes from the US and most of what I could find came from websites that sell it. I ended up taking it in to my endocrinologist office with me for an appointment I had and she was very supportive of me trying it. I have hypothyroid, arthritis, fibro, and anxiety and I am always looking for ways to alleviate some of the symptoms that come along with them. The smell and taste of this live resin is not pleasant in the least. I wasn't able to dissolve it in water or tea and drink it but I take a small scoop out with a spoon and roll it into a ball about the size of a pea and swallow it like a pill and then drink a glass of water after to chase it. I have already noticed a big difference in the amount and quality of sleep I get at night and I don't feel like my anxiety is as bad either. I have more energy during the day and I also don't have as much achiness either.

I received this product at a discount or complementary in exchange for an honest and unbiased review and everything stated is 100% true to my experience. I only recommend products that I have thoroughly tested and truly believe to be worth purchasing.

[Comment](#)One person found this helpful. Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

Love this stuff!

By [MamaX3](#) on March 15, 2016

I am so happy with this shilajit. My body and mind had been responding great to this stuff! I feel great, I sleep better and I'm in a better mood. I actually use to take melatonin to help me sleep but I would never stay asleep. After taking this, I sleep better. My husband has digestive problems and this also helped

out with that as well. There are a couple different ways to take this. You can mix it in a drink, I didn't do take his method because I don't like the taste. I prefer to scrape a little pea sized ball and swallow it like a little pill. I've seen complaints of how people cannot scrape the product put because it's too hard. All you have to do is add a couple drops of water and seal it and it will soften up. When storing it, make sure to have it sitting up so the product doesn't get stuck on the cap which makes it difficult to open. Overall, I am completely happy with my purchase. I recommend this product. I received this item at a discounted price in exchange for an honest review



[Comment](#)One person found this helpful. Was this review helpful to you?

Yes
No

[Report abuse](#)

5.0 out of 5 stars

Unique and effective supplement

By [Heather Wiginton](#) on March 14, 2016

This product is very unique and unfamiliar to me. It is a third generation resin. It has multiple health advantages. Some of these are accelerated regeneration of healthy tissues, sleep regulation, improved mood and emotional stability, improved cognition, natural mental emotional and physical enhancement, healthy immune and inflammation response, and neutralization of addictive substances. The instructions state to take about a pea sized portion daily, dissolve in a non-chlorinated luke warm or cold beverage. The product is very very dark and kind of sticky. It dissolves fairly easily in Liquids. It does not have a strong odor. Doesn't taste that great, but if you mix it with something flavored like juice or Kool-Aid, it's fine. I did not notice any unwanted side effects. I have noticed my mood and emotional stability is improved, my cognition is better and I don't seem to have as much joint inflammation. I received this product at a discounted rate in exchange for an honest review.

[Comment](#)One person found this helpful. Was this review helpful to you?

Yes
No

Report abuse

5.0 out of 5 stars

Amazing stuff to help with chronic illness and "brain fog" - and it's hard to find something that actually WORKS for that!!!

By [David & Donna Lewison](#) on November 1, 2015

I have used Pürblack Live Resin Shilajit for about a month now. Truthfully, I didn't really think I would be a Shilajit convert, but I AM! I honestly noticed a difference in my energy level after a couple days. However, the biggest change I noticed was that I started thinking much more clear...and that's a HUGE deal for someone with a number of chronic illnesses. Now, I normally take pretty good care of myself. I have to in order to function. But I do still struggle with "brain fog." That is often one of the hardest symptoms to deal with and treat. Shilajit does amazing things for "brain fog"!

I regularly take ashwagandha to help with that brain fogginess, but adding the Shilajit takes things to a whole new level. In the research I did on Shilajit, it works very well (almost synergistically) with ashwagandha. I urge you to do some research on Shilajit! It's something I had never heard of and might never had tried if a friend hadn't suggested I give it a trial.

You really should give this a try! Yea, it's strange and different, but WOW! The difference is amazing!

Disclaimer: I received this product as a free sample to test out in exchange for my honest and unbiased review.

[Comment](#) One person found this helpful. Was this review helpful to you?

Yes
No

Report abuse

5.0 out of 5 stars

SO FAR GREAT... except for the taste (:

By [kevin](#) on March 2, 2015

Verified Purchase

This is my first time trying this product or any Shilajit product. I will update this as time goes by but today is my first time taking it. Within first 5 minutes I noticed a calmness come over me. It has been about 30 minutes and I feel focused however not jittery like I always feel with coffee. I feel like this is a great product and will be a cornerstone of my health regimen. I will continue to update this review as I use the product over time! Honestly the taste is not great but it is earthy and different.

[Comment](#)One person found this helpful. Was this review helpful to you?

Yes

No

Report abuse

[5.0 out of 5 stars](#)

I keep buying this product because it's amazing. I started using this shilajit resin brand over ...

By [Fabiana Hernandez](#) on June 25, 2015

Verified Purchase

I keep buying this product because it's amazing. I started using this shilajit resin brand over a year ago. My body & state of mind have changed. The ayurvedic healing properties of the resin have helped me to balance. I have also increased my endurance, focus & general wellbeing.

I strongly recommend this product to everybody! It's amazing!!

[Comment](#)2 people found this helpful. Was this review helpful to you?

Yes

No

Report abuse

[5.0 out of 5 stars](#)

I love this product

By [Neo Alkebulan](#) on September 5, 2015

Verified Purchase

Shilajit has changed my life. I recommended this product to everyone up in age and would like to experience a youth.

PurBlack is a bit expensive. Paying for the solid container mostly. 30 grams sell for \$19.99 on eBay. Thats about a 2-3 months supply.

[Comment](#)One person found this helpful. Was this review helpful to you?

Yes

No

Report abuse

Showing 101-110 of 413 reviews(5 star). [Show all reviews](#)

[5.0 out of 5 stars](#)

Amazing stuff. Nothing like it. Something you just have to try for yourself.

By [Graciesmom1023](#) on December 4, 2015

So I have never heard of PurBlack Shilajit. I found it interesting reading up on it awhile ago. This Live Resin is used for many reasons for your mind, body or just lifestyle in general. I have tried it here and there the last 2 weeks. It's unique and unlike anything. I kind of consider it my morning go getter. There's a few ways you can take it. The first is to let a pea sized ball amount dissolve In a glass of water for 20-30 minutes till the resin will fall apart then I drink it

right away. Dosent really have much of a taste when you dilute in enough water. The second option is to just swallow the pea sized amount without chewing followed with some water or honey. I haven't been brave enough to do that one yet.

I feel like this stuff really kind of mentally sets me for the day. I'm not a huge caffeine person but when I need an extra push I would always reach for caffeine. Now I reach for this awesome Live Reain by PurBlack instead. I can't wait to see what the long term benefits of using this product will be. I recieved this for free in return of a honest and unbiased review.

CommentOne person found this helpful. Was this review helpful to you?

Yes

No

Report abuse

5.0 out of 5 stars

Pur awesome

ByTrey Diceon January 17, 2015

Verified Purchase

Upon taking Purblack Shilajit I felt a wonderful grounding that I have never experienced with any other forms of Shilajit. It has been a beneficial aid for releasing addictions in my life, layered with deep relaxing sleep every night. I am accustomed to the taste of the live resin on it's own however it is amazing when combined with tea and honey. A powerful way to start the day!

Comment2 people found this helpful. Was this review helpful to you?

Yes

No

Report abuse

5.0 out of 5 stars

So many benefits!!!

BySweatsweaton November 25, 2015

I wish I could give more stores to the supplement! I have been taking this product for over a month now, and just order the bigger jar. This has really helped improve my quality of life. Just some of the benefits are an increase in energy that last throughout the day, less pain in my neck and shoulders which was generally constant before this supplement, and more get up and go to get things accomplished around my house. I honestly cannot stress how great the supplement has been for my quality-of-life. I will be honest it is absolutely disgusting to taste, but I have found that you can roll it between your fingers into it kind of ball, and then just take it like you would a pill and the flavor does not linger. This is been the easiest way for me to take it. I have done a little bit of research on the supplement and it truly is an amazing product. If you are looking for something that is probably going to help improve the quality of your life, I would highly recommend looking into this.

I received this product at a discount in exchange for an honest and unbiased review.

[Comment](#)One person found this helpful. Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

This stuff works!

By [Carissa Ulrich](#) on March 17, 2016

Even think your get up and go may have gotten up and left you? That's the life of a single Mom! ;) Between my job and my kids, I never get enough sleep, and the quality of sleep sometimes is not good. I am always skeptical about taking new or different supplements because I don't know how my body will react (and I can't afford the down time!). This Shilajit however is AMAZING!! It works the same day! As a nurse, no supplement works that quickly! Apparently this is full of trace minerals my body has been lacking from diet, lack of sleep, etc. The added energy is a big plus, but not being jittery and sleeping well is also a major plus! It is rather hard to get out of the jar, and yes, it stinks like asphalt, but you can get over all that to find out how much better you can feel!! I did receive this product at a discount in exchange for my honest and unbiased opinion.

[Comment](#)One person found this helpful. Was this review helpful to you?

Yes

No

5.0 out of 5 stars

hence its just gonna be a waste of quality shilajit even if i decide to try ...

By [Peterllew](#) on September 4, 2015

I do transcendental meditation and i am a huge fan of ayurvedic medicine but i have always been reluctant to try shilajit even though there's so much hype in it in the ayurvedic community. It because I have been told that the taste is just nt pleasant. hence its just gonna be a waste of quality shilajit even if i decide to try it once and then hate the taste. but i recently had bitten the bullet so to speak. i am surprised that the taste isn't as bad as they say. i don't really know how to describe it but i can see why some people hates it. the fact that its black didn't help as well. anyways i have been taking this for over a week and it seems to have helped me with what i thought is the result of my low blood pressure and or anemia. i tend to sleep a lot, and i get so tired in

the middle of the day that i needed so bad to take a nap. if i don't, i won't be productive anyways. this has helped me go through a few days without naps and yet still able to concentrate on my work. well, somewhat. not as good as the mornings. but i'll take it and i do feel improved day by day. so hope it helped after i finished this 30grams.

I purchased this product at a discounted rate in exchange for my timely, honest and unbiased review.

[Comment](#)One person found this helpful. Was this review helpful to you?

Yes

No

[Report abuse](#)

[5.0 out of 5 stars](#)

Keeps getting better and better

By [Brianna Rodriguez](#) on November 21, 2015

PÜRBLACK SHILAJIT. 30 GRAMS. LIVE, PURE, GENUINE RESIN

I was raised in Australia and eat vegemite regularly. When I inititally ordered this product, I expected a vegemite consistency and flavor. I was wrong. This product smells and tastes like the residue on a smokers hands after they have been smoking. It is not pleasant. With that being said, it is worth it.

I previously purchased the smaller sample sized container of this product. I have continued to use a small pea sized amount each night before I go to bed and I really see an improvement in both my quality of sleep and my energy level during the day. I continue to be more mentally clear, which as a single mother of a very active 4 year old son, is awesome. I recommend giving this product a try and seeing what it can do for you.

I received this product at a reduced price in exchange for my honest, unbiased review. I am in no way affiliated with the seller, nor the product itself. All above expressed opinions are solely mine and true.

[Comment](#)One person found this helpful. Was this review helpful to you?

Yes

No

[Report abuse](#)

[5.0 out of 5 stars](#)

This is a great value for your buck

By [Melissa L.](#) on November 23, 2015

This is a great value for your buck. I was first unaware of what this really was. I opened the jar and it smells like tar. Shilajit is the main substance

responsible for energy production within the cell. I felt more energy within a few days and now I love it. I will do anything to get more energy in my life and this is it. Recent studies on Shilajit show that it delivers energy and nutrients to the cell at astonishing levels. There has been many tests done on this substance and I trust it does what it says it does. I love it and will continue to take it. It's a hard resin so what I do, is take a little piece and swallow it like a pill instead of drinking it. Many ways to take it. I have been taking this for a bit now when I got the 7 gram jar but this is a better value and great quality still.

I received this item in exchange for my honest review. Item arrived on time and I am very happy with the product. I recommend it to anyone. Great company and I would buy from again.

Comment One person found this helpful. Was this review helpful to you?

Yes
No

Report abuse

5.0 out of 5 stars

Purblack 30g

By **Cara R.** on January 4, 2016

This is my second jar of Purblack Shilajit. My first jar was a smaller "trial" jar and my second jar was this 30g jar.

The packaging for this product is great. The container is sealed and it is in a box with tamper evident tape. It says void when the tape is peeled.

If you cannot find a way to drink this, you can pull off small amounts, roll them into a ball, and take them like a capsule. That's what I had to do in the beginning before I got use to the taste/smell. It truly isn't that off-putting now.

I noticed more energy and I was sleeping a lot better at night. Most days, I run out of energy after chasing my kids all day, but still can't get to sleep at night. This changed everything!

I receive this product at a discounted rate in exchange for my honest and unbiased review, but all opinions are 100% my own.





[Comment](#)One person found this helpful. Was this review helpful to you?

Yes
No

[Report abuse](#)

[5.0 out of 5 stars](#)

Couldn't be happier!

By [yes smooch](#) on November 5, 2014

Verified Purchase

Chronic back, neck and shoulder pain as well as anxiety and insomnia are issues that have plagued me most of my adult life. A friend recommended Purblack and I am so grateful for it! Within a half hour of taking Purblack I noticed a difference. While normally my nights are filled with tv watching and couch surfing, I felt a lift from taking Purblack. Not only did the anxiety leave after I took it, to the point where I picked up the phone to call a friend to go out for a coffee, I noticed my muscles calm and my shoulder that is always stiff because of three prior surgeries, loosen up to the point where it was cracking and comfortable.

It's only been one day, but I couldn't be happier. The product arrived in magnificent high quality glass tin with a unique serial code on the bottom, beautiful packaging, and clear instructions. And! No jokes: I even noticed a difference in my cat after she licked some of the resin off my fingers.

[Comment](#)4 people found this helpful. Was this review helpful to you?

Yes

No

[Report abuse](#)

[5.0 out of 5 stars](#)

Miracle Growth

By [iWorkallday](#) on October 31, 2015

The Shilajit came perfectly packaged, with a detailed guide on how to consume it. From day one, I've been addicted to this supplement and have tried many experiments to try to eat it raw, but always ended up having to swallow the raisin sized shilajit with water.

From research I discovered before consuming this supplement that Shilajit serves as a powerful antioxidant and functioning to regenerate the tissues. The benefits also include healthier (and improves) immune/digestive system, better sleep, and a stress reliever.

Shilajit, is something I've greatly enjoyed taking from the first day, with my only drawback being, having to scratch and scrape the surface to extract my raisin sized shilajit, as its feeling is more similar to tar, and tends to get stuck on the surface. With religious use. I've no doubt seen much improvement in my sleep and my energy levels.

I received this product for free for my honest and unbiased review

[Comment](#)One person found this helpful. Was this review helpful to you?

Yes

No

Report abuse

Showing 111-120 of 413 reviews(5 star). [Show all reviews](#)

5.0 out of 5 stars

Increased Energy from Purblack Resin Shilajit.

By [Lilybeth Lake](#) on March 22, 2015

Verified Purchase

I am new tho this product, but as I have been taking it I have felt increased energy, have enjoyed the taste. I have also seen some subtle changes in myself, and am happy to see where this journey will go. I have also been sleeping better, than in the past. I will continue using this product. I have not missed a day. I am glad that I could buy it through Amazon, it made it much easier.

[Comment](#) One person found this helpful. Was this review helpful to you?

Yes

No

Report abuse

5.0 out of 5 stars

So gross, yet wonderful!

By [Al O.](#) on October 29, 2015

So gross, yet so good. That has to be the best way to describe this awesome little 30g container. Despite what anyone says, this powerful little container of sticky black tar is an amazing everyday supplement and healing property. Having little to no energy and really high blood pressure issues my husband was looking to try anything. When Shilajit was suggested we were warned right off the bat about its flavor. Do NOT let this stop you. Simply roll this into a pea size ball, chuck into the back of your throat and chug chug chug some water. Bam! Good to go! Over time you will notice your energy returning, your blood pressure dropping, overall so many health improvements! Shilajit, while gross in a sense has become an everyday item in our house! I love this little container of black goop.

I received this product free in exchange for my honest unbiased review. All opinions are my own



[Comment](#)One person found this helpful. Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

I now feel like I've caught up on sleep and require less sleep ...

By [Amazon customer](#) on October 20, 2015

I started using this supplement a few months ago and my husband just started using it too . When I initially started using it, I noticed that I was sleeping really hard and waking up feeling rested. After consistently taking it, I now feel like I've caught up on sleep and require less sleep to feel rested in the morning. The smell and taste of this is kinda gross, but I feel like my body was craving it for a while. Now I just let it dissolve in my mouth. My husband, on the other hand takes a pea size piece and just swallows it whole so he doesn't have to taste it. We had a problem with ours getting too hard and I did what the questions suggest and added a few drops of water and it's soft and easier to work with again. Overall I'm very happy with this Shilajit and am thankful for all the sleep and ability to function again!

I received this supplement at a discount in exchange for my honest review.

[Comment](#) One person found this helpful. Was this review helpful to you?

Yes
No

[Report abuse](#)

[5.0 out of 5 stars](#)

Great energy, focus and stability

By [MaFiDoM](#) on December 1, 2015

0:00

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This video is not intended for all audiences. What date were you born?

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Adobe Flash Player is required to watch this video.

I have read a lot about this great mineral called Shilajit but was a little skeptical until I tried it. Purbblack Shilajit resin is an eye opening experience. This product is well packaged and it comes with a lot of tampering proof seals. Let me tell you the resin itself is dark black and it looks and taste like a tire literally but once you try it the bad taste is well worth it. I use it once a day in the morning to get me started. I take a little with a Popsicle stick and then wash it down with some water. This product gives me great energy, focus and stability.

I received a sample at a discounted price in exchange for my honest and unbiased review! All of my reviews are based 100% on my experience with the product and I never guarantee a positive review.

[Comment](#)One person found this helpful. Was this review helpful to you?

Yes
No

[Report abuse](#)

[5.0 out of 5 stars](#)

Shilajit--more energy, feel better!

By [J.Moeller](#) on March 19, 2016

I have had energy problems and I'm overweight, so I thought would be a great product to add to my daily health habits. You definitely have to get passed the smell and consistency, but I was desperate to increase my energy and drop some pounds. I suggest taking it as recommended, because straight out of the jar, is not good, but dissolved in the warm water works and is easy to drink. Only use a pea size amount, and it will last longer. I am just learning about all the the Shilajit benefits, and since "2016 is the year of my health", I will continue using this to help my body achieve the best health it can. I received a special price on this product for my honest review.

[Comment](#)One person found this helpful. Was this review helpful to you?

Yes
No

[Report abuse](#)

[5.0 out of 5 stars](#)

and also supports better quality sleep

By [Twist Step](#) on October 29, 2014

Verified Purchase

Pur Black helps to minimize the pain and tightness I often feel in the tendons of my feet and calves; and also supports better quality sleep. These are the

two most direct benefits I experience. I've tested the correlation several times, and Pur Black makes the difference.

[Comment](#)2 people found this helpful. Was this review helpful to you?

Yes
No

[Report abuse](#)

[5.0 out of 5 stars](#)

I have been on a long journey to good health and mental clarity for a few years and ...

By [Ryan Molpus](#) on April 1, 2015

Verified Purchase

This is by far one of the most unique supplements I have ever used, and have used many in my time! I have been on a long journey to good health and mental clarity for a few years and this was one that provided very impacting results. It's difficult to put into words how I felt within a few short days of using this product, but it started with a feeling mental peace and being grounded. I have struggled with some anxiety issues and this absolutely destroyed it.

This stuff is VERY powerful and something that can't be underestimated. You must try this to comprehend the abilities of this product.

[Comment](#)4 people found this helpful. Was this review helpful to you?

Yes
No

[Report abuse](#)

[5.0 out of 5 stars](#)

concentrate better, stay more focused when I meditate

By [Tim B.](#) on March 11, 2015

Verified Purchase

I am 75 years old. Purblack has made a significant difference in my life. I have more energy, concentrate better, stay more focused when I meditate, and have more interest and enthusiasm for things going on around me. I never had had trouble sleeping, but the quality of sleep is definitely enhanced.

[Comment](#)2 people found this helpful. Was this review helpful to you?

Yes
No

[Report abuse](#)

[5.0 out of 5 stars](#)

Great product, several benefits

By [Amber Scott](#) on December 1, 2015

I have had a lot of people tell me about PÜRBLACK SHILAJIT but had never had a chance to try it. To be honest I could not imagine spending the money on it without knowing how it would work for me. However, I got a chance to review the item at a discounted price and I must say that when it runs out I will be purchasing more. I just recently lost my job of 10 yrs and have been a bit down and lethargic. It caused major anxiety, some depression and not sleeping. I started using this automatically noticed a major difference in my sleeping. When you get enough sleep everything seems to be a bit better. I'm incredibly happy with the immediate results and cannot wait to see how many other benefits will come along with it.

I got this product at a discount for my unbiased review.

[Comment](#)One person found this helpful. Was this review helpful to you?

Yes
No

[Report abuse](#)

[5.0 out of 5 stars](#)

No supplement like it!

By [Amanda Ash](#) on October 27, 2015

This is such an amazing supplement. It gives me so much clarity and a more balanced feeling. It's so hard to explain how well it works because I've never felt this alive before but I feel motivated, energized, happy and have a sense of well being. They say to put a pea size amount in a cup of water and dissolve it before drinking. It was hard for me to drink because of the taste but I love the way it makes me feel so I pushed through until one day someone said to just make it into a ball and swallow it like a pill. It is so much better that way! It's quick, easy and barely any bad taste! This tar is very hard to scoop out but makes it easy to ball up without making a mess. Just try it for a week and you'll fall in love!!! I did receive a discount for my honest review.

[Comment](#)One person found this helpful. Was this review helpful to you?

Yes
No

[Report abuse](#)

Showing 121-130 of 413 reviews(5 star). [Show all reviews](#)

[5.0 out of 5 stars](#)

I started using slightly less than the recommended dose and was surprised that the efficacy was not ...

By [Fran](#) on September 11, 2015

I have used Shilajit (mineral pitch or mineral wax)prior to this, but this is my first experience with PurBlack. I started using slightly less than the recommended dose and was surprised that the efficacy was not

compromised. Although this product is slightly more expensive than other brands, the purity makes a little go a long way. This jar should last several months(taking it on a daily basis). This certainly adds value.

What to expect: If you have never tried it before, another reviewer described it well - "The Taste: Well, it really isn't as bad as some people may describe. I sort of liked the smell, pungent and strong, leading me to believe that there was something to it...thick like tar, it still dissolved quickly. After following the dose with cold water, there is no after-taste.

What does it do for the body? Less fatigued, more concentrated, focused and alert with an over-all feeling of well-being.

Do some research. Read some reviews. Give it a try. I received this product for free in exchange for an honest and unbiased review.

[Comment](#)One person found this helpful. Was this review helpful to you?

Yes

No

Report abuse

[5.0 out of 5 stars](#)

Since I started taking this I have great sleep, good moods

By[Amazon Customer](#)on March 21, 2016

This is the highest quality of Shilajit you will find anywhere. It's rejuvenating, energizing and grounding effects are felt very quickly. Since I started taking this I have great sleep, good moods, more energy, a faster workout recovery, simply feeling awesome. I use a pea size amount and mix it with warm water and honey. You can taste the purity and feel the affects of this awesome product. This stuff is amazing!!! I highly recommend for everyone. I received this product at a discounted price in exchange for my honest opinion.

[1 comment](#)One person found this helpful. Was this review helpful to you?

Yes

No

Report abuse

[5.0 out of 5 stars](#)

THE Best!

By[Carioca's Writings On The Wall](#)on December 3, 2015

I LOVE my Purblack Shilajit 30 grams of heaven!

I only consume a pea-sized ball daily and I have seen huge improvements on my joints, my stomach, skin, etc. IF you dilute it in water, be prepared to taste the tar-like resin. Don't be afraid of the strong tar-like smell, its just the smell and once you get used to it, you won't smell it any more.

This little bit in this small bottle should last you up to 2 months.

In closing, this is definitely one supplement that will be in my home all the time.

Disclaimer: I received this product at a discounted rate for my unbiased and honest review.

[Comment](#)One person found this helpful. Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

I absolutely recommend this purblack shilajit resin it helps me with energy and stamina to mention 2 ways only.

By[deon](#) on August 25, 2015

This purblack shilajit is a wonderful product. I began taking this at a much reduced dose than what is recommended as I know my body cannot tolerate typical doses. Even at the small dose I take I have noticed a difference in my system. I take this in the morning before breakfast and have found that even though I am groggy and sleepy within 15 minutes I am awake and have energy. The energy stays with me all day and I also have stamina to make it through the day. A friend tried this and she too noticed a difference in how she feels as well. It does taste like coal tar but that is a fleeting taste so I can live with that. I highly recommend this resin very much it does really help in so many ways. I received this free in exchange for an honest and unbiased review.

[Comment](#)One person found this helpful. Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

I am very happy with it and have reordered multiple times

By[Lauren](#) on February 27, 2015

Verified Purchase

My doctor suggested that I use this product to help with anxiety. I am very happy with it and have reordered multiple times. It's sometimes a little hard to get out of the container but that's my only complaint.

[Comment](#)One person found this helpful. Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

Pleasantly Surprised

By [DAVID L. BOWEN](#) on February 27, 2015

Verified Purchase

Pur Black delivers exactly what they say. I experienced a state of bliss that brought great joy from within as I was almost brought to tears I was so joyful. The energy signature the substance helped generate was picked up by everyone in my environment including my children, without me expressing so much as a word. I think that this substance helps to maximise ones spiritual state which could explained the varying results by different people. I practice a spiritual path, pray and do meditations. This substance definitely helped the process. I also found I was so joyful, I was laughing at what would have normally irritated me. Very interesting substance. The tar seemed purer than some of the other forms as well, with better results.

[Comment](#) One person found this helpful. Was this review helpful to you?

☒ Yes

☐ No

[Report abuse](#)

5.0 out of 5 stars

Excellent Resin for Healthy Home, My Clients, and Pets...Gotta Love It!

By [Lotus](#) on February 10, 2015

I Love Purblack's Shilajit Resin! Truly, this stuff rocks you inside and out. I work in Holistic Healing, my life is about pure wellness, and how can I continuously find ways to help myself thrive! I have taken this shilajit and found it to be the BEST. There are other brands available, and even powders I heard, but the one from Purblack has been my favorite. I trust their quality, check out their website and you can tell this is not low-quality. Well, actually, better yet just get your jar and try it yourself.

I was interested in some of the many benefits such as improving sleep, having more energy, and absorbing more nutrients into my body. I also will add that I have shared this product recommendation to my friends, and also my clients who come see my for Holistic Healing services. It probably sounds like I'm raving about this product...but I call it like I see it. Plus, I would never recommend anything to my own clients that I don't personally believe in, and use myself first.

It's also safe enough that we put it in our cats water dish at home, our cats can't get enough of it. They will also be happy when my new jars arrive.

[Comment](#) One person found this helpful. Was this review helpful to you?

☒ Yes

No

Report abuse

5.0 out of 5 stars

Feeling Stronger and more Aware

By [Stephen](#) on January 5, 2015

Verified Purchase

One of the best Shilajit Resins that I have ever used (and I've tried many)! You can taste the purity and feel the affects of this awesome product. Totally worth the price, would recommend this to any one looking for top quality Shilajit.

[Comment](#) 2 people found this helpful. Was this review helpful to you?

Yes

No

Report abuse

5.0 out of 5 stars

Great Stuff!

By [Rita](#) on March 14, 2016

I have been using PurBlack for a little over a month now. I could tell an immediate lift of my mood. As for all the other reactions it took a couple of weeks for me to be able to tell a difference. (Mental clarity, sleeping better). It comes in a small dark container and when I first opened it and looked at it it smelled and looked like tar and I was like no way!!! But...I tried it and am so glad I did!!

I am more energized and feel more rejuvenated. Great Stuff!!

[Comment](#) One person found this helpful. Was this review helpful to you?

Yes

No

Report abuse

5.0 out of 5 stars

Both this company and this product are simply amazing.

By [Zookson](#) on November 30, 2014

Both this company and this product are simply amazing. This is the highest quality of Shilajit you will find anywhere, ever. The companies standard for production and their belief in testing and research is incredible. I bought from them before they moved the product to amazon, and I am glad they did; I received my package within one day, on a Sunday no less!

As for the Shilajit itself, it is one of the best health supplements I have ever taken. It's rejuvenating, energizing and grounding effects are felt very quickly, for me only within a week of everyday usage. Great sleep, good mood, more energy, faster workout recovery and simply feeling radiant are all part of this

magical substance's effect. I take tumeric, ginseng, bee pollen, goji berry and bee pollen for my overall health, and the resin enhances and mixes well with all of them.

I practice martial arts, am an avid biker and mountain climber, and generally engage in strenuous physical activity every day. The resin helps me recover three times faster, and I constantly feel upbeat and energized, even after a long day of hard work. During those times I have pain from a pulled muscle or swollen joint, I find I can heal up in no time at all, and most of the swelling disappears.

I absolutely love the rich, smoky flavor it has (I just dissolve it in a glass of warm water), and it is one of those few things that, as soon as you take it, your body just KNOWS it's good for you. There aren't enough good things I can say about this; I've been taking it for about a year and a half, and plan to be a lifelong customer.

[Comment](#)One person found this helpful. Was this review helpful to you?

Yes
No

[Report abuse](#)

Showing 131-140 of 413 reviews(5 star). [Show all reviews](#)

5.0 out of 5 stars

works great

By**rob**on December 4, 2015

I wanted to try this having read up on Purbblack Shilajit and all the wonderful benefits that I could possibly obtain from it. When I got it, the stench said no way was I about to try this. I have RA and Fibromyalgia so decided I would hold my nose and give it a try. It tasted awful , and I didn't feel any difference. My friend told me to make it into a small pellet and swallow it as I do a pill. I did that for the next week and have had more energy . I received this product free in exchange for an honest and unbiased review.

[Comment](#)One person found this helpful. Was this review helpful to you?

Yes
No

[Report abuse](#)

5.0 out of 5 stars

GREAT PRODUCT IF YOU WANT TO IMPROVE YOUR HEALTH!

By**brenmc03**on November 5, 2015

This product is GREAT! I have more energy, my skin looks and feels great, I sleep better and of course, my metabolism has increased and I do not have sugar cravings like I use to! This is an awesome product and would

recommend it to anyone looking to improve their health and general well being. I have found the easiest way for me to take the pea sized amount is with some raw honey. It can also just be swallowed, but I prefer to have the sweetness of the honey with it. I received this product at a discount in exchange for my honest review.

[Comment](#)One person found this helpful. Was this review helpful to you?

Yes
No

[Report abuse](#)

[5.0 out of 5 stars](#)

I mixed it with Fresh Honey and warm water and really couldn't taste it but like others have said it smells like tires

By [April McGowan](#) on September 2, 2015

This is every different from anything I have ever tried before. I mixed it with Fresh Honey and warm water and really couldn't taste it but like others have said it smells like tires. It is one of those acquired type things. It really helps to control sugar levels and your weight. It helps my energy level a few hours after taking it but not as soon. It's helps with mental stability and moods. There were absolutely no jitters while taking this at all. This is something to try, If you get past the taste it is worth it.

I received this product in exchange for my honest review.

[Comment](#)One person found this helpful. Was this review helpful to you?

Yes
No

[Report abuse](#)

[5.0 out of 5 stars](#)

Quality Medicine

By [Ben](#) on November 3, 2014

Verified Purchase

Clear clean energy all day -- a little goes a long way! I use it to to help heal ulcerative colitis and provide energy without having to run to the toilet in pain. I will definitely reorder. Thank you for such a quality product.

[Comment](#)2 people found this helpful. Was this review helpful to you?

Yes
No

[Report abuse](#)

[5.0 out of 5 stars](#)

So Much Awesome!

By [Publius](#) on September 16, 2015

Having done some research on the benefits of shilajit, I decided I needed to give it a try. After looking into brands, I decided that Purblack seemed the most authentic and legit and the reviews are amazing. Having taken this for the last couple weeks I can say every positive review is dead on, certainly for me.

Brain fog has lifted. I feel more clear. Sleep has improved immensely. My focus is on point. My appetite has been less horrible, as in I crave garbage foods much less.

I have fibromyalgia and the pain from that is decreased considerably. That's a priceless improvement on my quality of life. Amen to Purblack

[Comment](#)One person found this helpful. Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

Great product

By [Tiffany Aytes](#) on October 14, 2014

A friend recommended I get Resin for my health problems. I have mood swings bad and inflammation in my hands. I researched and decided to buy Purblack Live Resin.

Every since taking Purblack Live Resin, I have noticed my hands don't get nearly as bad. My husband this has saved our marriage because the mood swings have been reduced so much. I will be buying again!

[Comment](#)4 people found this helpful. Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

Great product!!!

By [Tanysha Briggs](#) on March 13, 2015

Verified Purchase

I have only been taking Pürblack for three day now and all I can say is, it's been one of the best purchases I have ever made. After taking it for only one day I can feel many differences in my body. The first thing I noticed was I was able to focus on whatever task I was doing. I have been more aware of my thoughts and they have been positive. The second thing I notices is I have felt calm and centered. I don't feel any stress. I have more energy as well. On the first day that I took this product my body was very sore because I had been working out and after taking it my body didn't feel so tight and sore. When I was introduced to this product I really didn't know what to expect and I had no expectations but it has done far more than I ever imagined it would do. I am

so glad I made this purchase. I love this product. I take it twice a day and I like the way it taste, I surprised myself with liking the taste of it.

[Comment](#)One person found this helpful. Was this review helpful to you?

Yes
No

[Report abuse](#)

[5.0 out of 5 stars](#)

It is what it says it is

By [Iron56](#) on March 5, 2016

Verified Purchase

First time buyer: I'll be honest, it doesn't taste good. The silver lining is that the taste doesn't linger. You might want to wait a day for the stuff to settle in the jar, as shipping is likely to have a good portion of it stuck to the freshness seal. It has the viscosity of tar and looks like the black stuff the Engineer in Prometheus drinks, but since I'm typing this you can trust me when I say it won't rip you apart at the DNA level or turn you into a weird zombie monster. Not long after swallowing a pea sized portion I perked up. I don't know if others have this immediate reaction or if you will, but I did. That's it, it's what it says on the tin boys and girls. If you want Shilajit that's good, this is a good source.

[Comment](#)Was this review helpful to you?

Yes
No

[Report abuse](#)

[5.0 out of 5 stars](#)

I think this is a great company to work with

By [Daniel G.](#) on August 26, 2015

Verified Purchase

I am a big fan of this product! I noticed immediate benefits within the first week of using this product, which was much faster than many other products I have used. Most all of my aches and pains went away, I feel this is due to the anti-inflammation aspects. I also noticed my thoughts and feelings becoming more clear. I think this is a great company to work with, the support staff is easy to get a hold of and can answer many questions about this material. It's good to go with a company you can trust. I recommend supporting this company and supporting yourself by buying this product! So many benefits to enjoy...priceless!

[Comment](#)One person found this helpful. Was this review helpful to you?

Yes
No

[Report abuse](#)

[5.0 out of 5 stars](#)

Purblack is definitely the best shilajit available

By [Ed Z](#) on October 19, 2014

Purblack is definitely the best shilajit available. It's everything the reviews say it is and I'm sure that it actually has an intelligence that allows it to adapt to the individual. There's a lot of junk out there and I'm continually surprised at how many ayurvedic practitioners are prescribing them. Personally I sleep more soundly and have more sustainable energy. I've prescribed it to patients also.

[Comment](#) 4 people found this helpful. Was this review helpful to you?

Yes

No

[Report abuse](#)

Showing 141-150 of 413 reviews(5 star). [Show all reviews](#)

[5.0 out of 5 stars](#)

I have been taking this for six months, it ...

By [Janae](#) on November 15, 2014

I have been taking this for six months, it has been the first thing to heal a torn arm muscle that I had for 18 months, after 30 days the pain was receding and now healed. Works wonders on sleep and energy as well as mood.

[Comment](#) 2 people found this helpful. Was this review helpful to you?

Yes

No

[Report abuse](#)

[5.0 out of 5 stars](#)

This product is AMAZING!!!

By [kyle hoffman](#) on August 26, 2015

This product is amazing, I recommend it to anyone who is interested in Shilajit. The company is trustworthy and eager to assist with any questions. I noticed great benefits within a week of taking this in water. I also noticed a decrease in craving tobacco and alcohol. The resin has a wonderful taste, you can really feel the nutrients. I noticed a much more clear mind after taking this for a month. This was exactly what I was looking for. I also feel energized after taking this material. It has helped me get a much better nights rest. The packaging is great too! Treat yourself to this product, your mind body and spirit will thank you later!

[Comment](#) One person found this helpful. Was this review helpful to you?

Yes

No

[Report abuse](#)

[5.0 out of 5 stars](#)

Superb Product!!!!

By [KellyH84](#) on February 14, 2015

Verified Purchase

Before trying Purblack, I was using various mixes of tinctures, tonics, herbs, etc. with less than expected results. With adding this resin to my routine, it has boosted the effects tenfold, I actually feel everything working including the effects of PurBlack. Everything from my diet to my workout routine has been in effect in only most positive ways. I have had an inherent laziness about things in life, and now it's gone after using PurBlack. Quitting smoking, boosts in physical and mental energy (being outdoors most of the time as a Archaeologist, this is a plus), a more positive attitude, and even being able to quit medication for insomnia (Ambien). It feels good not to have to take meds just to get to sleep. My co-workers, friends, family all know now about this wonderful product. PurBlack has brought nothing but good things to my life. THANK YOU PURBLACK!!!!

[Comment](#) One person found this helpful. Was this review helpful to you?

☒ Yes

☐ No

[Report abuse](#)

[5.0 out of 5 stars](#)

Highly Recommended Shilajit!

By [Zorion](#) on January 23, 2015

Verified Purchase

I have been using Purblack Shilajit resin for about 3 weeks now. I have taken it straight up but prefer to blend it in warm water with some stevia or other sweetener to make it easy to digest. I actually have grown to like the taste. As far as benefit and effects, I definitely feel a huge amount of increased energy, mental focus and I sleep better at night. This stuff is pure and amazing and the best shilajit I have used by far. I also can tell the difference in my energy and bodily system in how it performs when I missed a day or 2 of using it. I'm about 3/4 through my first jar and I am already feeling like I need and want to continue using this product for a longer time and see what else it provides for me. The stuff just feels and smells primal and like it is potent with life force straight from mother earth. I highly recommend this product! It is of high quality and robust in its character.

[Comment](#) One person found this helpful. Was this review helpful to you?

☒ Yes

☐ No

[Report abuse](#)

[5.0 out of 5 stars](#)

Anytime I am feeling rundown I use this stuff and it gives me a pretty strong boost

By [FEO2](#) on April 8, 2015

Verified Purchase

I have used several other brands of shilajit, both powder and resin and this brand is noticeably more potent. Anytime I am feeling rundown I use this stuff and it gives me a pretty strong boost. I will dissolve it in hot water and add a little almond milk. Usually I use this if I miss out on some sleep, or if my work schedule has been more stressful than usual. This is also a great hangover remedy. Nothing like caffeine or any other stimulant, just good clean energy. I normally eat pretty clean, but after a holiday or after eating junk food I always drink some of this stuff and it helps me get back to normal. Good stuff.

[Comment](#) One person found this helpful. Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

My new sleep aid!!

By [Kathy Stewart](#) on March 25, 2015

Verified Purchase

I am very impressed with the Purblack Resin, and I was a little uncertain at first because of the strong smell. But once I diluted it with water, I like the taste -- kind of a woody taste. The best part is I am sleeping better -- I can get to sleep fairly quick, and I am having a much deeper sleep than I have had using melatonin or cherry juice. After I forgot to take it for a couple days, I went back to my previous sleep habit of taking a long time to get to sleep, waking up during the night and not able to go back to sleep. Also I feel like I am more focused during my meditation. It's only been two weeks, so I am curious to see what other benefits I will get from using Purblack. I am thrilled to find something that works and will continue using it, thank you!

[Comment](#) One person found this helpful. Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

I have more clarity in just over a week.

By [Kimberly Bassett](#) on January 3, 2016

0:00

0:00

This video is not intended for all audiences. What date were you born?

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Adobe Flash Player is required to watch this video.

Disclaimer: I was able to purchase this product at a discounted rate in exchange for my honest and unbiased review.

Great quality product. Strong smell, but it is part of the remedy. I have noticed a bit more clarity over the past week. Can't wait to see what this does in the upcoming weeks.

[Comment](#)One person found this helpful. Was this review helpful to you?

Yes
No

Report abuse

[5.0 out of 5 stars](#)

Works magic

By [Stephanie Elkinson](#) on March 16, 2016

I like to consider myself to be a health-conscious person, but I must admit that this resin is something brand new to me. Having never heard of it before, I had to do some independent research to find out what it was all about. As soon as I started to discover its health benefits, my curiosity was piqued to the max. I have a very stressful job at the hospital, so I was ecstatic when I read that this helps to improve your mood. I try to have a relatively balanced mood, but seeing some of the atrocities that I do at the hospital doesn't help much as far as normalizing my mood. After I started taking this for a few days, I began to notice that I didn't have as much anxiety and I felt like I was able to deal with things a lot easier. For me, this is a lot more therapeutic than downing a glass of wine once I got home. Another thing that I have noticed from taking this is that I am not completely sore after I work out. Usually, I am completely sore all over because I am trying to do some CrossFit and other strenuous activities. I ran track all through high school, but these workouts seem to exercise different muscles than what I am used to. With that being said, I am definitely glad that this resin helps with my recovery time. That way, it's not impossible for me to get in more than one or two workouts during the week without having to worry about being in total agony after the fact.

I would highly suggest that anyone interested in purchasing this read the instructions for getting the product out of the container. Sometimes, it gets stuck and may be a bit difficult to scoop out. I read that adding a few drops of water may help to loosen it up a bit. I really think a lot of it depends on how it is handled and stored, so once you get it pay attention to the little box because it will tell you which side needs to be stored up.

So far, I am beyond thrilled with this. A few weeks ago, I never even knew what this stuff was. Now I can't imagine going without it. Definitely a pleasant surprise for me.

I have received this product at a promotional discount in exchange for my honest opinion.

[Comment](#) Was this review helpful to you?

Yes
No

[Report abuse](#)

[5.0 out of 5 stars](#)

Crazy stuff- but it works!!

By [A. B.](#) on March 7, 2016

Purblack Shilajit. What the heck is that? I had to do some research (ok, googling) before attempting to eat something that looks like black tar. What is it?? It is "a natural substance found mainly in the Himalayas, formed for centuries by the gradual decomposition of certain plants by the action of microorganisms." Read more here: [...]

Now, be prepared when you open it. It smells (and spoiler! Even tastes) like cow manure. It's not the most palatable thing out there. Looks like some batches taste differently than others, as with any pure from nature substance there's going to be variances.

But.. I took it anyway. I tested the sampler size first to make sure it's something I'm interested in. I scraped out a tiny pea sized amount like it said and rolled it into a ball like a pill and popped it in my mouth and chased it down with whatever liquid was closest. (nontoxic liquid!). It was ok. Went down easily, didn't get stuck, not an awful taste in my mouth afterwards. Ok. I can keep this up.

Fast forward. I've been doing this once or twice a day for a couple months. And I'm keeping this up!!

Am I nuts? Maybe a little. But I've also experienced awesome effects from it. I sleep. Like a rock. I wear a fitbit-type monitor on my wrist and generally my sleep is charted as in/out of light/deep sleep all night long. Which means I'm tossing and turning and not getting the best rest. For the last week I've been barely moving- only a couple blips. And I'm falling asleep within 15 minutes instead of my normal 20-30. Win.

That's not the best part.

My mood! I feel "normal" again. I recently had a baby and I could feel that my hormones are still... out of sorts. Temper was short, not enjoying things, forgetting to pay bills (oops!!!!), but lately I've been lacing up my big girl shoes and I'm flying high and full of energy. I'm playing more, enjoying more.. I'm getting organized again!!! Woot woot!! Tackling my overdue to-do list lately- feels so good! This is a productive year for me so far.

I'm so grateful I got a chance to review this at a discount in exchange for just my honest and unbiased review. I tested this product thoroughly and don't guarantee sellers a positive review.



[Comment](#) Was this review helpful to you?

Yes
No

[Report abuse](#)

5.0 out of 5 stars

Great Shilajit Live Resin

By [Drichelle Pierce](#) on March 14, 2016

I am a working mom of two boys and lack of energy is my biggest complaint. I hate it!! I have read so much about Shilajit Live Resin. I did A LOT of research and knew it had to be pure resin. Finally, I decided to take the plunge.

Little backstory ~ I have multiple health issues. I have thyroid disease, heart disease, chronic migraines, and a few other things sprinkled in, so I am often very leery of what I add.

When it arrived I opened it up and was very put off by the look and smell. Yes, I had seen the pictures and read the reviews, but I guess I am a “believe it when I see it” type of gal. Yes, it smells and looks like tar.

Day one: I woke up feeling really crappy. I am in a crappy mood. I feel very anxious, tired, and have a headache.

The instructions provided suggest different ways of taking it. I decided to let my pea dissolve in luke-warm water. Surprisingly it dissolves very quickly. It tastes pretty nasty. I had to eat a Girl Scout cookie to get the taste out. One thin mint did the trick.

I didn't feel any different today.

Day two: I woke up feeling better today, but am not convinced it was the purblack. I dissolved a bigger pea this morning. Just as disgusting, but a Thin Mint helped cut the taste.
Didn't feel a difference

Day three: Full disclosure, I got about 4 hours of sleep last night (sick kids). Doubled my pea size. Dang this stuff is very hard to dispense.
By the end of a very long day, I actually didn't feel as sluggish and grouchy!

Day four: This stuff is not easy to gauge how much you are getting. I am wondering if I froze it and cracked amounts out to dissolve it that would help. I may try this.
I dissolved the larger pea size again.

****By the end of the day I could definitely tell my mood was better. I have been home with two sick kids and normally I am grouchy, but today I felt very mellow (not tired). It is subtle, but enough for me to believe this is actually working.

Day five: See the pictures for the pea size I took today. It is a pretty large "pea". I put the purblack in the freezer yesterday and forgot about it until this am. The good news is all the purblack was miraculously off of the lid. The bad news is it didn't exactly fracture like I hoped.
My son said it smelled like the zoo only worse. It is still not tasting any better (and I added honey today), but if this continues to help who cares!!

Day six: I think the pea size from day five is good. I still feel a very subtle change in my mood. No real increase in energy as far as I can tell.

Day seven: Daylight savings time has begun and I don't feel as tired and sluggish as I normally do. My mood continues to be more level.

Overall, I really like purblack. I will continue to use it and hope the benefits continue to increase over time. I don't feel the huge energy rush like I was hoping, but it has really helped stabilize my mood, which has been really nice.

I received this item at a discounted rate in exchange for my honest and unbiased review.



[Comment](#) Was this review helpful to you?

Yes
No

[Report abuse](#)

Showing 151-160 of 413 reviews(5 star). [Show all reviews](#)

5.0 out of 5 stars

MY SECRET STASH OF SMELLY GOLD

By [Leilani O](#) on March 9, 2016

First I will start with explaining that I am like a walking pharmacy. I have a whole host of health issues that include hypothyroidism, high cholesterol, high blood pressure, pre-diabetes, congenital joint defects that cause arthritis and

joint pain and ta-da, I had an injury that caused me to need a cervical fusion so I am pretty much in chronic pain 24/7. If you deal with pain regularly, you are seriously ready to try anything if you think it is going to help. I am able to go to work and am no longer disabled but I struggle daily with just everyday things that so many take for granted. This stuff is what I would call "my secret gold stash" it really helps. I wanted to wait and use this daily for over a week so I knew it wasn't just a result of my diet or something different in my schedule. I can consistently say that since I have been using this regularly I have noticed less overall pain. I won't lie, this stuff stinks! It smells like asphalt melting rubber but I add it to tea and it dissolves quickly and I drink it quickly. After a few days, I am now used to it and am taking it several times a day. Apparently this product has a number of trace minerals that I am sure my body is craving and my hope is it is helping me on a cellular level and because it helps to detox, I am feeling less pain. This is a wonderful product once you get over the smell and I am very pleased it has helped me to be more pleasant to be around since my pain level is greatly lessened ! I am thankful to have received this product at a reduced price in exchange for my unbiased and honest review which is based solely on my private experience. If this review has helped you, please click yes below that is has been helpful. Thanks!

[Comment](#) Was this review helpful to you?

Yes
No

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5.0 out of 5 stars

Pure quality!

By [Rosa Rivera](#) on March 12, 2016

When I found Shilajit I had any number of supplements in my cabinet but they all had one thing in common, quality. If you are looking for a inexpensive substance up-sold as a panacea for every ailment under the sun, you should avoid Shilajit. This stuff is rare and valuable with some very specific and incredible benefits. I don't want to waist your time by pretending it is something it is not or by telling stories that can't be backed up by science.

I will say that if you find a source for genuine and quality live resin you are in for a real treat. As a someone that cares about quality over quantity, Shilajit can only be described as elite.

I received this product at a discount for my honest unbiased review any experience with this resin have been 100% my own.

These are all the benefits in a quick list:

Alcohol withdrawal symptoms
Anabolic benefits
Blood sugar control
Immune booster
Cognition enhancing
Pain control
Inhibition of painkiller tolerance development
Energy production
Tissue regeneration
Mental and physical performance enhancer
Anti-toxic
Anti-radiation
Anti-allergic
Anti-inflammatory
Anti-bacterial
Anti-oxidant

Now based on these benefits i will tell you what it has done for me, Im on heavy medications with nasty side effects and this has helped me tolerate almost slow down that i do not feel this side effects, having said that this has helped my anxiety and improve my sleeping sleeping habits while cutting down on that ambien that i cant seem to get off of.

What appreciate about this is the energy i struggle with this daily and this has helped me go on through the day, my 3 yr old granddaughter is a handful is nice to be able to keep up.

I also suffer from depression and anxiety i have to say after a week of taking this i've taken one dose of anxiety medication so it hasn't taken it all away im not going to lie and say it took it away because it hasn't but because my mood has been so much better i haven't had the need to.

I'm actually very excited to try this in the summer when allergies are full blown i'm confident this will work to erase those symptoms.



[Comment](#) Was this review helpful to you?

Yes
No

[Report abuse](#)

5.0 out of 5 stars

The Porsche of Shilajit

By [Exec in a Gym](#) on December 1, 2014

Verified Purchase

I have been using Purblack for the last 4 months and have found positive results from day 1. At first all of the changes were mainly emotional as I felt calmer and more relaxed, as the days went on I found that I was sleeping better. I had suffered from insomnia and now with Purblack as soon as I decide I want to go to sleep I shut off the lights and fall almost immediately asleep. My sleep is much deeper and I wake up feeling refreshed and alert. I have never slept better. I have recently started working out with weights again and I found that I am not getting sore after my long workout sessions. I assume this has to do with the muscle and tissue regeneration. Also I have found that I am more alert and my thoughts and ideas are clearer. My stress levels have gone down as I am able to deal with stressful situations better than before. I think my wife is the most thankful for this than anyone else.

[Comment](#) One person found this helpful. Was this review helpful to you?

Yes
No

[Report abuse](#)

5.0 out of 5 stars

My miracle in a jar!

By [Tanya Ortiz](#) on March 1, 2016

I was never this excited about anything that I have ever received or reviewed in my life. This product when it first arrives, you KNOW the company has went through alot of steps to ensure the quality control just by the amount of boxes it comes in with the safety seals of fort knox. (its comforting to know that entransit that it has not been tampered with. When you open this it looks like black tar and smells like burn tires. Its thick. Very thick. I pry it out with a knife and I take it with a glass of water first thing in the morning so I don't forget. It gives me no adverse side effects. This product has literally changed my life!!! I have been trying to battle a weak immune system for YEARS. 20 years to find the thing that will make me feel normal. My immune system has always been on the weak side. Until taking this I suffered from a terrible joint pain in my foot and in my hip, at 42 I would get tired very easily. My immune system was so weak that if I would get into an arguement with someone I would be sick for three days. I have tried numerous supplements and diets over the years trying to build up my immune system. When this arrived and I saw this crazy tar looking stuff I was like I'll try ANYTHING to feel better!!! I started taking this and the first day it felt like my cells were rejuvenated. Its hard to explain. Its like my tiredness disappeared. The second day a friend could not believe that I was CHIPPER and on the phone talking late at night when usually I could not stay awake past 10pm!!! By the third day all my cravings for junk food had disappeared and I started back to doing my 30 minute cardio workout. This is where it gets interesting. My workouts now are a breeze. I dont struggle through them. When I workout I am not exhausted at the end of the day like I was before taking this. I can get alot more accomplished during the day because now I FINALLY have the energy I have been searching for, for the last 20 years!!! I keep looking at my fingernails. Yes they look like they are now SHINY and strong where as before they were weak and brittle. My skin looks so much brighter. Every day when I am in the car I look at my skin and it just looks very bright. I now finally feel normal. Normal meaning have the energy to do the things I want to do without getting tired. I can honestly say now at 42 taking this that I have more energy then I did at 20. For someone who has been on a 20 year search for energy to fight severe fatigue this is my miracle in a jar. As crazy as this sounds this past week I have made more money in my business because now I have more energy to work and do the things that I want to do without the severe fatigue setting in. I will be a lifetime customer as this product has literally changed my life! I did receive this item at a discount in exchange for my honest and unbiased review.

[Comment](#) Was this review helpful to you?

☒ Yes

☐ No

[Report abuse](#)

5.0 out of 5 stars

Ancient Shilajit yields some amazing health benefits!

By [Mitz1017](#) on March 1, 2016

My father is vegan and completely into health, vitality and all natural products. He is a very wise man so I usually listen to his advice. He had mentioned that Shilajit is a resinous, nutrient-rich carrier of energy and nutrition into the human body. He gave me a bit of History lesson on it saying that it is regarded by healers in India for its restorative properties. About 50 million years ago, the Indian continent collided into Asia and formed the Himalayan mountain range. As the mountains formed, tropical forests were crushed and compacted between massive boulders. The compressed forests gradually transformed into a nutrient and mineral rich biomass which is what we call Shilajit. So, in essence, Shilajit is really old hardened compost in the form a very thick tar-like resin. Sounds gross, but it actually has some really amazing health benefits.

My father said that it is mainly used as a tonic that you can drink a couple times a day, or as needed. So, because my father is very knowledgeable, I did give this historic tonic a try, several different ways. I first mixed it with water, which took a few minutes to dissolve and I drank it. I have to be honest, my first impression was that this tastes very bitter & pungent. So then I decided the next time I would squeeze a lime wedge in it and it wasn't that bad, however, it was still lacking something in order for me to be able to drink it every day. Last of all, I diluted the water just a tiny bit with some fresh herbal tea and used a little lemon & honey to cut down on the bitter taste. Now this is a tonic I can tolerate. I now drink it every day, three times a day.

PÜRBLACK Shilajit boasts of many amazing health benefits including:

- Energy
- Memory
- Mood
- Absorption of vital nutrients
- Enhanced potency and effectiveness of other nutrients
- Sharp intelligence
- Balanced blood sugar
- Efficient detoxification
- Optimal oxygenation and the body's natural antioxidant response

I have to admit, I was skeptical at first. The taste was also an off-putting factor in the beginning, but once I found a way to make Shilajit a drinkable tonic that I really enjoyed, having it on a daily basis was easy. After drinking it my way for a while I started to feel better than have in years. I slept better, woke up ready to tackle the world and even stress wasn't so stressful! I tackled the

world with a smile and didn't let the little things get to me. Outwardly, I feel like I'm in my late 20's rather than mid 40's and I even look younger. My skin has a nice radiant glow and I've also added an additional 15 minutes a day to my exercise routine. In my honest opinion, this Shilajit is amazing! I was fortunate to receive a complimentary sample in exchange for my honest and unbiased review. I can without a doubt say that incorporating this ancient tonic into my daily life has actually made me feel years younger and the internal benefits are astounding, not to mention it shows from the outside. Father always says your body is a temple and you must take care of it, since it's the only one you've got! Words to live by!

[Comment](#) Was this review helpful to you?

Yes

No

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5.0 out of 5 stars

Wonderful product

By [Jessica](#) on March 1, 2016

It always pays to be skeptical when it comes to natural remedies and supplements, and shilajit is no exception. Especially shilajit, really, considering a lot of fake products can actually be made of animal excrement. I would never buy powdered capsules or tinctures because there is just no way to test to see if it is the real deal or not but you can with the resin, and that is exactly what I did.

Real Shilajit will not burn, ever. When holding Purblack's brand shilajit to a flame it will bubble, 'puff out', and become ashy. This tells me immediately that this is a true, actual, shilajit resin without any fillers or products that shouldn't be in our body. Purblack's shilajit will also melt from the warm of your hand, and dissolve under the tongue and in water. After seeing this, I have no doubt that I got the real thing.

As soon as I received this product I immediately went and put it in the freezer. After reading the questions and looking at some of the pictures, I didn't want any of the product sticking to the safety seal. This is very expensive, and you don't want to lose a single bit of it to poor handling. Putting it in the freezer allows the product to settle in the pot, and lets you remove the safety seal with no resin stuck to it. Always keep this on a level surface because once it reaches room temperature it will start to settle and you don't want any resin getting on the rim.

To the touch, shilajit is kind of tacky, but it does not stick to the skin immediately. You have enough time to get a pea sized amount out and take it

with your preferred method before it starts to melt. I take it like I would a pill because the taste isn't great at all. I just can't handle it if I have to taste it.

It's really hard to describe the benefits. I know since taking shilajit I feel great. It has an amazing mood boosting effect, I see myself having a lot more energy, my anxiety is at its lowest it's been in a long while. And it feels natural, unlike medication that leaves me foggy.

I know shilajit is marketed as a miracle type substance, and I can't really say it's a miracle; but it does work. It does have many great benefits. I wouldn't hesitate at recommending this to anyone.

(side note: the picture of the resin on the toothpick is my attempt at burning it to test its legitimacy)

I received this item at a discount price in exchange for my honest and unbiased review.

[Comment](#) Was this review helpful to you?

Yes
No

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5.0 out of 5 stars

I use this twice a week

By [Speaker40](#) on March 10, 2016

This is my review of the PÜRBLACK SHILAJIT. 30 GRAMS. LIVE, PURE, GENUINE RESIN.by Pürblack.

I have done a lot of research on it and it's health benefits.

I find I get the most benefit out of it using it twice a week.

One of the main compounds in Shilajit is Fulvic Acid. Fulvic Acid has the ability to transform minerals and other nutrients into tiny molecules which your body can then absorb and use.

Some of the many benefits taking this has are, helping your bodies ability to use other nutrients

Slowing down the aging process

Regulate and supercharge the immune system

Cleanse, neutralize, and remove toxins • Improve circulation

Balance cell life

Improve circulation

Balance blood sugar

It has a very dark color and a sludgy consistency that is malible

I personally like to take a some and roll it into a small pea size ball and swallow it with a big glass of water on a empty stomach, either 1 hr. before or 2 hours after eating. It's important to make sure the Shilajut you buy is from a source you trust and should come in a glass container, so it wont leach

anything harmful that may be in the low quality plastic that is used for containers.

It is supposed to contain at least 85 minerals in ionic form, as well as triterpenes, humic acid and fulvic acid.

I take it to help boost my immune system, and based on recent blood work it has helped.

I always use every product prior to writing a review. I always write whatever I believe to be true, and I am not compensated for writing this review. I review the product as if I had paid full price for it. Please do not discount my review because I received this free in exchange for a honest review.

[Comment](#) Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

I feel this has been a magic wand for me!

By   Kristin El Kasmi   on February 15, 2016

When this arrived I was hoping this little black case would pack a very big punch in helping me get my mind, body and lifestyle on a better healthier track. The first thing I noticed was it is properly sealed and advises you to NOT use if seal is broken. It is safely packaged. I was happy to see when I opened this box- a leaflet that said these 3 things (body/mind/lifestyle-see pics). Of course everyone has high hopes of the new year- restarting diets and making New Years resolutions. I was looking for something like this to really draw attention to my body and mind because I want to live out my next 45 years -well that would bring me to 90- I want to be the best top shape I can be, no matter how much longer I have. I researched this so much and the history of its benefits and use I just had to try it.

I learned a lot about this product, researched it and found it quite amazing. I went with this specific brand because of its claims of being compliant with FDA, Manufacturing fully controlled by a US company and GENUINE AND PURE resin without excipients or fillers. Also learned that powders are NOT as good as this form. After reading everything I could get my hands on -I knew I needed to give it a try. I hoped to be the recipient of all the things it raves about.

Some benefits are: accelerated regeneration of healthy tissue, sleep cutting and normalizing ability, improved moods and emotional stability, better cognition, natural mental and physical performance enhancement, healthy immune and inflammation response, healthy neutralization of addictive substances.

I work a high stress level job, I treat patients in a hospital. I am licensed in P.T and so I not only have a physically demanding job, I have an emotionally demanding job. I work in every unit from ICU -to cardiac ICU- step down units, medical/surgical units. Clinically challenging patients and I am also not 24 anymore. At 44 going on 45 I have aches and pains which have really seemingly became noticeable this year. I became a wonderful recipient of plantar fasciitis in not one but both feet. I have definitely been taking more ibuprofen over this last year- more than would like to -for inflammation of my joints and my poor feet. I tend to get headaches often and those are probably more stress induced tension headaches. Lastly, because of all of the above I usually do not get a good night sleep and I am just fatigued all the time. When I think I got a good or better night sleep -I actually usually just feel more run down. This trial of pure black was something I really wanted to see and feel work because I am really hoping to make my aging journey a good healthy one!

Other than the ibuprofen I am not on any prescription medications. I use heat and or ice when needed for my aches and have recently bought orthotics for my aching inflamed feet.

I do, without a doubt -or that this is all in my mind -have to say this has been a positive for me. I do the pea sized amount twice a day and feel as though I am not taking even half of the amount of ibuprofen I was needing. I feel my aches and joints are not inflamed or even swollen as much as before . As related to my job and my stress level- I see a change in this area as well. I am not waking up several times a night, and I can get up and feel as though I am ready for the day. That late afternoon task of writing patient notes on the computer- I would be literally catching myself closing my eyes. How embarrassing is that! Amazing in that I am not doing that since this new black magic!!

There are really so many other things that this is wonderful for and I am going to keep using this. I recommend you check out other brands and see for yourself -as I did -that this particular one is live, pure and claims "Our resin is more effective, closer to nature and exceeds the quality of research grade shilajit and mumie." It is natural and safe. I received this product at no cost in exchange for my honest unbiased opinion. All opinions are truly my own and have not been influenced in any

[Comment](#) Was this review helpful to you?

Yes
No

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[5.0 out of 5 stars](#)

Unique product that helps with pain, mood and more!

By **StacyTOP 1000 REVIEWER** on February 14, 2016

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This video is not intended for all audiences. What date were you born?

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Adobe Flash Player is required to watch this video.

PÜRBLACK SHILAJIT -- 30 GRAMS and it arrived well-packaged.

I had no idea what Shilajit was until I started researching about it. Considered a rare tonic "herbal" substance, and it has been used for thousands of years. In the Himalayas and even as far north as Russia, it's collected by its local inhabitants. You will find many herbalists consider Shilajit to be the most significant natural tonic substance of Ayurveda.

When I first tried PÜRBLACK SHILAJIT before this jar, I was hesitant because it really doesn't smell pleasant and it looks like tar and feels like it too. BUT, after you research about it, you will find it is really good for the body and has many great benefits. Some of the benefits include; its a mood stabilizer, helps to heal, regenerates tissues, boosts the immune system, improves the mood, improves sleep, increases energy, helps with blood sugar control, improves mental and physical performance and so much more.

My husband is only 47 years old and has so many issues like being diabetic on insulin, entire body pain, trouble sleeping, memory issues and more. When I learned about this product, I figured he has nothing to lose but to try it. Like me, he was skeptical about trying the product because of how the product looked and smelled. . I told him he would need to take a pea size amount 1-2 times a day and may not see changes for a week or two. It has only been about two weeks and some things he has noticed. He said pain level has certainly decreased and sleeping seems to increase while he seems to be overall in a better mood. As far as blood sugars and other tests that are seen with his quarterly blood test, we won't know until the next time he goes to the doctor for blood work. We have plenty of this product left as it will last a long time probably about 2-4 months depending how much and how often you take it.

Overall, my husband has noticed some improvements with the way he feels overall. We are hopeful with continued use he will significantly feel better over time. I received this product for free in exchange for an honest and unbiased review.

[Comment](#) Was this review helpful to you?

☒ Yes
☐ No

[Report abuse](#)

5.0 out of 5 stars

Helps Me To Live Healthy!

By [TwoDoves](#) on March 3, 2016

Pürblack Live Resin

This is my first time consuming any Shilajit product, and I've taken this product daily for 10 days. The product comes in a nice jar, all tucked inside a

box, and there is a pamphlet with a good amount of information. The product smells like burnt rubber or fresh tar, but it's palatable when mixed with warm water, hot tea, or warm milk. I've been researching Shilajit since acquiring this product, and I'm really impressed by what I've learned.

I take a pea sized amount (about 300-500Mg), and add to hot tea or water. I brew up a cup of hot tea, add the pea sized portion, and let it dissolve before drinking. It takes about 10 minutes for the product to dissolve, but the tea will be cool enough to consume by then. I drink it on an empty stomach. One pea-sized portion per day. I'm hoping for the product to last at least a month.

I am very impressed by this product, and it's because I'm going to sleep much easier, and sleeping more soundly. It seems I have a decrease in appetite, and it's helping with my weight loss goals. I haven't had one migraine, or asthma attack, and I believe it's due to this amazing product, but I'll update. I'm also hoping this will help to detoxify my body. I can't tell about any other benefits from taking this, but I will update my review after a month. I've read where this is great for the hair, and for helping to rid pimples, blackheads and skin rash. I feel this will be a product used within my family for a long time to come, and I truly love it. I received this product at discount in exchange for my honest and unbiased opinion.

[Comment](#) Was this review helpful to you?

Yes
No

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Showing 161-170 of 413 reviews(5 star). [Show all reviews](#)

[5.0 out of 5 stars](#)

Stamina and Energy in a jar....

By [Review DIVA](#) on March 6, 2016

So I recently received my jar of Shilajit from the Purblack Company. I thought it would be fair if I waited a week before coming here to share my impression so that I could better describe what my personal experiences were. The Purblack Shilajit arrived in timely fashion to my home. It was securely packaged with no evidence of damage to the product. In fact Purblack secures it so tightly that it was in three different boxes to protect it not to include the shipping box. I am very cautious with taking supplements due to my age of almost 60 years and was very delighted to see that it also had a seal on the jar that you need to break upon opening. When I opened the jar there was a shiny sticky black resin that felt rubber-like in texture. I didn't smell anything but that may have been due to the fact that I had a sinus infection. As a profession I am an Occupational Therapy Assistant in a major hospital in the Metro Detroit area. I generally wake up around 5 am to be to work by 7 am. It is a 8 hour shift. However, by noon I am super sleepy. I have taken multi-

vitamins to help increase my energy levels but unfortunately they have not worked. So I read the instructions and dosed myself a pea sized ball of shilajit and added it to a glass of water. It dissolved pretty quickly and I drank it followed by a cup of tea with lemon and honey. I dosed myself at breakfast and dinner. I did not notice any changes the first two days but by the third day I did observe that I slept a little better the previous night and it didn't take me as long to get my morning rituals started. By the fourth day I did indeed have more energy and was not sleepy at work by noon! I was astounded by what I was experiencing and at first was thinking that it was just my imagination. Its been close to two weeks now and I am quite pleased to say that I do have an increased energy level and improved stamina. I recommend that give Purblack Shilajit a try to restore your stamina, energy level and provide a better nights rest! Disclaimer: I received this product ata discount for sharing my honest and open opinion. This posting was constructed using my own words based on my personal experience.



[Comment](#) Was this review helpful to you?

☒ Yes
☐ No

[Report abuse](#)

5.0 out of 5 stars

START FEELING BETTER AND HEALTHIER QUICKLY

By [easybutnotcheap](#) on January 15, 2016

First off I would like to say, yes it does smell like old tires, and yes the jar is a bit hard to open, but only the first time, after that it opens normally like any other jar. I read the customer comments to see what would be the best way to

take this and decided on the warm honey water since I drink warm honey water several times a day anyway. It is very hard in its form in the jar, so I decided to use a popsicle stick to get it out of the jar and also to use it to stir it. I followed the directions on the jar and got about a pea size on the stick and then stirred it into the warm honey water. This step only took less than a minute until it was completely dissolved. Now at this point it still smelled like old tires and I was very hesitant to drink it. Well to my surprise it tasted nothing like it smelled, it actually only smelled like honey water. For the past 20 years or so I have not slept well, like maybe only 4 to 5 hours a night, every night. So I was quite surprised with a few days I was sleeping longer and waking up feeling way more rested and refreshed. I also started noticing immediately that I had a lot more energy. I also noticed that while hiking and walking my dog that I didn't tire as easily. I seem to be a lot happier lately also since I started to take this shilajit black resin. Shilajit has been used for thousands of years, and is believed to heal about everything and that is probably why it is called "nectar of God". It is a very thick, blackish brown mineral pitch. This pitch comes out of the cracks of the Himalayan mountains in the summer time when the heat raises the temperature of the mountains. Shilajit must be purified before consumption, it can never be taken in its raw form. Shilajit is a very potent antioxidant and is believed to promote longevity, help relieve aches and pains, anxiety, depression, enhance memory, heart problems, stabilize blood pressure, stomach problems and many more health issues. I am very happy with the way I have been feeling since I started taking this Shilajit daily for the past 2 weeks and I will highly recommend it to family and friends and anyone with health issues. Thank you for allowing me to review this awesome product for a discounted price for my honest and unbiased review.



[Comment](#) Was this review helpful to you?

Yes
No

[Report abuse](#)

5.0 out of 5 stars

FULL OF BENEFITS.

By [Jmarie](#) on January 13, 2016

Im just going to say what your probably already thinking. YES this is a weird weird product. BUT its a weird product with many positive health benefits. I will also say once it arrives and you open it you will wonder what you got yourself into. Dnt let the look and texture get in your brain where you dont

want to try. This stuff is amazing. It comes sealed up very good. This just reassures me that it has not been tampered with. It comes in a nice black glass jar. Now as a heads up. After its trip thru the mail , you may find that it comes stuck to the top of the seal. if this happens ,dont pull it off all the way. Place in the freezer for a bit and once you take it out it will all be inside the jar. P.S>i just learned this. The resin is dark black and very tacky-tough to take any out. Its suppose to be like this. I use a knife to pick off the amount i need. In the directions it says you can drink this in your water. However, after smelling this and tasting just a pin size piece on my tounge i knew i couldnt drink it so i take out a pea size amount and roll it into a ball and just swallow it like a pill with plenty of water. This is the best and fastest way to do it. I have been using this a few weeks now and I love it. I already take vitamins so this is just a small thing added to what i do already. I have felt a difference since taking. I sleep more soundly, my headaches have slowly went down to a few days instead of daily. My hubby also takes it and says he feel like it has given him energy as well . This 30gram jar will last a while since you only use a pea size everytime. I cannot wait to see more positive effects from taking this. Best of all I have not had any BAD effects from it. Im attaching a pic of the resin stuck to the seal.(Dont look at my hard working hubby hands.)

* I did receive this at a discount for my HONEST review. Even so, ALL FEELINGS & OPINIONS ARE 100% MY OWN EXPERIENCE.



[Comment](#) Was this review helpful to you?

Yes
No

[Report abuse](#)

[5.0 out of 5 stars](#)

The real deal

By [Gary A Wagner](#) on March 3, 2015

After using half my initial one bottle over the past two to three weeks I intend to become a regular user. Within the first 3 days I noticed a sharper mental focus and alertness. After about a week I noticed my energy levels stayed consistent throughout the day without the afternoon 'nap impulse' I usually feel. I joined a fitness club a month ago and am finding more energy available in my workouts, though it's uncertain if this is entirely due to the shilajit. My weight has been flatlined for months and the scale is nudging downward finally; again this may or may not be due to the product. And I would say that my overall mood or tone has improved, more even tempered with an overall sense of well being. This is the real deal, not a powdered pale imitation, and it works.

[Comment](#)One person found this helpful. Was this review helpful to you?

Yes
No

[Report abuse](#)

[5.0 out of 5 stars](#)

Pürblack Shilajit- works well for me, will soon be ordering my 4th jar

By [anon y mousse](#) on April 10, 2015

Verified Purchase

I'm on my 3rd (30gm) jar of Pürblack Shilajit, and it won't be my last. It seems to have a tonic effect for me, and I will continue to take it daily for the foreseeable future. I feel stronger (and sleep better) since I've started to take it. The product has been consistent in terms of appearance, viscosity, and taste over the three jars that I've used. My dosage is the recommended ball the size of a pea, but I let it dissolve sublingually, not in a liquid. It's bitter, but I'm used to the taste, and actually prefer the concentrated bitter blast compared to the taste of it dissolved in water or tea. I highly recommend this product.

[Comment](#)One person found this helpful. Was this review helpful to you?

Yes
No

[Report abuse](#)

[5.0 out of 5 stars](#)

It amplifies my superfoods, supplements and herbs.

By [Lilly Simeon](#) on January 10, 2016

Being so focused on treating my body in natural ways, trying Shilajit was a great complement to my daily supplements.

I have a very physically demanding routine at work and with my rescued animals, so, my body needs clean energy, and as much help healing and recovering as i can possibly provide.

I had heard of Shilajit for a long time, but never seemed to get around getting it, and to be brutally honest, the friends that tried said the taste and smell were terrible; when i finally seen it and smelled it, it threw me off and i didn't even want to try it.

Fast forward a few years and i come across Shilajit again. Now that i'm getting closer to my 40's and the focus on my body is intenser, i had to give it a try.

I sleep very little and almost always not a deep constant sleep, my mind just keeps going at a million miles trying to plan the next day and find solutions to our daily issues at the rescue.

I have been taking natural supplements to help me relax and sleep more peacefully, but i still don't sleep enough.

When i received the box - with 4 safety seals in it, so you're sure it hasn't been tampered. - i was excited to try it and give my body a supplement that could help me in many ways through the tiring day.

I recognized the smell right away, but i wasn't so discriminatory as before.

The pamphlet inside gave ideas of how to take it, but i was still skeptical of the taste. So, as i drink a smoothie every morning; and we all know bananas cover up many tastes, i dunked a pea size shilajit in the blender with all my other goodies. Voila! No taste! All the awesome benefits of the black tar from the Himalayan's right into my so needed body!

It's been 2 weeks since i've started taking shilajit, and even tough i do take other supplements for specific areas of my system, i know my body so well that i can feel the difference in stamina, focus, muscle aches, and specially sleep! I have been sleeping much more sound and relaxed. I read quite a bit on shilajit before starting its regimen, as i was worried it could input too much on my body in addition to my other supplements; i was grateful to read that shilajit actually amplifies the benefits of herbs, supplements and superfoods.

According to John Douillard - which i read the site religiously - here is an excerpt: " Known in India as the Destroyer of Weakness, Shilajit's other primary component are DBPs (dibenzo alpha pyrones), which is the "energizer bunny component."

It seems that via this component, Shilajit supports deep rejuvenation and energy production. In one study, participants took just 200mg of Shilajit each day for 15 days and the available energy in their blood after vigorous exercise was equivalent to the levels of available energy before starting exercise. That's the "energizer bunny component" in action!"

I'm very glad i finally decided to try Purblack shilajit and allow all it's natural benefits to assist my body and mind.

Although I've received this product at a discount, my review is my true opinion of it's benefits to me.

Definitely recommend it to anyone on a path to natural healing.



[Comment](#) Was this review helpful to you?

Yes
No

[Report abuse](#)

[5.0 out of 5 stars](#)

I love this Shilajit from Purblack!

By [Smart Shopper](#) on January 8, 2016

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Adobe Flash Player is required to watch this video.

When I first to learn about Shilajit I am not sure what it is, what is it for and what are the benefits. I went ahead research about it, googled it, youtube it and even look for bloggers who take this supplement and it can do. So when I learned that shilajit has been found to have great detoxification and energy-producing health benefits, I wanted to try a small jar first to see how my body reacts. I purchased the shilajit from Purblack. The very first week of taking it I did not feel anything.. Not tired no fatigue just my normal me. But then I realized I get a lot of energy all day long. It could be that I am taking a pea size of shilajit?

This is what I found about shilajit per this site: http://www.naturalnews.com/042670_shilajit_health_benefits_Ayurvedic_medicine.html#ixzz3wh8sxDvv

"Shilajit promotes the movement of minerals into muscle, tissue and bone. Some of the translations of this Aryurvedic mineral-herb translate as the "conqueror of mountains and destroyer of weakness." It was thought to be able to conquer any sickness and disease process with the proper dosages at the proper times. It is considered an adptogenic substance that helps people adapt to environmental stressors more effectively.

Due to its ionic component and ability to galvanize minerals, it is very helpful for kidney stones, gall stones, edema and swelling. It also helps prevent ulcers, reduces inflammation, improves blood sugar signaling, has antimicrobial properties and enhances memory and cognitive function."

This is promising! It is also mention helping digestive problem of which I have currently. I will be continuing on taking this PurBlack Shilajit and hoping to feel better stomach wise. Thank you PurBlack! Pls watch my video how I take it!

I received this discounted products in return of my honest unbiased review.

[Comment](#) Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

Long story but MUST read!! Can help more people than you know!

By [Laws Family](#) on January 18, 2016

If I could give this product 10 stars I would!! Out of all the products I have tried which is so many, more than I can count! This product is simply AMAZING! Once I got this product I tried to get my mom to try out, which she would not because it looks nasty just to be honest! Looks just like tar and smells so bad. I have now been taking this product about two months now, When I first got this product I said to myself there is no way I can take this! It smells awful and looks terrible and I am such a picky eater. I finally decided to try it anyways, most people will put it into water and drink it, I can not do that. I roll a pea sized amount into a ball and swallow it like a pill. I have had a few times where it does get stuck to my teeth and makes me gag. However, most the times I have no issues and it goes down just like a pill. I could write a book on this pur black but I know most people won't want to read all of what I have to say. So I'm going to try to make it short. I used to be a bad on drugs pain pills, I finally switched to subutex wrote to me by a doctor which is really just another drug to help you get off drugs but then your just hooked on those. I started taking this pur black and did not notice anything the first few weeks, but then after about a month I realized I was not doing as many of my medicine. I ended up having five extras. This resin is helping me to get off of my subutex! So If you have a loved one on drugs I would have them try this. It has helped me so much and I had no clue that this would even do that, I really was not expecting much from this product but it helped me more than I could ever imagine! I will continue taking this product in hopes to get off subutex forever! **I did receive this product at a discount for my review** Just because I did receive this product at a discount it does not change my thoughts about it at all! Yes this product is \$90 but to me it is worth it since it is helping me get off the medicine.

[Comment](#) Was this review helpful to you?

Yes

No

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5.0 out of 5 stars

Great inflammation and immune system benefits

By [JLo1975](#) on January 7, 2016

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I received my PÜRBLACK SHILAJIT and right away what impressed me was the extra effort put into making sure it was packaged securely and safely as not to be tampered with. It was inside 3 different boxes plus the Amazon box as well as has a safety seal.

I do not remove my seal to use the product I just lift it and replace it. There is product on the seal and it is far to valuable to waste by throwing away the seal. I've purchased PÜRBLACK SHILAJIT before in the .7gram size they come in the same jar there is just more product in the .30 gram jar.

This is a live, pure, genuine resin. Some benefits of this product are: accelerated regeneration of healthy tissue, sleep cutting and normalizing ability, improved moods and emotional stability, better cognition, natural mental and physical performance enhancement, healthy immune and inflammation response, healthy neutralization of addictive substances.

The product does have a strong taste that takes some getting use to. I experimented with the .7g jar to see what my preferred method of use would be. I finally settled on taking a small amount from the jar, rolling into a small ball and swallowing it like a pill. Some people dissolve it in water, coffee or tea and other use other methods. This however is my preferred method for use as I don't have to experience the taste very long at all when I use it like this.

This is a great product to add to your health regimen I especially like it for it's inflammation and immune system benefits.

Other than the harsh taste I believe this is a great product and have had no ill effect from using it.

*A sample of this product was provided to me free for testing and review. No promise was made for a positive review.

[Comment](#) Was this review helpful to you?

Yes
No

[Report abuse](#)

[5.0 out of 5 stars](#)

Life changer!

By [Megan](#) on March 13, 2016

After reading about the benefits of resin, I decided to give Pürblack Live Resin a try. I suffer from Grave's disease and Rheumatoid Arthritis so I have a hard time with actually functioning, as a normal human being should. With this being said, I figured that there was no down side to trying this product. I have never used a resin product before so I had no idea what to expect. When I received the product, it clearly states on the packaging to make sure that the product is left in an upright position. Since there is no telling how a package is handled during shipping, I decided to play it safe and leave the resin in an upright position over night.

When I opened the container the next morning, I was shocked to see how thick the resin is, and the smell isn't the most welcoming. With that being said, I mixed the resin with a water-honey mixture, which completely neutralized the smell and taste (I haven't be brave enough to try it without the honey yet). I have added the resin to my morning routine, and a week after using it I am seeing improvements. I actually feel like I've slept the night before instead of being tired all of the time, and I can function. With feeling more refreshed, my mind isn't cloudy any more and my husband says that I am in a much better mood. Not only is this helping me mentally, but the inflammation and swelling is going down in my hands! I have noticed that my wedding rings are actually loose on my fingers. The resin actually seems to be working better than the medicine that I am on. I'm curious to see if the resin actually boosts your immune system too since mine is terrible due to having not one, but two autoimmune diseases. I highly recommend this product to any one who is suffering form an autoimmune disease. The only thing that does shy me away from this product is the price, but honestly you can't but a price on your health. I received this product at a discounted price in exchange for my unbiased review. This is my honest review from my personal experience, and I am very pleased with Pürblack Live Resin.

[Comment](#) Was this review helpful to you?

☒ Yes

☐ No

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Showing 171-180 of 413 reviews(5 star). [Show all reviews](#)

[5.0 out of 5 stars](#)

The PURBLACK Shilajit was delivered a few days ago. There were multiple safety stickers to ensure it wasn't tampered with.

By [Jana](#) on December 31, 2015

The PURBLACK Shilajit was delivered a few days ago. I'm skeptical! I was wondering if I was going to be able to get over the idea that it looks and tastes like tar (from what I've seen and read). However, once I watched a few video reviews and realized that I can roll it into a pea sized portion and

swallow it like a pill, I am now certain that I will be able to give it a try. There's so many good reviews on the benefits of overall physical and mental health.

First, I want to say that I was very, very impressed with the packaging of this product. There were multiple safety stickers to ensure it wasn't tampered with. One of the seals even had void on it when I removed the sticker. Upon opening the lid I discovered another safety seal. However, when I tried removing it the product was totally stuck to the seal and everything in jar was wanting to come out with it. Basically, I am saying that it is extremely thick and sticky at the same time.

I currently have it in my freezer. In about 3 - 4 hours I will remove it and be able to peel the product off of the seal to ensure I get every bit of the formula. I realize it's just how it got tossed around in the shipping process. Luckily, it's easily fixable. I just have to make sure that I keep it on a flat surface. I will update when I start feeling the benefits. I'm excited to learn that this jar can last me all year if I use it sparingly. I got this jar at a discount in exchange for my honest review. Opinion is my own.

*Update: This is the picture after I took it out of the freezer. I'm amazed!!!

*Additional Update: I've been taking this for over a week now and decided to mix it in my water or coffee. I have more energy and feel great when I take it!

[Comment](#) Was this review helpful to you?

Yes
No

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5.0 out of 5 stars

I Love Drinking This!

By [JB](#) on March 10, 2015

Verified Purchase

I bought this based on the advice of a friend who swears by it - he says shilajit is a great source for minerals. I wasn't sure which product/company was the best, but Pürblack looked reputable. As for the shilajit itself, I love it. In fact, I bought a second jar as soon as I tried it. It has an earthy, smokey taste to it – It's like drinking tea made from deep within Mother Earth. There's something almost primal about it. I now look forward to each cup and plan to take it for several months to see how my body reacts. So far, so good!

[Comment](#) One person found this helpful. Was this review helpful to you?

Yes
No

[Report abuse](#)

5.0 out of 5 stars

It really works!

By [Joon](#) January 6, 2016

What in the world is Purblack shilajit you might ask? That's exactly what I was wondering because I kept seeing so many amazing reviews on it. So, when I had the chance to get this 30 gram jar, I definitely did without hesitation.

This little jar is nothing short of amazing-ness in a jar. It looks absolutely disgusting because it looks like tar you would scrape off the bottom of your shoe or something. It definitely doesn't look like something you should ingest. If you are really picky about what you eat or drink, like me, you will have to get over the initial "gross out factor" that comes with this product. I expected it to taste awful, but it really wasn't that bad. But then again, I wasn't trying to savor the flavor. It does leave a really gross tar like, or asphalt flavor in your mouth for quite some time though. I didn't notice a change in my mood, energy or anything else for the first few days I took it, but then started noticing a definite increase in my stamina and energy. I have a couple diseases that make me really tired, so I am definitely glad it has helped me with this.

There are different ways you can ingest this resin, but the way I do it is take a small amount and roll it into a ball like shape and take it with water. I can hardly taste anything when I take it that way. I tried dissolving some in warm water and taking it that way, but I didn't like the taste of it, so this way works much better for me. All in all, if you can afford it, I definitely recommend this product. I received this product for a discounted rate in exchange for my honest and unbiased review, which is what I've provided.

[Comment](#) Was this review helpful to you?

Yes
No

[Report abuse](#)

Showing 181-190 of 413 reviews(5 star). [Show all reviews](#)

[5.0 out of 5 stars](#)

I Fell In Love With A Superfood

By [Amanda S.](#) on December 1, 2015

I was super skeptical about purchasing a product like this, thinking that the claims were just absurd and things like this never work, I was wrong! I am super impressed with my results after taking this product!! I began taking this resin almost 2 weeks ago, and I started noticing small results almost instantly. From just after few days of taking this shilajit, I noticed better sleep, waking up refreshed and not tired, and mental clarity, being more focused on tasks throughout the day.

Most recently I have noticed a change in my emotions, which is big for me. I struggle with depression and I simply refuse to take anti-depressants. The thought of taking a pill with an endless list of man-made chemicals that alters receptors in my brain somehow turns me off, and I don't care if they do work, what scares me the most is how you feel when you stop taking them or if you forget to pick up your prescription at the pharmacy, your emotions are everywhere and anywhere, which isn't hard to believe because anti-depressants essentially take the place of natural chemicals in your brain, and your body doesn't have to produce them anymore if your taking a pill that produces them for it.

I'm not telling anyone what to do medically, but for me, my depression is managed with healthy living. Eating right, sleeping when I'm supposed to sleep, being awake and staying active during the day, staying away from mind or mood altering chemicals which include: prescriptions I don't Really need, any form of drugs, and alcohol. Diet, exercise, and a healthy lifestyle, mentally and physically, have drastically improved symptoms of my depression. With that being said, I still definitely have days where I don't want to get out of bed in the morning, I don't want to be around people, or I don't feel like taking care of responsibilities. For me, that's where PurBlack Shilajit comes in. It has overall helped me most in the morning, when usually my bed seems so warm and cozy, and I want to hit snooze 10 more times. After taking it for almost 2 weeks now, I have more natural energy in the mornings, and I'm NOT by any means A morning person, at all, usually I'm grumpy until I've had my coffee, and if it's before 8 a.m, it's literally a toss up if your going to get chewed out for asking too many questions. From taking a pea-sized amount once a day, I've been able to change that, (for the most part.) My sleeping pattern has been broken and I wake up a little earlier, as well as go to bed a little earlier. (I work second shift so before midnight is near impossible.)

Consuming the Shilajit.... I prefer to swallow this resin, and follow it with a glass of water, or at least a few big drinks, and follow it with my morning coffee. I have been taking a pea-sized amount once daily, because it's such a thick and tar-like substance I like to use the tip of a butter knife to make a circle in the resin container, and pull up from the bottom, and when it comes loose, I roll it into a small ball with my fingers. It's quite easy to remember because I leave it right by my coffee pot, so upon waking up, it's one of the first things I see.

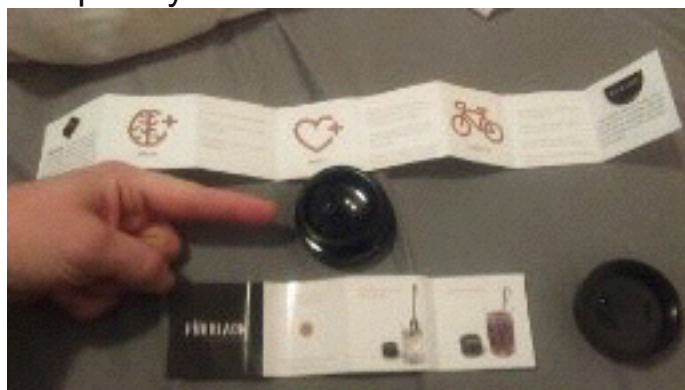
The Package and Product.... When my PurBlack Shilajit arrived, It was in a nice little black box, inside another box, inside another box, and Inside That box, was my black gold. Along with instructions, which include different ways to consume the shilajit, dissolving in water or taking it whole, which is my

preferred method, and a reference sheet of links for more information about it on the PurBlack website.

Onto the taste.... It's definitely strong. It's herby, and doesn't mix well with a lot of different things, which is why I prefer to take it like a pill, and swallow it whole without dissolving it in water. It's not a bad taste, and if you like herbal teas, you might actually like the taste. I think it tastes green, and herby, and I don't much care for herbal teas, which is what it reminds me of, but it's not bad at all.

The value and Price..... This 30 gram jar says 300 servings, and that the jar lasts an average of 2 months, which sounds more like taking it twice daily. At full retail value, (currently \$89) That's approximately \$40 a month. Which sounds like a lot, but if you think about it, If your buying 2 "energy drinks" a week Starbucks Coffee, Biggby Coffee, Monster or other energy drinks for an afternoon, or morning pick-me-up that's anywhere from \$3 - \$6 without tax, depending on what you order. that can easily equal \$40 dollars a month, without the added health benefits of PurBlack Shilajit. Most of the coffee drinks when not ordered black and energy drinks, contain an astronomical amount of chemicals, sugar, calories, and fat. I have tried energy drinks such as Monster and AMP and I gain energy only for a short time period, and then the crash comes. With all that being said, I believe that it's worth the \$89 because of all the added benefits besides energy, and will be purchasing this product again when I run out.

I have received this product at a discounted price, in exchange for my completely unbiased and honest written review.



[Comment](#) Was this review helpful to you?

☒ Yes
☐ No

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5.0 out of 5 stars

Amazing Stuff!

By [Stefanie R.](#) on November 30, 2015

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Adobe Flash Player is required to watch this video.

Although the Purblack Shilajit is super sticky and smells and (I guess) tastes like a tire, it is well worth the benefits from this product. It has so many healing properties and is considered a superfood! You can mix it with water and honey to help with the flavor. It really didn't bother me, but I am not picky. The honey does actually almost cover up the tire flavor though. I also

did try eating a piece and let it dissolve in my mouth. It stuck to my teeth, but dissolved in a few minutes, but I kind of like drinking it better. I felt more clear minded, energetic and focused and I noticed I slept really well when I first started taking it. I didn't wake up in the middle of the night and felt well rested in the morning. I started taking it twice a day because I liked it so much and wanted to get the full benefits.

I tried taking it before my workout too and I got through it better and had way more energy. I noticed too this helped with my emotions. I felt more even and relaxed. I am really excited to learn about shilajit/live resin, how it comes from mountains anywhere from India to Siberia! There is a lot of information given by this company on their website. I also like that this product is made in the US without extra added fillers. It's cool that it helps with a whole list of things...like accelerated regeneration of healthy tissue, sleep cutting and normalizing ability, improved moods and emotional stability, better cognition, natural mental and physical performance enhancement, healthy immune and inflammation response, healthy neutralization of addictive substances, etc. Overall I am so glad I was able to try this product free to leave my honest and unbiased review after using it for the past couple weeks. I am honestly amazed on how well it works and so excited keep learning more and more benefits. It's a really great product I probably would have never heard about otherwise!

[Comment](#) Was this review helpful to you?

Yes
No

[Report abuse](#)

[5.0 out of 5 stars](#)

This stuff works for everything!! It is really AWESOME stuff!!

By [artgoddess](#) on November 29, 2015

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Adobe Flash Player is required to watch this video.

Ok, before ordering, I did some research. I am into doing healthy things. I take tons of supplements. I eat and drink pretty healthy. We serve raw milk and fresh eggs to my kids. We really try. But when I started researching, this stuff sounds amazing. It really does. Talking about cell regeneration, and healing capabilities, and all kinds of voodoo.

Then you factor in opinions. You factor in what people think. I was a little worried.

I got it and had to peek immediately. It looks very much like tar.....Really....just tar. Like the kind you fix the road ways with. But then you read what people wrote about taste. I was scared again. So I tried just a bit the first time. Not the size of a pea. Smaller. It looked like dirty water, and kind of tasted like dirty water too. It really wasn't bad. As a matter of fact, it is no not bad that I have successfully taken it everyday. I will say, I feel better....like I have more energy. I haven't been forgetting everything....I think I have been sharper. I feel like I have tolerated neglecting my sleep much better than usual, I don't seem to be troubled with the normal aches and pains. My back feels better. As a matter of fact, my kids and I started getting a sore throat and headache, and after just one glass of this, the symptoms disappeared. I also got a headache, and realized I had neglected to take it that day, so I made

me some, and after I drank it, the headache faded away. I have become a believer. This stuff is pretty awesome. Even my kids think so!

I took pictures of the product, and this is after I have used it over 10 days. I also took pictures of what it looks like when you first put it in, and every 10 minutes until it is gone. See? Just like dirty water. Not at all hard to drink though. Easy.

I received a discount on this product in exchange for an honest and unbiased review.



[Comment](#) Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

Hate the smell and taste, worth it.

By [ReviewStuffz](#) on November 29, 2015

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This video is not intended for all audiences. What date were you born?

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Adobe Flash Player is required to watch this video.

I received this product for free to review.

So, by now y'all know me right? I am like all over the place usually but this product is supposed to help with a few issues I have so I was totally down to check it out.

This stuff stinks. It does not taste good to me at all and for that reason, I roll it into a ball and swallow it like a pill.

Even after extensive research I am still at a loss as to what this actually is but I can say I have seen some improvements in myself since I have been taking it so that is indeed something.

This black, gooey. Sticky, stinky stuff... if I wasn't so desperate for relief of my insomnia and wanting to be healthier I would have walked away.

I am glad I didn't though, I have been taking this daily sometimes in the morning sometimes at night and I have personally noticed an improvement in the quality of my sleep. I wake up in the morning for no apparent reason and it doesn't take me as long to feel awake as it normally would and this even without coffee.

I haven't really noticed any side effects except sometimes feeling really warm on my face about a half hour after taking it.

Other people tell me I am looking thinner but I don't see it myself. They don't know I am taking this.

It hasn't helped me to fall asleep any sooner then I normally would and aside from the feeling more awake in the morning I am not sure if it has given me more energy but my house is cleaner then usual, I've actually been getting things done that have sat around for too long I assume from just having more time to get them done.

I really like this stuff and if I keep seeing results like this I may have to bite the bullet and buy another jar of this.

[Comment](#) Was this review helpful to you?

Yes
No

[Report abuse](#)

5.0 out of 5 stars

Super supplement for real!

By [Buckeyefan4life](#) on January 15, 2016

My husband and I have been taking this for awhile now, and we are both firm believers in the beneficial properties it provides. The Purblack Shilajit contains over 80 beneficial minerals which are ones that many of us are severely lacking in. The deficit of some of these minerals can lead to many ailments such as insomnia, lethargy, depression, anxiety, brain fog, just to name a few. I for one have suffered for years from all of these. I can't say that I still never do, but I do know that they have been greatly improved. I have a two year old who has an abundance of energy, and it seemed like most days it was all I could do to get out of bed, because I was so tired all the time, and felt like I was just going through the day on auto-pilot, and in a haze. I can say that since I started taking this I have been sleeping better, my mood is improved, and I have more energy that I need to keep up with her. My husband loves it as well, and reminds me if I have forgotten to get us our dose for the day! Lol. Neither one of us can handle taking it mixed with water, as it is extremely bitter. I just take a plastic orange peeler with a sharp end and dig some out, and then roll it into a pea size ball and down it with whatever I am drinking at the time. I really, really like this stuff, and am so glad I decided to give it a try! *I received this shilajit at a discounted price for testing purposes, and for an honest review. The opinions in this review are 100% my own based on my experience with the product, and I made no commitment to leave a positive review.*

[Comment](#) Was this review helpful to you?

Yes
No

[Report abuse](#)

[5.0 out of 5 stars](#)

Great!

By [Blayne Dulian](#) on August 26, 2015

In my opinion, this is the best Shilajit resin by far! The texture, taste and smell is much more pleasant than the other varieties I have tried. It easily dissolves into cold water. I also love how it is packaged in a special type of glass that protects the live food inside the jar. Despite it being expensive, I think it is worth every penny. I like supporting companies I can trust and this company seems to do its due diligence. I support this product and would recommend it to anyone interested in Shilajit.

[Comment](#) One person found this helpful. Was this review helpful to you?

Yes
No

[Report abuse](#)

[5.0 out of 5 stars](#)

Magical mountain resin

By [Ashley Holder](#) on January 14, 2016

I have been using PÜRBLACK SHILAJIT for almost a month now and while it took a little bit of an adjustment to get used to due to it's unique consistency and the manner in which you take it, I am a happy user. It really is a resin and is not sticky, solid or liquid, but some form in between. The directions say that you can dissolve it in water or roll it up in a pea size and take it like a pill, which is what I do. It has a very strong taste so dissolving it in water just made that taste linger a lot more so I found that rolling it into a ball, popping it in the back of my throat and chasing it with water was more satisfying. Since taking I have noticed more regularity with elimination. Another thing I have noted is more energy and clarity. Not like I drank a giant can of redbull (ew) but in a subtle, natural way which I respect. I feel like I am able to accomplish more tasks and have more clarity. That may be because of this strange supplement. (Really strange) Because of that, I feel more ambitious and healthy. I did a lot of reading about ShiLaJit and it is such a fascinating substance. I encourage you to do your own research before trying any product, but in my opinion this product really is a magical substance. It is less expensive than others on the market, which still may be considered high by a lot of people, but really... you can't put a price tag on a healthy, quality life.

I received this product at a discount in exchange for my honest review. However, these opinions are completely my own and were not swayed in any way.

[Comment](#) Was this review helpful to you?

Yes
No

[Report abuse](#)

5.0 out of 5 stars

i no long get sick when i dont eat i feel fine, i will eat when i can

By [Johnathan Ball](#) on March 30, 2015

Verified Purchase

This product did wonders for me. as a person who is always looking to advance myself and my art i feel that pur blk helped me to heal parts of my body deep within, so i can express my self fully. I believe in therphy that helps one connect with there true self and that's what pur black did. i no long get sick when i dont eat i feel fine, i will eat when i can. I am thankful for renewed energy.

[Comment](#) One person found this helpful. Was this review helpful to you?

Yes
No

[Report abuse](#)

5.0 out of 5 stars

This has changed my life!

By [Kayla](#) on December 13, 2015

Purblack Shilajit is a superfood supplement. From my understanding it promotes a general good health. From sleep to aches and pains and energy purblack claims to help. It is a live resin. It smells horrible if I'm honest. It reminds me of a mixture of tar from a freshly paved road and cow manure. But don't let that put you off! It is black and almost the consistency of clay. It can be quite hard in the container and a bit difficult to get out a first. But once it's warmed up a bit in your hands it's easy to mold into a little ball. The serving size is about the size of a pea. There are three ways it says you can take it. 1. Put it in a glass of warm water and stir continuously for 5-7 minutes and drink. 2. Put it in a glass of water and let sit for 20-30 minutes and drink. 3. Swallow whole and chase with water or your favorite drink. I chose to take it the third way because I'm a woos. I measured out a pea sized portion and popped it like a pill followed by a glass of water. Honestly, I barely even tasted it. It wasn't bad at all! You can take it once or twice daily. I chose to take it once a day at night because it's not cheap and I wanted it to last me awhile. I have been doing this for almost 3 weeks. Wow what a difference this has made! I have noticed a huge improvement in my overall health. I have been sleeping better. I have more energy during the day. I just feel good. I can't wait to see how good I feel after I continue to take this for a long period of time. I would recommend this to anyone wanting to be and feel more healthy.

I received this product at a discount in exchange for my honest review.

[Comment](#) Was this review helpful to you?

☒ Yes

☐ No

[Report abuse](#)

[5.0 out of 5 stars](#)

One was a powder that smelled like cow manure

By [Vermont](#) on February 23, 2015

Verified Purchase

I first tried two other brands of Shilajit. One was a powder that smelled like cow manure. Might even say that cow manure smells good compared to that powder. My dog loves it. Me, not so much. I then tried two different resin types and Purblack is far superior both in price and quality. I have been using it for several months and from time to time take a break. Some friends of mine are also using it. We have had interesting discussions about what it does, and it is hard to articulate. When I do not take it I feel more weakness, when I take it I sense more strength. I believe it helps.

[Comment](#) One person found this helpful. Was this review helpful to you?

☒ Yes

No

[Report abuse](#)

Showing 191-200 of 413 reviews(5 star). [Show all reviews](#)

5.0 out of 5 stars

Minerals the Way Nature Intended Them

By [Jeannette](#) on October 28, 2015

This is some very interesting stuff to say the least. When they say "resin", they aren't kidding. It's amazing that it is good for our bodies, but it is. I started using it once before by using the 7 gram sampler, but life got in the way and I stopped. I have been now taking 1 pea size amount of Purblack Shilajit every morning for two weeks. I have a hard time taking it dissolved in water or coffee; it just does not taste good to me. I just swallow the "pea" and drink a large glass of water after. Despite never getting enough sleep, I have felt less tired and more clear-headed for the last week than I have for some time. I also have noticed that my skin is healing better from scrapes and bruises. My guts have been doing some interesting things too. I seem to be cleaning house so to speak. I also have been having gall bladder trouble, and that appears to be resolving itself as well. I like using natural herbs, oils, and other products whenever possible so using this is in keeping with my preferences for a healthy body. I like that this comes in a resin form, is refined inside the USA, and has no fillers or additives. I also like that the company works to follow environmentally sound practices in obtaining the resin from Siberia, and ethically sound practices in its processing and certifications of the resin as well. The container it comes in is really cool too! Everything is security sealed over several layers so that you can be certain the container hasn't been tampered with once it left the factory. And it's made of a black recyclable Miron glass. I fully intend to reuse this jar! If you are looking for something natural to aid in healing and wholeness of your body, this resin is certainly worth a try.

I received this product for free in exchange for an honest and unbiased review.



[Comment](#) Was this review helpful to you?

Yes
No

[Report abuse](#)

[5.0 out of 5 stars](#)

this is an excellent and superior product

By [luke_kon](#) October 13, 2014

Verified Purchase

a fellow student and practitioner of ayurveda introduced me to purblack after a conversation about where to locate high quality shilajit. this is an excellent and superior product. pure resin- something i had never had or seen before and the effects are subtle and powerful. check out their website- excellent customer service and it is very clear that they are dedicated to their product in research, transparency, and ecology. thanks!

[Comment](#)6 people found this helpful. Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

The Real Deal Shilajit

By [Sugar Magnolia](#) on October 27, 2015

Purblack shilajat is the real deal. It's a resin, not a powder like some "shilajit" supplements. Having been active in the Natural Health field for many years, I always check out a supplement before purchasing. Some shilajats have been found to be contaminated with heavy metals, but you can check out the third party testing and microbiology analysis on the Purblack website.

The resin smells and tastes like something you scraped from the inside of a smoking pipe. My preferred method of consuming it is to roll it up into a small ball and swallow like a pill. That was you only smell or taste it for a second.

You may be asking yourself why I'm consuming something that tastes and smells awful. The short answer is that shilajat is an excellent source of fulvic acid. Fulvic acid is highly absorbable and contains a unique combination of nutrients that make fulvic acid a key component of many bodily processes. The nutrients help boost energy, promote cell life, improve circulation, enhance endurance and stimulate metabolism. Additionally, the compound helps remineralize the body, control inflammation, regulate hormone production, boost the immune system and promote brain function. It replenishes minerals lost in detoxification. In today's world our bodies are stressed to the max trying to keep up with all the chemicals in our environment that need to be detoxed. Fulvic acid supports the body to do what it needs to.

Our food is grown in soil that has been stripped of minerals due to intensive farming practices. Shilajit can help restore the minerals that are missing in our diet and lead to better health. I feel so much better when taking shilajit than when I don't. I have much more energy, sleep well and have less allergy symptoms.

I received this amazing product at no cost for an unbiased review. All opinions are my own.

[Comment](#) Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

noticed more energy and feeling happier and younger!!!

By [Amy Lidman](#) on October 25, 2015

I've heard good things about Shilajit from health guru David Wolfe. Its a black mineral pitch that comes from an area near the Himalayan mountains. This Superfood has been collected and consumed for thousands of years.

Shilajit known for increasing physical strength and endurance, improving mental clarity and concentration, reducing inflammation, increasing natural growth hormone production, treat arthritis and joint pain, lower blood pressure, improve digestion, detoxify the body and strengthen the immune system. Among many other benefits!

So I decided to try it for myself.

This superfood is amazing!!!

It comes in a little black jar and you have to scoop out a pea size and let it dissolve in water for 10 minutes.

Ok. So the taste is not so good but I added honey which handled the strong taste.

The first time I tried it I took a dose and then layed in my hammock for 10 min. I immediately felt a greater sense of well being. A "happy feeling". Later that evening I noticed it was later than I thought it was because I have the fatigue I would normally feel around 9 pm.

I've been taking this product every day now for a week and I have noticed more energy, less fatigue, feeling happier for no reason and more productive!!!

I really need this! I was thinking I was tired because I'm getting older. This is making me feel younger!!!

So very pleased with the results and im addicted to my new "happy drink"! I know it has a lot of health benefits that I may not notice right away but even if it didn't do anything else I would take it just for the physical and mental stamina.

I really love this product and Im glad I finally tried it!
I recieved a free sample bottle in exchange for my honest opinions and review.



[Comment](#)Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

Best shilajit product I have used.

By [hossmon](#) on March 1, 2015

Verified Purchase

I have taken various shilajit products on and off for about 3 years. All the other products I tried were either capsules or powder, but this resin is the way to go. I started using Purblack about 3 months ago, and it is the best shilajit product in my experiences. No more with the 3pm drowsiness, and better more restful sleep at night. I have been able to increase reps and weight in my workouts, which is a great feeling for a 60 plus year old. The taste of the liquid is different, but a squeeze of blue agave syrup really helps. I will definitely continue to use this product.

[Comment](#)One person found this helpful. Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

Game changer! Will never go without.

By [Kinnerkay](#) on February 11, 2016

I had never heard of Shilajit before, but stumbled upon it one day with my sister in law who is really into natural medicines told me about it. I researched it some and really wanted to try it after that! My main issue is I'm always tired, and always in a brain fog. I was nervous to try it because the price was a little high, and was afraid it wouldn't have any effect and would be wasting my money. That's why when the opportunity to review this product arose, I was super excited! I'm so glad I was able to try this product, it's a game changer for sure. I have so much more energy through the day when I take this, and my mind is much more clear. I just feel better, happier. It's great and I will be reordering when I run out. Another thing I wanted to mention was the packaging. The packaging was really nice, I don't generally do unboxing photos, or mention much on the packaging but I did with this product. The package felt like the packaging on high end make up when I rarely order it :)

The only downfall is the taste, I knew as soon as I smelled it, it was going to be an issue with me because I have a terrible gag reflex. The directions say to put it in a glass of water, but I just knew I wouldn't be able to get it down. Instead I took it like a pill. Much easier for me to get down personally! The taste isn't great, but fight through it! It's so worth it!

I received this product at a discount for my honest and unbiased review.



[Comment](#) Was this review helpful to you?

☒ Yes
☐ No

[Report abuse](#)

5.0 out of 5 stars

Excellent Results!

By [Prosper2010](#) on March 11, 2016

I have to tip my hat to the makers of Purblack Shilajit. It's one of those things where you have to give it an honest try. I'm so happy that I did. Don't be alarmed by first appearances. Though it looks like tar I can assure you it's anything but. The jar is a little tricky to open, but I learned that if I got a damp cloth and twisted the lid it would come right off. Keep that in mind. You can either choose to dissolve it in a liquid drink of your choice (i.e. hot coffee or tea), or you can take a little bit, roll it into a ball like a pill and swallow it that way. I have done both ways and I personally prefer the pill form because I don't get an aftertaste. The benefits are noticeably amazing. I have incredible fatigue. I can always tell when my immune system is down. I drag, my allergies act up, my whole body gets out of sync. I take this every other day and let me tell you, within a few days I start to get my second wind again. I'm not exhausted every minute of the day and my allergies and sinus aren't the horrible beast they can be. I swear by this stuff. I admit before I tried it I was a skeptic. Not anyone. It's definitely worth checking out! Great stuff! I received this item for free for evaluation purposes. NO compensation of any kind was given to or received by me in exchange for my honest review.

[Comment](#) Was this review helpful to you?

Yes
No

[Report abuse](#)

[5.0 out of 5 stars](#)

Beginning to feel like my old self again after surgery, I didn't think that would happen.

By [Teibryant3](#) on November 22, 2015

This is a very interesting supplement. I have never seen so many people willing to eat something that tastes so strong. The reviewers are convincing in this case. I struggle with sleepless nights and some anxiety and tiredness mostly from hypothyroidism I think. So I was interested to see if this would help me.

I have had more restful nights of sleep since taking it, and a more calm, longer lasting energy. Not to say I don't get tired. I haven't been the same since I had surgery three months ago. Since taking this, I have felt a little more like myself, which is a great relief to me. It is not a drastic change in any of these areas. I have had to pay attention to see these changes, but I do see them. Enough for me to keep taking the black tar, lol. For me, to feel normal again is a great stride that I wasn't sure I would ever reach. So I am very thankful for this. I would caution to start out slow, maybe with half a dose at first for a few days.

Really, one of the fun parts of taking this is watching your family's faces as you go to take it. I love to make a big deal about it and watch my kids gross out as I take it. Its really not a big deal to me, the taste does not linger if you swallow it in a ball, but they don't know that:) This jar is small, but I only just finished scraping it off the lid, so I think it will last a long time. It says something to have seen results this soon, I imagine there will be many more strides to be made on continued use. I am very pleased to have received this product at a discounted price in return for my honest and unbiased review.

[Comment](#) Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

Purblack smells like tire rubber and if your smell is any indication ...

By [Tawana Nicole](#) on February 15, 2016

I would have never imagined that something with such a strong taste could provide so much health benefits. Purblack smells like tire rubber and if your smell is any indication of the taste then you know how it will taste. Nonetheless I was able to get past it as my desire to experience the benefits out way the temporary distaste. Who doesn't need more mental awareness, less stress, and emotional stability? Mixing just a small amount in a glass of water provided me with the emotion stability that I seemed to have lost after the passing of my parents. My thinking and focus has increased so that those things I have procrastinated doing are getting completed without hesitation. At times I am amazed that I'm able to complete as much as I do in the time frames allowed. After consulting with my dr. I was able to stop taking one of the medication they had me on, as it was no longer needed. I thank Purblack for this, as I couldn't do with out it before. I rather take natural supplements that my dr. agrees with over all the other medications. I was provided PÜRBLACK SHILAJIT. 30 GRAMS. LIVE, PURE, GENUINE RESIN free for testing and review during a promotion and I was only asked to give my honest review. No compensation for a positive review was provided or promised. All words contained here are based on my own experience of the item I received and used.

[Comment](#) Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

This product is awesome. I have been taking PürBlack for 5 months

By [Darryl L. Bryant](#) on February 18, 2015

Verified Purchase

This product is awesome. I have been taking PürBlack for 5 months, and it has changed many things within me, thus changing the way I feel and see myself. After the first month of use, I noticed improved mental clarity, focus, and athletic performance, but most of all I lost a solid ten pounds, without trying. Also I sleep better, and have more energy during the day. If you check out how many reviews I've written, you'll find that after being on AMAZON for over 5 years, this is my first review. If your not sure, get the small sample, but try it, it will change you. -D-

[Comment](#)One person found this helpful. Was this review helpful to you?

Yes

No

[Report abuse](#)

Showing 201-210 of 413 reviews(5 star). [Show all reviews](#)

5.0 out of 5 stars

A must have!

By[Susy Erickson](#)on March 24, 2016

Pürblack Live Resin stands apart from all premium Shilajit. Pürblack is the third-generation genuine Mineral Pitch, also known as Shilajit, Moomiyo, Salajeet, etc. This resin is made under an improved, patent-pending, low temperature, high purity refining process, which permits Pürblack to uniquely retain the broad range of naturally occurring constituents.

Shilajit (pronounced "shee-lah-jeet") It is a naturally-formed organic-mineral complex, compounded of many biologically active substances.

In many traditional holistic systems, in particular Ayurveda, as well as conventional Eastern European medicine, Shilajit is considered to be a supreme healing substance. Traditionally it was used to support overall health, but also used in combination with other herbal formulations, to increase their efficacy.

Shilajit's many beneficial properties have been known to humanity for centuries. Traditionally, practitioners used Shilajit to tone and strengthen the body. Shilajit's well-established benefits extend over a wide range, from its potent antioxidant properties, to its use as a whole body wellness support. Pürblack Shilajit is one of a new class of superfoods called Biogenic Catalysts, which naturally assist the body in reaching its maximum potential. Significantly increasing antioxidant potential and action. Supporting Immune wellness. Its known for Supporting healthy inflammation response. Supporting healthy cognitive and hormonal systems wellness. Accelerating protein and nucleic acid synthesis. Supporting energy production within the body. Supporting transport of minerals and trace minerals to the muscle and bone tissues that need them. Supporting digestive and nutrient absorption, utilization, and efficiency - without raising blood sugar levels or putting the body into an unnatural "overdrive" mode.

I started using Pürblack Live Resin a week ago. The first day I took it I didn't feel a big difference but starting day two I felt a significant difference in my ability to focus. I had great energy throughout the day. I felt more motivated. I noticed that when I worked out my body was not as sore and i had more endurance. Overall I felt better than I have in years.

It is easier to take if you roll up some into a pea size amount and swallow it like a pill. I did not try to dissolve it. I found a couple of you tube videos that show you how to roll it into a pea size amount.

I received this product free in exchange for an honest and unbiased review

[Comment](#) Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

This product is pretty amazing. Almost instantly you notice a slight feeling ...

By [Michael Komarov](#) on February 28, 2015

Verified Purchase

This product is pretty amazing. Almost instantly you notice a slight feeling of relaxation but the longer you take it the more benefits you reap. I have noticed I am more regular, I have had much less anxiety, and I just generally feel healthier. This stuff has brought me serenity in my day to day life like I have never experienced. I would recommend this product to anyone and everyone.

[Comment](#) One person found this helpful. Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

What a Life Changer !!

By [Linda Boyd](#) on December 2, 2015

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This video is not intended for all audiences. What date were you born?

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Adobe Flash Player is required to watch this video.

I am always looking for supplements that are easy to take and are good for you. This is one I am amazed at. it has so many positive benefits Mood Stabilizing: The first change I noticed when I started taking PurBlack was that over the first week my mood rapidly improved. At the time I started taking PurBlack, I was going through a lot of pressure at home with both of our health issues and money issues from being disabled and living on a limited income. It was a difficult time, but somehow a pea sized ball of this resin changed everything. It in a few days I could feel the edge coming off my anxiety but over time the effect just kept building up until I felt what I would describe as an unshakable steadiness in my mood. I honestly would keep taking it if that was the only thing it ever did for me. Memory: After a few weeks with Purblack there were a bunch of other little benefits that really improved my lifestyle and experience Little things like I could remember my dreams more clearly, then remember meeting times, names sometimes older

things but the main benefit was right there in the presence not looking like an idiot when I asked someone their name again when I just met them. Which is something I had always done. The other thing I noticed is my pain has decreased. I have chronic pain in my back and hips. This should be called PurGold. Thanks Purblack for making a great product and also for the promotion to be able to get at a discount to try and then give my honest opinion.

[Comment](#) Was this review helpful to you?

Yes
No

[Report abuse](#)

5.0 out of 5 stars

Only for those who dare strong health.

By [David Wilson](#) on April 17, 2015

Verified Purchase

I love this product. It was my first time trying it in its resin form and I like it better for the simple fact that you actually save money with this one verses the powder form, cause you actually need a lot less of when you use it. All you need is a pea size and you get an instant sense of well being. Will probably keep using this product as long as I can continue to afford it, and as long as it's available. :)

[Comment](#) One person found this helpful. Was this review helpful to you?

Yes
No

[Report abuse](#)

5.0 out of 5 stars

The real deal!

By [Elizabeth](#) on February 20, 2015

Verified Purchase

This product is the real deal! There are very few substances and/or supplements I've taking over the course of my five years recovering from Lyme disease that I've felt have actually made a difference. Purblack shilajit has significantly improved everything from my thyroid and adrenal function to overall mental clarity and general well-being. I use it daily, even though the smell and taste is difficult to get past, and will continue to do so because it works!!!!

[Comment](#) One person found this helpful. Was this review helpful to you?

Yes
No

[Report abuse](#)

5.0 out of 5 stars

Phenomenal

By [Jennifer Halen](#) on November 30, 2015

This is my second container of this product and I had to get the larger one because it is Incredible!!! Now be warned...as I said in my first review of this product, this stuffs smells horrible! Please do not let that stop you from receiving the amazing benefits of this product!! There are three different ways of taking this product that is explained very well in the directions provided. I want to be able to take it fast because I am always on the go. I simply take a pea sized amount, like a capsule, and drink a full glass of water with it. I like to take it in the morning before breakfast and you only have to take it once a day. This stuff is thick!! It has the consistency of salt water taffy. I simply take a large pea size amount, roll it into a ball with my fingers, and swallow it with some water. I did not taste it, smell it, there was no aftertaste, and I experienced no side effects. My mood has improved greatly, I am more focused and driven, I have stable consistent energy throughout the day, I sleep better at night, and my immune system is a beast now!! This supplement is beyond amazing!! Another amazing factor is that it has pretty much freed me of my IBS symptoms!! I really don't know how I went so long without this supplement but I am so grateful to have it now and all these great results!! It definitely does what it says and is well worth the price. I am beyond happy with this product and I highly recommend it! I received this product for a discount in exchange for my honest and unbiased review.

[Comment](#) Was this review helpful to you?

Yes
No

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[5.0 out of 5 stars](#)

Great for Minerals and Extra Energy boosts

By [dnguyen437](#) on March 28, 2015

Verified Purchase

I have not used it enough or daily to say how much I enjoy this but I know it is supplying me with useful trace minerals and it gives me as imilar boost to Electrolytes and the Vitamin Water (especially the xxx). I think it detoxes my body from minerals and I have noticed strength boosts if I'm tryingg to gain weight or lift or build muscle. Apparently Shilajit aka fulvic minerals helps your body deposit silica into your bones, so it does strengthen the skeletal structure, but I can't confirm this without Scientific backing. I will continue to try it and use it more to see how it effects my body. I am looking for clearer skin and energy levels, and I can confirm it gives extra energy sometimes. Once again, I must test it out more to see how it goes. All I know is this gives extra minerals your body may be lacking if you are not eating mineral rich food and greens. Apparently is offers better absorption of vitamins into your body but I can't confirm this to be true yet.

[Comment](#)One person found this helpful. Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

I had never heard of this before recently, but wow...amazing!

By [Cindy L Calzone](#) on November 30, 2015

I have never heard of this before just recently...If you are a person into natural and holistic things, you will want to check this out! Taking a small pea-sized amount each day has amazing benefits! I have just been putting it into my morning coffee and didn't taste a thing. This live resin helps with your mind and body! It can help stabilize your emotions, help with mental clarity and performance, even help with stress. I was amazed to hear that this can actually repair bones, muscles, bone marrow and blood. If there has been any trauma to your body, it can help your body heal faster. It can also boost your immune system, which is probably why everyone in my household just got over horrible colds and I only had minor sniffles. It has helped me to sleep better and I read that it can neutralize the side-effects of alcohol and drugs. I'm not into either, however I do take prescription pain killers due to a 13 year old back injury. I limit the amount of pain killers I take, often suffering through pain, because I know they can be harsh on your organs such as your liver or kidneys. If this can minimize the damage of that, I would be very happy! To me, this product seems like some elite product you would expect movie stars to use, you know how they always seem to have some crazy unheard of health and beauty tricks? I feel like I was let in on a secret with this product!

Disclaimer; I received this product for free or at a reduced rate in exchange for my honest and unbiased review.



[Comment](#)Was this review helpful to you?

Yes

No

Report abuse

5.0 out of 5 stars

Pleasantly surprised

By [vgon](#) on January 14, 2016

I had never heard of Purblack before so I did some research and decided that I would like to try it out. Even after reading all about it I guess I didn't expect what I saw when I opened it. It looks like tar and definitely has its own unique smell. Not to mention the taste is nothing like I have had before. Now that can be because I have never tried a shilajit before or it can be because this taste is unique to this brand. I do not know as this is my first. I have only had this by adding it water with a butter knife and letting it dissolve. Then I drink it down and bite into an orange slice. Now that I have been using it a while I no longer use the orange after and have gotten quite used to the taste as it is not bad. The only thing I think I will start doing different is taking it at night. My routine has been taking it in the morning but after talking to a few people it sounds like if I want to get the most out of this, the evening would work best. I don't have any major ailments so I cannot say that I have had relief from them but I can tell you that if this is working with my body to tune me up then I'm all for it. I would recommend you do a little research on this and try this purblack. It might make all the difference for you. Its worth a shot. I did receive this product at a discounted/free rate in exchange for my honest and unbiased opinion.

[Comment](#) Was this review helpful to you?

Yes

No

Report abuse

5.0 out of 5 stars

I feel good

By [Just me Mimib](#) on March 12, 2016

I have been using this product for about a month now and I can't even begin to tell you how much better I feel. I am a middle-aged female with fibromyalgia, diabetes, back and joint pain, anxiety, as well as some other hereditary ailments. I heard about this product and after researching the benefits, I decided to give it a try. It was suggested to me to keep it in the fridge, because when it's cold, the smell and taste are not quite as bad, so that's what I did. The first time I opened the jar, I was surprised that it wasn't full; but I remember this product is sold by weight, not volume. I took a butter knife and scooped out a pea-sized amount as directed and just swallowed it. There wasn't any weird smell or taste. When I take Pürblack on a regular basis, I really can tell a difference. I'm not as tired; I seem to have more pep, as well as a sense of calmness. I'm not jittery, like some products can make me feel. I thought at first it was just my mind wanting me to think I was feeling

better; but after a few days I can absolutely say that I feel like I have more energy. Fortunately, I was able to try this product in exchange for my honest and unbiased review. I will absolutely continue to use this product!

[Comment](#) Was this review helpful to you?

☒ Yes

☐ No

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Showing 211-220 of 413 reviews(5 star). [Show all reviews](#)

5.0 out of 5 stars

The supplement for the best overall health and well being

By [Tia Lawson](#) on March 24, 2016

I have never tried a live resin so I wasn't sure what to expect. I love taking homeopathic remedies and all natural supplements to increase my overall health. Pürblack Live Resin is supposed to deliver multiple health advantages including accelerated regeneration of healthy tissue, sleep cutting and normalizing ability, improved moods and emotional stability, better cognition, natural mental and physical performance enhancement, healthy immune and inflammation response, and healthy neutralization of addictive substances. I purchased this resin to provide overall body health. I have heard a lot of good things about Chinese medicine and the benefits. I have been taking this resin for a couple weeks now. It smells sort of bad, so I didn't want to dilute it in water. I simply scoop out a bit, roll into a ball and swallow like a pill followed by a glass of water. I haven't noticed a bit more of mental clarity sort of like when I take a ginkgo balboa. The resin just gives me an overall good feeling that is hard to describe. I will continue to use this resin because this is by far the best supplement I have used thus far. Disclaimer: I received this product at a discount in exchange for my honest review.

[Comment](#) Was this review helpful to you?

☒ Yes

☐ No

[Report abuse](#)

5.0 out of 5 stars

Life changing

By [Domi_Blue](#) on September 1, 2015

This stuff is like magic. I am a big fan of alternative medicine, am studying to be a naturopath in fact. I have read about Shilajit and been curious about it for awhile now. SO when I had the opportunity to try it, i was very excited. I have health conditions and concerns and and this product can and does address most of them. in the 10 days since I started taking this product I feel really good. I am sleeping better, which is huge. I suffer from extreme insomnia. I am sleeping better and fuller. I can drink 4 pots of coffee in the

day and still be exhausted with no energy. I have tried taking things to help with that to no effect. Within 2 days of taking this my energy level has gone up exponentially.

One of the things I did not expect that I can only attribute to this supplement, I have lost my craving for sugar. I have major problems with foods. I want to eat all the time and I never want good stuff. I am heavy and have bad will power. The last week I haven't had any cravings for the things I usually crave. I haven't wanted sweets at all. That is awesome for me. My anxiety is also much better. I am prone to serious anxiety and panic attacks. For inconsequential things, I panic at the drop of a hat lately. My moods are much calmer and easier to handle now.

I also have been struggling with serious swelling/edema in my feet and ankles. Painful when it is touched I cry swelling. I have tried many things to help and none of them got rid of it entirely. 3 days after starting this and the swelling is mostly gone. The pain is gone and I can see my ankles again. With these results in 10 days, I can't wait to see how I feel after a month

What do I not like, it smells and tastes like a smoking tire. I put it in a shot glass of water and pound it and as long as I take a bite of something right away, it is tolerable. But if I don't I burp tires for an hour and that is no fun. Though honestly I would burp tires for the the rest of my life if I continue to see results like this.

I received a discount on this product in exchange for an honest and unbiased review. This opinion is my own.

[Comment](#) Was this review helpful to you?

Yes
No

[Report abuse](#)

[5.0 out of 5 stars](#)

Fascinating!

By [Sarah](#) on December 1, 2015

This product is truly fascinating. It smells horrible, as many others have stated, but it works VERY well. This is the first and only brand of shilajit that I've tried, and I'm pretty much of the opinion that if it's not broken, don't fix it. I'll be sticking with this one!

It's a real pick me up when I'm not feeling the day -- I've also noticed that if I take more, the effects come on stronger. If I take a small amount, it's not as noticeable. If I take a larger amount, I feel like I had an energy drink (minus the crash!).

I have to say, I was a skeptic, but having the opportunity to try this Purbblack shilajit has made me a believer. My mood has improved, I get more done around the house and with work, I'm less irritable and just overall easier to get around with. I seem to have more patience, and with 4 kids, that's always a bonus! Finding a natural option as opposed to man-made energizers is really a plus. I don't feel bad or have guilt about putting this into my body.

I don't care for the taste, I don't think I'd be able to get it down if I dissolved it into a liquid. Instead, I scrape out a ball, roll it up like a pea and swallow it like a pill. That's just what works best for me. I've noticed that it's REALLY hard to get out of the jar, but the benefits are so worth it!

I received this product at a discount in exchange for my honest review.

[Comment](#) Was this review helpful to you?

☒ Yes

☐ No

[Report abuse](#)

5.0 out of 5 stars

This an amazing little container of greatness

By [April Hughey](#) on November 30, 2015

This an amazing little container of greatness. My husband is in the military and we are in a routine of getting up early and jogging together when he doesn't have PT. (physical training) we have been using this for almost 2 weeks and I'm shocked, surprised and thrilled with these results. Now, a few things, the smell is like tar, or burning tires, and it is really thick. It's thicker than honey or molasses. The really good news is I found a great way to dissolve it. I use a frothier, it is what you use to froth milk with for coffee, (see the video) also if the liquid you use is warm, it blends easier. At first I did not notice the energy I was getting from it, but after a few days, I no longer needed an afternoon nap. (I normally lay down when I put the kids down for a nap) and my sleep has been consistent and good. My husband mentioned this morning that he hasn't noticed my snoring either. So either I stopped or he is sleeping better too!! He says that his PT scores are increasing and he is very happy with the results. He is more driven and can go further before tiring out. You really should consider giving this a try, and for more than 1-2 days. Stay consistent, get over the appearance and get it done. You will not regret this purchase. It's perfect for anyone, any age. I received this product at a discounted rate for my unbiased and honest review. This is an outstanding product that I highly recommend.



[Comment](#) Was this review helpful to you?

☒ Yes
☐ No

[Report abuse](#)

5.0 out of 5 stars

Not for the faint of heart or the cynic

By [Wonkyeye](#) on February 29, 2016

so, the first thing I noticed when I opened the package is the level of security that this package has. There were probably 3 or four seals, one holographic, to ensure it hadn't been tampered with. My next experience was, as many people mention, smelling the potent aroma. It's reminiscent of epazote,

lapsang souchong tea and maybe a hint of blood. To me, that speaks of potency and is not a deterrent.

Next, to scoop. It is difficult to scoop by nature, but we found a small mustard spoon was the best vehicle. It dissolves best in warm water and needed quite a bit of stirring to homogenize it.

The taste is far less in-your-face than the smell (I'm guessing because it's diluted a fair amount). It was pretty drinkable actually. A bit like a weird tea.

Finally, for the effects. It's been just a few days but I feel good. It's always hard to really separate the psychological aspect of a new experience from what is actually happening physiologically but I feel pretty positive about putting this product in my body. I know there are many vital trace elements I'm lacking in my body and this seems so potent and like lifeblood. I'm excited to keep using it.

[Comment](#) Was this review helpful to you?

☒ Yes

☐ No

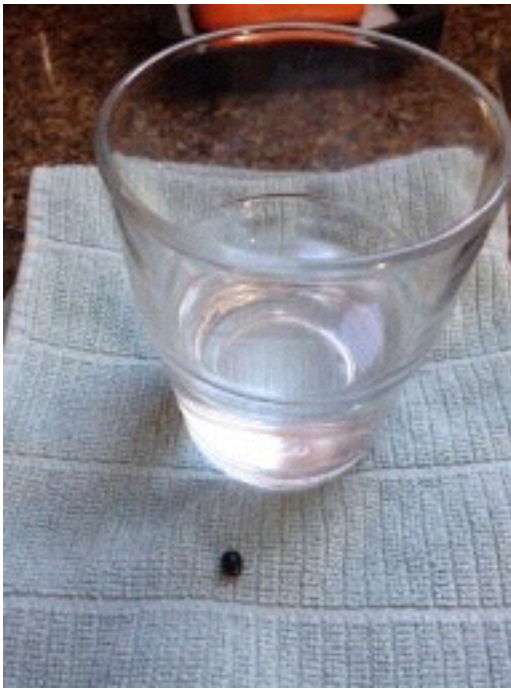
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5.0 out of 5 stars

My favourite Shilijat!

By [Heavenlybliss](#) on January 5, 2016

I have tried other forms of Shilijat recently, but this one is my new favourite! To take it, I find scooping up a small amount with a spoon and shaping it into a ball with my fingers is easiest. Then I just swallow it like any other supplement. I'm actually beginning to oddly like the taste...I think that is because my body really craves the nutrients. I also oddly love the gooey, thick texture. I'm curious though, if it might be better absorbed if I take it in water or sublingually, so I may try that next and update my review. There are quite a few servings in this tiny jar, as you just take an amount equaling the size of a small pea. I absolutely love the energy it provides and how it makes me feel! I know that it is doing far more in helping my body, especially because even the healthiest diets lack in minerals due to soil depletion and numerous other factors. I feel better clarity, more calmness, among other benefits. Our whole family will be taking this for life! I would like to even start our senior dog on it, it should be fairly easy to hide in some bone broth. I highly recommend this supplement, (one of my friends recently purchased it for her family and loves it as well) to everyone. I received this product at a discount in exchange for my honest and unbiased review.



[Comment](#) Was this review helpful to you?

Yes
No

[Report abuse](#)

5.0 out of 5 stars

Concentration and Energy Boost

By [Chocolate Addict](#) on October 28, 2015

I am so glad I discovered resin. Before recently I didn't know what it was and apparently I was missing a lot. I started off taking this resin with a small 7 gram sampler and I noticed an increase in my energy, stamina and overall health but then I ran out. I am glad to have gotten the chance to get the bigger jar to try. I was able to take this for a lot longer and the difference between my stamina before and after I started using this is night and day. I have the push to get out and exercise where I didn't really have the energy to before and I am shedding a lot of weight, which I needed to do. I noticed that my concentration is a lot better as well. I wasn't able to concentrate on much and would forget things no sooner than I was told. Shockingly enough, once I started taking the resin, a lot of what I thought I forgot is actually swimming in my brain. I notice that I ask a lot less questions on my job therefore decreasing the "didn't I just tell you how to do this?" look I tend to get. I recommend this product but I recommend that you take it for longer than a week. The effects are only measurable over time, it's not a quick fix or quick supplement-like substance. Please note that if you purchased the smaller 7 gram jar it came with a piece of superfood chocolate, this size does not come with the chocolate. I'm still waiting for that to be marketed so I can purchase.

I received this resin for free in exchange for my observation and review

[Comment](#) Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

Support your immune system this winter

By [Susanne K.](#) on January 8, 2016

Once again PURBLACK has provided a great shilajit product you can rely on for purity and potency. This thick, gooey black mineral-rich substance has amazing health benefits I have experienced for myself. A pea sized bit dissolved in a glass of room temperature filtered water once or twice a day has helped me avoid a cold and flu that I always have had by this time of year. I did catch a cold while traveling and being run down, after taking this three times a day the duration was two days instead of getting a respiratory infection like a lot of my friends had, that lasted for weeks. The taste is memorable, it is kind of musty and mettalic but I chug the water anyway knowing this is helping support my immune system and keep my energy going. This 30 gram bottle should last a good long time or be ideal for more than one person taking it at a time. It helps to get the shilajit out if the jar is slightly warm before you pry it out. Unusual...yes. I am unaccustomed to things like this but have been very pleased. Packaging was great, good information printed out that is enclosed in an informational mini flyer, won't be without it now. I received this item at a discount in exchange for my honest evaluation and my unbiased review. All opinions stated here are my own.

[Comment](#) Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

PurBlack is the best!

By [Marcia](#) on January 20, 2015

I have tried PurBlack resin last year for the first time. It was spring, the winter had been brutally cold. When the product arrived, we were all eager to try it. For the first few weeks, there was not a significant effect. However, after only a month and a half, I saw that I had more mental clarity, as well as increased energy. I have taken other (powdered) shilajit products, with some regularity. But I found PurBlack to be of much more potency and higher quality, than the others. My husband also noticed improvement in mental acuity. I have to say that I am so happy with this product and will continue to enjoy the benefits.

[Comment](#) One person found this helpful. Was this review helpful to you?

Yes
No

Report abuse

5.0 out of 5 stars

Safe and effective!

By [W. Waldecker](#) on November 21, 2015

When I began researching what exactly shilajit does, and whether supplementing with it would be right for me, I was relieved to see two things. One, the chemical composition of the substance (which yes, is called rock sweat, yuck!) makes it a compound of a sort of plant life that people where it appears in the mountains have been consuming for decades. Since this has caused them no ill effects, and because they are quite healthy, reputable medical sources cite shilajit as being a very safe, side effect free substance to supplement your diet with.

The other important thing to know is that a National Institute of Health study, among others, unearthed some fairly reliable evidence that shilajit does show promise in stimulating brain growth and activity, and might have some use in preventing and treating Alzheimer's disease! Promising stuff!

Actually taking shilajit outside of capsule form is aa fascinating experience. The substance is nearly black, very dark brown, and resinous. It smells like pipe tobacco resin, and it doesn't taste far off of that either. I opted to use the suggestion to take it with honey.

It's totally palatable, though not a condiment. Can I feel my brain growing? Not yet! Studies do not lie though, it's certainly worth a try if you need the brain boost!

I received this product at a discounted rate in exchange for an honest review.



[Comment](#) Was this review helpful to you?

Yes
No

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Showing 221-230 of 413 reviews(5 star). [Show all reviews](#)

5.0 out of 5 stars

Used it since January. I like it!

By [dollie56](#) on February 28, 2016

I received this item at a reduced cost in exchange for my honest and unbiased review. I first use this product in January when my daughter gave it to me as a supplement. Whatever you do don't chew it. She rolled in a ball and told me mom just take it with water and swallow it so I did. My husband had passed away a few days before that and I was an emotional wreck. Although I had something to take for the tears, my daughter said mom at least give this a try it'll help. I noticed that I have been able to sleep much better, and I seem much more able to cope with the new normal of being by myself. I seem to be sharper and more able to concentrate on what I'm doing versus reverting back and not being able to think. I don't attribute all of this to the resin, but I sure attribute some of that. I've also noticed that I don't have to take as much medication for the arthritis that I have in my hands and legs. So it seems to be working and I'm willing to continue to give it a try. They say if something works don't fix it. So I'm going to continue to take it because I think it works. And I'm giving it five stars for that very reason!



[Comment](#) Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

Excellent Energizer

By [Lauren Corson](#) on November 2, 2015

Wow, this is an amazing supplement. I have done some research of the benefits of shilajit, and the benefits are outstanding. I have hypothyroidism and I constantly lack energy. The medication is never enough.

I will forewarn you of a couple of things though. I found that opening the jar was a little difficult for me and that can be do to the fact that it has to be packed tightly to preserve the product. Secondly, it does have a peculiar

order and taste initially. Once you start taking the supplement you learn that the benefit in how you feel fully outweighs the minor taste and ill issue.

After taking the supplement for a day or so, I noticed that I had increased energy. I also noticed that I felt really good. In fact, I can say that I have not felt this good in a very long time. My memory was excellent and my overall senses felt very refined.

I now take this supplement in warm coffee or a warm beverage. I did try to take it just the way it comes, but I had issues with it sticking to the side of my mouth. It did dissolve quickly, but I prefer to take it in a warm beverage.

All in all, I felt that I had so much energy, my mind was focused and sharp. I had a very good sense of well being.

I received this product at a discount in exchange for my unbiased review of the product. The opinions of the product are based on my experience with and use of the product.



[Comment](#) Was this review helpful to you?

Yes

No

[Report abuse](#)

[5.0 out of 5 stars](#)

Mix with a strong tea...

By [Tizzy-Licious](#) **TOP 500 REVIEWER** on December 21, 2015

I have to be really honest here, I went into trying this product out with a ton of trepidation. I have several friends who have tried this stuff, and they swear by

it, but it also came with a huge warning. Most of them were very put off by the taste. I will not use their descriptive words, but it scared me. I am super sensitive to bad tastes and smells.

I decided to not let it get me from the gate. I mixed up some nice earl grey tea with honey and grabbed my Shilajit the day that it came. This stuff is really like tar. It is a bit of a pain to get into and to get it out of the container. I learned to dip a hot teaspoon in it and grab a pea sized amount to mix in my tea. Since the earl grey is strong it covered up the worst part of the taste. It was really quite drinkable.

Since I heard so many great things, I had high hopes that this would help me especially with my depression. For the first week, I drank it daily and was feeling much better physically and emotionally. Sadly, I hurt my back and forgot all about drinking it daily. Now that I am fresh and feeling better, I plan keeping it as part of my daily routine, and I will update if the long term effects start to really show. ~sample provided at a promotional discount for testing and review

[Comment](#) Was this review helpful to you?

Yes
No

[Report abuse](#)

[5.0 out of 5 stars](#)

The benefits outweighs the taste.

By [GC](#) on January 14, 2016

I have to admit I love the difference Purbblack Shilajir has made in my life in the last 15 days. I thought my get up and go has gotten up and went. I have had very little energy for several weeks due overworking during the holidays. I let go of my house, backed away from my friends, and didn't want to do anything except rest. I have been rolling up a small pea size ball each morning and swallowing them like a pill. I then drink as much water as I need to get the tire taste out of my mouth. In just a few days I noticed that I had more energy and wanted to do a lot more things than did before. Over the weekend I noticed I had a tooth that begin bothering me. I pulled out a small amount and put over the spot that seemed to be where the pain seem to be coming from

The pain went away overnight. I'll be testing this on my family next, if I can get them to get over the taste. I have also learned it is best to keep a lid on when you accidentally leave it on the stove. However, it makes it a lot easier to come out once in some warm. As you can see it is so thick it won't leave the jar when you hold it on the side. I received this product for free or at a discount in exchange for my honest and unbiased review.



[Comment](#) Was this review helpful to you?

Yes
No

[Report abuse](#)

5.0 out of 5 stars

It's like finding gold in a jar

By [Holly Morales](#) on November 3, 2015

Purblack Live Resin Shilajit- (Update: I have been using this for 7 weeks now! I am loving it. I have dropped 15 lbs. I attribute this to having more energy and just feeling better!) This is like pure black gold in a container. I am not one to be a person to jump on board things I hear about but this is truly a game changer in your ever day life. From day one you will start to notice a difference. You will have a true boost in energy. Not like the soda and coffee caffeine type highs but energy that you are more alert and aware, so there is no crashing effect. Now lets talk about how to take it. I am not a person that can drink things I don't like. So the option to mix it in water or whatever is right out the door. I have found the best way to take it is like you would a pill. Get you a small amount shape it however you like and take it followed by a drink. That way I have never tasted it but I get the benefit from it! If you look up Shilajit you will see all the health benefits you can get from using this. And like most people I always blow all that off. But this is the real deal. The benefits make the price well worth it. I take supplements daily and after finding and taking this I plan to stop most of the supplements and just stay with this. It is an amazing natural product that does wonders. I received this product for a discount in exchange for my honest and unbiased review.

[Comment](#) Was this review helpful to you?

☒ Yes

☐ No

[Report abuse](#)

5.0 out of 5 stars

This item arrived on time and in good condition. I ordered this item because I wanted ...

By [michael](#) on February 8, 2016

This item arrived on time and in good condition. I ordered this item because I wanted to try something new and effective. I was pleased to see how easily this product is to take and get into my system. Although it does have a very strong odor and is not pleasant to taste, i found that it dissolves easily with my morning coffee. It is barely noticeable in taste and does not affect the taste of my coffee. After using it for a week i noticed that i do have a clearer train of thought and more energy that lasted throughout the day with no lazy feeling. It helps your body absorb vitamins and minerals which i find very nice. It does not take much just a small pea sized ball is all it takes. It is gooey and a little hard to get out of the container, but i used a small sized stick to get it out. Noticeable results only after a few days goes to show how pure and strong this product is. This is a great product if your looking to improve your health and daily functions without burning out. Gives you a clear train of thought and also great for aching joints and muscles. I recieved this item at a discounted price for my honest and unbiased review.

[Comment](#) Was this review helpful to you?

☒ Yes

☐ No

[Report abuse](#)

5.0 out of 5 stars

More energy and better sleep.

By [Holly Garland](#) on March 11, 2016

I had read a lot about the great benefits of resins so I was interested to see what pure black would do. First, I will say the taste is a challenge. The directions give you two options: mix it with a glass of water or juice and I tried both. The taste was just too much. The smell is strong enough when you open it. The second suggestion is to roll it in a ball and chase it with water but I tasted it stronger in the back of my tongue and it is sticky. So I ended up putting it in capsules. It has helped my sleep a lot. I sleep deeper and more restful. I don't wake up a million times at night or wrestle the comforter anymore. When I wake up ok ready to start the day instead of wishing I had 4 more hours on the alarm. I have a lot more energy and need less caffeine. It is a miracle worker. I am wondering what else will come with more longer term use. I can see why everyone is so impressed with all the high

concentration of nutrients that this has. It seems to give your body whatever it is missing. I received this product discounted in exchange for my honest and unbiased review.



[Comment](#) Was this review helpful to you?

Yes

No

[Report abuse](#)

[5.0 out of 5 stars](#)

Bigger is better—feel the difference for a long time....

By [City Chick](#) on December 2, 2015

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This video is not intended for all audiences. What date were you born?
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Adobe Flash Player is required to watch this video.

I have been using this for quite some time and love the energy this has given me—I feel a difference midday and in my workouts—I have a lot more endurance and stamina

I had previous experience with this with the smaller 7 gram jar. First time I ingested it as a pea and just swallowed it—very smokey burnt bitter taste with quite the after taste. I did that a few times and got nothing from it. I then I decided to dilute it per the other instructions and it was not easy—manipulating this tar like substance into a pea is a challenge—I put a bit of hot water and mixed it with a fork (as tho I was whisking it) mixed in some agave and it made it a little difference—the dilution with water did make me see a difference in overall stamina, energy, and positive feeling. I had a much more solid sleep! Even my jawbone detected a better sleep .This time I went BIG with the 30 gram and was happy for I will have this for quite some time. I still am NOT used to the horrible taste, I have to admit—I still plug my nose when I chug this, but I love how I feel on this. It does have quite the aftertaste and I found that a little shot of pineapple juice washes that taste away.

I received this at a discount in exchange for my honest and unbiased opinion.

CommentWas this review helpful to you?

Yes
No

[Report abuse](#)

5.0 out of 5 stars

Numerous health benefits

By [RML](#) on March 8, 2016

If you can get past the smell and taste of this stuff then you can reap the benefits of PÜRBLACK SHILAJIT by PÜRBLACK. It smells like tar and it tastes like you've licked the bottom of an ashtray but some of the multiple health advantages it lists are accelerated regeneration of healthy tissue, sleep cutting and normalizing ability, improved moods and emotional stability, better cognition, natural mental and physical performance enhancement, healthy immune and inflammation response, healthy neutralization of addictive substances. The consistency is very sticky and it's difficult to get out of the container so I just used a small spoon to remove a pea size amount that I would roll up into a ball and then stick in my mouth and swallow like it was medicine. I would then follow it by drinking a full bottle of water. I noticed that I have had more energy since I've been taking this and I've felt better overall.

PÜRBLACK SHILAJIT. 30 GRAMS. LIVE, PURE, GENUINE RESIN.

I received a free sample of this product in exchange for my honest review.

[Comment](#) Was this review helpful to you?

☒ Yes

☐ No

[Report abuse](#)

5.0 out of 5 stars

A great option for those new to Shilajit or those just looking for a high quality Shilajit! Must try!

By [Socoangel](#) on October 31, 2015

I will start out by saying in reference to this product that I was still somewhat skeptical about Shilajit resin as I had only previously used it for a couple of weeks. However I now find myself recommending it to many people and experiencing a noticeable difference when I have not used it even for a single day. Being someone who suffers from not only a chronic and very painful neurological condition, I am naturally very skeptical when it comes to natural remedies or anything of the sort. That being said, I absolutely have to have my Purblack in order to get through the day. I dissolve mine in my coffee in the morning first thing since that is an easy way to disguise the taste which I am not fond of honestly personally. It truthfully makes a world of difference in my energy levels for the majority of the day after I have taken it and has also helped majorly with my digestive health. I also seem to be experiencing more restorative sleep than I was previously. These may not seem like very big things, but for someone who has as many health issues as I do, sleeping better, some extra energy during my days and less stomach discomfort is

something that makes my life many times more comfortable. I would highly recommend this Shilajit Resin to anyone who was looking to begin trying one. *Please note that I was provided this item for free in exchange for my honest & unbiased opinion.*

[Comment](#) Was this review helpful to you?

☒ Yes

☐ No

[Report abuse](#)

Showing 231-240 of 413 reviews(5 star). [Show all reviews](#)

5.0 out of 5 stars

So much more alert, amazingly effective

By [Amanda H.](#) on January 5, 2016

I have never tried a Shilajit before this one, and wasn't sure what to expect. The resin is a little bit difficult to work with, as far as getting the right amount out of the jar. so I snipped off the end of a q-tip, and use the stick end to help me get the resin out. It also makes it easier to put some back in if I grab too much. It smells and tastes a bit like licking the inside of a well-used barbecue grill, but somehow I don't mind it. I usually don't dissolve it, and instead roll up a pea sized ball, and swallow it with a water chaser.

Since I started taking this, I feel so much more alert during the day. I can actually focus on the things that need to be done, rather than being scatterbrained. I also feel better overall. I'm not tired all the time, and most of my daily aches and pains aren't bothering me. I have been able to sleep through the night, something I wasn't able to do for months. This stuff is amazingly effective. I honestly can't remember the last time I felt this good. It is definitely worth trying, and I would highly recommend it.

I received this product in exchange for my honest review. I am not obligated to provide positive feedback, only my unbiased opinion.

[Comment](#) Was this review helpful to you?

☒ Yes

☐ No

[Report abuse](#)

5.0 out of 5 stars

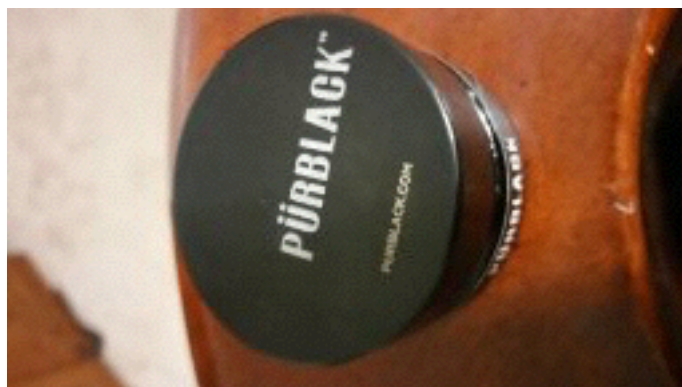
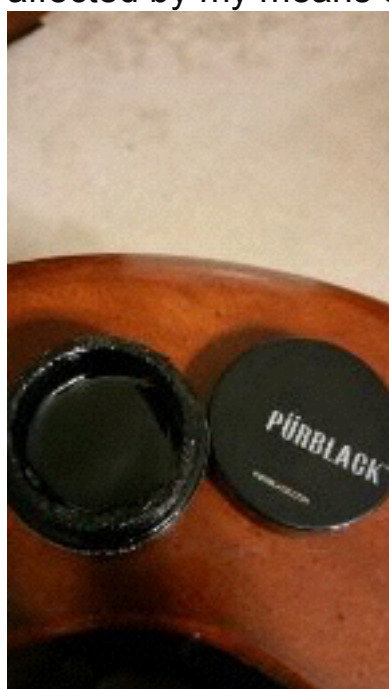
This product is awesome! I just recently had surgery and was taking ...

By [Melinda M](#) on November 2, 2015

This product is awesome! I just recently had surgery and was taking this product for the last 2 weeks now. I have noticed the incision area is healing a whole lot faster then previous. I can actually tell it is healing as it itxh like crazy the first week, and felt a whole lot better sooner, if that makes sense. At my follow-up to the doctor, he even commented how much the swelling went down only in a week time. This product is a very potent. It is in resin form and

it has a tar type texture and look to it. I've also noticed the difference in my sleeping pattern. Normally I would wake up still kind of tired and drowsy, but now I wake up energized and ready to go. I've noticed that I haven't hit the snooze button in quite a while now. Having a thyroid disease already lowers my energy level but this product has definitely boosted that and I see a major difference now. Another factor of this product is it tastes really bad and stinks! However, with the benefits I have received from it I think I can get over that quite easily. I would definitely recommend this product to others. It has definitely helped me.

I received a coupon to purchase this product at a heavily discounted cost or for free in order to provide my honest and unbiased review. This review is based upon my personal experience with this product and in no way is affected by my means of purchase.



[Comment](#) Was this review helpful to you?

Yes
No

[Report abuse](#)

[5.0 out of 5 stars](#)

This is my first time trying something like this, and I am pleased with all the ...

By [Alanaloison](#) March 7, 2016

This is my first time trying something like this, and I am pleased with all the benefits it provides. It helps with mood balance, skin cell regeneration, and inflammation. My mood has certainly improved since I started. The package itself is sealed tight with extra security measures so it cannot be tampered with, inner foil and outer stickers to make it more safe. That is very important to me. Naturally, this stuff isn't too pleasant to taste in my opinion. It's super sticky and hard to manipulate, so I leave the jar on my skin for about 10 mins to warm with my body heat for easier rolling. I rolled the suggested amount (a pea size) and put into vegetable capsules I ordered on Amazon, and take a whole capsule with my morning breakfast. I posted a pic of what I did with the capsules. The directions provided were clear and easy to read, and have lots of information. This is a top quality product and it's a pleasure to use on a daily basis. I received this product at a discounted rate, and I'm sharing my honest and unbiased review.



[Comment](#) Was this review helpful to you?

Yes
No

[Report abuse](#)

5.0 out of 5 stars

the all in one wonder purblack detox lifesaver

By [dm76](#) on January 10, 2016

i have been using this for over a week now and its amazing it cleanses out your body, Shilajit may be taken at any time, for general health, increased

energy, and as a prophylactic measure. Used in this way, it would normally be taken once or twice a day. If you are taking Pürblack Live Resin it is best to use it either in the morning or in the evening. It is timed to support a functional time cycle of your body ,i use mine with other herbs and even put it on my daily food ,you can also mix it with a lemon or any fruit so it will taste better another way is to blend it which i also do trow a bannana in and walla you have a superfood shake and yummy turns out really good i have been mixing it up day by day always trying some new way to take it ,you will feel so much better after takeing purblack shilajit it feels like your being born again all over gives you so much enegery and happy moods top of the line take your daily lifestyle to a new level you will be so happy you did its a lifesaver thats for sure recommend to everyone.

disclosure-i received this product at a discounted price for my unbiased review,i was not paid to review this product.



[Comment](#) Was this review helpful to you?

Yes
No

[Report abuse](#)

[5.0 out of 5 stars](#)

This stuff is awesome. I find myself a lot less moody

By [Tattooedchick](#) on January 8, 2016

Already got the 7 grams so I needed t get the 30 grams. This stuff is awesome. I find myself a lot less moody, I am well rested and so energetic. This resin is great and being that I just had a baby a couple months ago I definitely needed something like it. I was always so exhausted and moody on

top of it and added to it I wasn't sleeping well at night and I just all around felt terrible until I discovered Pürblack. I don't know how on Earth I ever survived with out it. I will definitely be purchasing much more.

The only down fall is the taste and smell. It smells and tastes much like an ashtray but the benefits out weight that, you can brush it off or cover it up with some honey. I've also read that you can put it in water but I have yet to try it. I just scrape about a pea size out and roll it into a ball and just swallow and follow with honey, twice a day, morning and night. Scraping it is not an easy feat, I wish there was an easier way because it is tough.

I definitely recommend, I highly recommend. This stuff is truly amazing. I received this product for free or a discounted price in exchange for my honest and unbiased review.

[Comment](#) Was this review helpful to you?

Yes
No

[Report abuse](#)

[5.0 out of 5 stars](#)

Pürblack Live Resin is one of the absolute best products that I have found on the market today

By [Ellae](#) on February 16, 2015

Verified Purchase

Pürblack Live Resin is one of the absolute best products that I have found on the market today! I have been a loyal customer for quite some time now, because their Shilajit Resin is of the Highest quality and can be NOTABLY felt in your daily life as you begin taking this amazing supplement. I feel clearer, it honestly helped me break through some bad habits I was ready to leave behind. It allows me meditate better, sleep better, feel more comfortable in my body and in my life in general. I would seriously advise anyone looking for excellent Shilajit resin to use Pürblack. It's been a gift in my life, and helped me make many personal breakthroughs.

[Comment](#) 3 people found this helpful. Was this review helpful to you?

Yes
No

[Report abuse](#)

[5.0 out of 5 stars](#)

We started out with a love hate relationship

By [Jessi Spurr](#) on January 11, 2016

This was a love hate relationship when we started out...I loved what it was doing for my body, but the smell was really hard for me to get by at first. Someone described it as eating a new tire and I can say, that is what it reminded me of as well. Once I got used to it, it wasn't as bad but those first few days...ugh...I tried mixing it in coffee and that didn't work so tried the

rolling in a ball and had it stuck to everything as it was too soft, so FINALLY got it to work for me to roll in the ball and swallow REALLY quick and that seemed to work just fine. The benefits of using it outweighed the smell and taste as that only lasts for a short time, but the way I feel, lasted for a whole day. I had more energy and just felt better. Didn't know how horrible I really felt till things were working more like they were supposed to. It is funny when you are so used to your body feeling a certain way, that you don't realize something is wrong, till it feels better and you realize that fact. I am really glad that I got beyond the hating and got to the loving of this product.

I did get this for free for my unbiased review







[Comment](#) Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

Feeling great and back to my new normal.

By [Dr. Who and the Crew](#) on November 2, 2015

I'm going to be honest. This isn't the most pleasant or funniest thing you will ever taste, but the benefits that I found for myself out weigh all of that! After having 5 kids my brain and body are not the same as 10 years ago. Some things can go back, and others never will. But this PurBlack has helped getting my mind and body back on track. I take a toothpick to get out about a pea size in the morning and evenings. I have noticed my head isn't cloudy and hazy for the day, but I also have energy to do my things and everything my kids need. With a new baby mommy's never get much sleep. But the sleep I am getting is more restful, even just a few hours and I feel like I slept all night. As with anyone what has happened with me may or may not for everyone, but this is definitely worth a try. It's natural and you are not throwing extras into your body that are manmade.

When it arrives it has many security tapes. Which is great. I like knowing that it has not been touched since it was packaged.

I would recommend giving this a try if you are having energy issues, trouble sleeping, or just want to improve or maintain a healthy lifestyle!

* I did receive this in exchange for my honest and unbiased opinion.

PÜRBLACK SHILAJIT. 30 GRAMS. LIVE, PURE, GENUINE RESIN.

[Comment](#) Was this review helpful to you?

☒ Yes

☐ No

[Report abuse](#)

5.0 out of 5 stars

Align my Chakra's baby!

By [Michelle Bassett](#) on December 2, 2015

I ordered Pürblack Shilajit based on a friend of mine's recommendation. I am so grateful I did!

When I first opened the container I was kind of thrown for a loop... it looks like tar! The directions advise you to dissolve a pea size amount in water and drink or to swallow a pea size amount and follow it with a glass of water. I chose to swallow a little piece and chase it with water. Going down it had no taste and was as easy as swallowing an aspirin.

First dose down and I'm still alive so let's see if I notice any changes. I took 2 doses a day for 3 days before I really noticed a difference. However once I noticed a change it hit all at once. I was feeling more alert and able to multitask without feeling overwhelmed. I was also sleeping better (which might be the reason for feeling more alert) which was super awesome and greatly appreciated. I have now been taking this resin 2 x a day for roughly 2 weeks and all in all I feel a wonderful change in my mental as well as physical being.

Note of warning; you absolutely need to take this with plenty of water or you get yucky burps! Plus it makes me very thirsty.

FULL DISCLOSURE: I received this item at a discounted rate for my honest and unbiased review.

[Comment](#) Was this review helpful to you?

☒ Yes

☐ No

[Report abuse](#)

5.0 out of 5 stars

Can see positive changes already

By [Ann Frieson](#) on November 23, 2015

I have some major body issues which include fibromyalgia, thyroiditis, degenerative disk disease, and a number of other issues. I have heard and read many things about this product and thought that I would give it a try. Over the last few days it took me time to get used to the taste. Like anything it is different. I usually don't like trying something new but grateful because so far I have not been having leg spasms that I have most of the night. I have also been able to feel better and was able to keep up with my kids for the first time in months. This is a resin based product so it is a little hard to spoon it out. Once I figured out that you need to warm the spoon first it makes it a lot easier. I love that to ensure safety they have not on lot but individual jar numbers. That makes me feel safer using the product. Their web site and information provided helped to understand how to safely use the product. With any product what works for one may not work for someone else. I am just sharing my personal experience and I am very pleased with how much better I am feeling. I spoke with my dr before taking this product and discussed pros and cons for my health situation. I got this during a seller promo for discount for my unbiased review.

[Comment](#) Was this review helpful to you?

☒ Yes

☐ No

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Showing 241-250 of 413 reviews(5 star). [Show all reviews](#)

5.0 out of 5 stars

Excellent natural energizer

By [Amazon Customer](#) on March 2, 2016

The Shalajit is wonderful! If you can overlook the nasty taste and the fact that it has the texture of road pavement it is just fantastic! The container is quite elegant and the packaging is done first quality. I have so many physical issues, and I find it energizing and so worth taking! I actually tried the smaller size first, so this is not my first encounter with this product. I looked forward to the opportunity to review this wonderful substance again, and it truly is as good as I thought it would be. It is energizing, and it also has a calming effect. The Shalajit is a wonderful natural resource of many vitamins. It highly endorses my goal to become "more natural." I would like to be able to keep taking this, but the price is a little outside my range. It is for sure an excellent opportunity, and I thank you, Purblack. for a first quality nutritional supplement. This wonderful product was made available to me for free in exchange for a fair and nonbiased review.

[Comment](#) Was this review helpful to you?

☒ Yes

☐ No

[Report abuse](#)

5.0 out of 5 stars

I can really tell a difference!!

By [A.G.](#) on December 13, 2015

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This video is not intended for all audiences. What date were you born?

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Adobe Flash Player is required to watch this video.

I have been taking this stuff for about 7 days now and I have to say I can really tell a difference. I forgot one day and I was so sluggish and just not as sharp as I was the days I took it. The container weights more than what I thought I would, it is very well made and quality. The resin is like a tar substance that is "sticky". To me it smells like cedarwood and something else but I can't put my finger on it. I read the instructions and I knew putting it in water like it suggests wasn't going to be something I would be able to do so I decided to roll a ball about the size of a pea and throw it in the back of my mouth and drink water. I don't burp this stuff up and I am very sensitive to supplements. I have been taking this in the morning and I find that it doesn't take me as long to get out of the "morning fog" (I am not a morning person). I am also able to concentrate more, and stay focused. These are just the things that I can think of off the top of my head. I received this resin at a discount for my honest and unbiased review. All thoughts and opinions are my own after using this PurBlack.

[Comment](#) Was this review helpful to you?

Yes
No

[Report abuse](#)

[5.0 out of 5 stars](#)

WOW!

By [Loretta212](#) on January 7, 2016

I want to start by saying I recently found out I have some nasty gut reactions to processed dairy and to grain not just gluten. I had a lot of discomfort for a long time like IBS. When I saw this product I knew I had to try it! Within a week my stomach pains and cramping stopped. I really believe this product can help heal from the inside out. I know it taste terrible and smells terrible but really the benefits totally outweigh that! You can add it into an 8 oz glass of water and let it dissolve and the package also said I can take a small amount (only a pea size) and swallow it with water. Once a day I take that small pea size and swallow it and follow that with 16 oz of water. This product will give you a pretty noticeable increase in energy as well so if you are looking for a way to get energized and maybe tackle that workout you have been putting off this is an amazing place to start. So many different health benefits that you can feel in a matter of days. I am so glad I tried this product and finally have relief!

I received this product at a discount in exchange for an unbiased review.





[Comment](#) Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

Genuinely seems to work!!!!

By [ShannonAllen](#) on November 30, 2015

This product arrived and I have been using it for several days. I was very much a skeptic to begin with as I am with most products. I am very pleasantly surprised as to the effect this has had on several daily tasks that I am normally sluggish at. I genuinely seem to be in a better mood, I feel much better, and that 2 PM "mood" is not longer there. I am very much in awe at how this little pure black resin in some water everyday is helping me out. I work on computers all day every day, troubleshooting and trying to deal with annoyed users and so far this seems to help me in dealing with all this. I will be uploading a video testimonial as well once I figure out why my videos won't upload but I wanted to go ahead and share my story with this. One other note, I am the only one in a household of 6 that takes this and I am the only one currently not battling allergies and other "cold" symptoms that the

others have due to this crazy weather we are having down here in South Georgia.

Disclaimer: I received this product at a discount to produce a honest review. The above statement is true and accurate based upon MY actual use of this product.

[Comment](#) Was this review helpful to you?

Yes
No

[Report abuse](#)

5.0 out of 5 stars

If this works than there is no dollar amount too much that can prevent this horrible diseases destruction

By [nightsky](#) on March 1, 2016

I have tried powdered shilajit and capsules from Little India in Artesia, CA and from Health Foods stores. PURBLACK is the real deal. After 1 week I had more clarity and memory at 50 than I ever have had my whole life. It is very expensive so I have not been able to purchase in 2 years. I bought it because my Mom is in early stages of Alzheimers. At this point money means nothing if it has a possible chance of preventing the progression of the disease. If this works than there is no dollar amount too much that can prevent this horrible diseases destruction. A friend of mine who is from India once told me that she never saw anyone with Alzheimer or dementia in her country. I really think a lot has to do with of course their diet. Shilajit and turmeric a blessing beyond words! I am grateful the the folks at PURBLACK for their wisdom, knowledge and sharing this amazing gift with me. Thank you for helping to better mankind! Wishing you all blessings beyond your wildest dreams!

[Comment](#) Was this review helpful to you?

Yes
No

[Report abuse](#)

5.0 out of 5 stars

Great product!

By [cat bentley](#) on October 12, 2014

Whenever I have the chance to go to Nevada City I always go to Elixart Cafe and order the pürblack shilajit drink because it gives me energy, clarity, and I feel great for the rest of the day and the following day too! I highly recommend this product to anyone who enjoys improving their health.

[Comment](#) 6 people found this helpful. Was this review helpful to you?

Yes

No

Report abuse

5.0 out of 5 stars

Purblack Shilajit is an amazing product that helps so many ailments!

By [Lisa Doornek](#) on December 1, 2015

0:00

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This video is not intended for all audiences. What date were you born?

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Submit

Adobe Flash Player is required to watch this video.

Purblack Shilajit is an amazing product. I have tried it before, and got great results, so I wanted to keep using it. I don't know how it works, it's kind of a mystery, like how aspirin knows you have a headache, but in any event, this stuff has amazing health properties! It can help improve everything from mood, to stomach issues, to inflammation and many more things! My biggest issues are stomach irritation and knee and ankle pain. I have been using this for about a week and my knees no longer ache. My stomach is easily irritated when I eat certain things, and this is no longer an issue either. Off the bat, this stuff does smell kind of funny, but if you can get past that, the benefits are amazing!! You only need to take a pea size ball daily and you can either swallow it or let it dissolve in water or juice. If you put it in warm water like I do, it dissolves easily and they taste isn't too bad. Like I said, I don't know how it works, but as long as it does, I'll keep using it! I received this item at a discount in exchange for my honest, unbiased review.

[Comment](#) Was this review helpful to you?

Yes
No

[Report abuse](#)

[5.0 out of 5 stars](#)

I love it! It feel so nourished as it balances ...

By [Atma](#) on November 4, 2014

Verified Purchase

Purblack Shilajit is where it's at! The first time I tried this product was at Elixart in Nevada City, Ca. Over the past year I have implemented Purblack into my weekly health regime. I have to say this is the real deal mineral upload. I am continually struck by its grounding attributes as well as its smoky, dark flavor. I love it! It feel so nourished as it balances throughout my body. What an overall fabulous gift from mother earth. Thank you amazon now for flowing it to the people! Blessings, Atma

[Comment](#) One person found this helpful. Was this review helpful to you?

Yes
No

[Report abuse](#)

[5.0 out of 5 stars](#)

VERY EFFECTIVE

By [twitch](#) on January 12, 2016

This was an interesting one for sure, I had heard several things about it but, at the same time I am a horrible sceptic. But I figured it wouldn't hurt to try it. Well I do recommend keeping at room temp rather than letting it get cold, it was just a bit hard to get any bit out of the jar. I dissolved it in some warm

water with no issues and the taste really isn't to terrible. I found that it works well too if I mix a little piece in my hot tea the taste is not noticeable at all. My husband had recently gotten yet another sinus infection recently and that or any cold tends to put him out of it for well over a week, not good. so I had him start taking this and it helped so much he was able to get up and efficiently working by the next day. I had him continue to take it for a few more days and i am thoroughly impressed. I may try it out on my son who has severe eczema and see if it helps any there, but I am still fairly impressed.

I received this product at a discount in exchange for an honest unbiased review



[Comment](#) Was this review helpful to you?

Yes
No

[Report abuse](#)

5.0 out of 5 stars

Simply the best

By [B. Cooke](#) on March 31, 2015

Verified Purchase

Superb quality shilajit been looking for this for years. Powerful Healing from this Ayurvedic agent. This company has spared no expense bringing the best shilajit available to the market. Tip: the longer you take it the more powerful the effects I buy a jar every month you get what you pay for and when it comes to my health I want the best. Very good for improving Kidney Chi .

[Comment](#) One person found this helpful. Was this review helpful to you?

Yes

No

Report abuse

Showing 251-260 of 413 reviews(5 star). [Show all reviews](#)

5.0 out of 5 stars

Awesome!

By [Bonnie Oneill](#) on November 22, 2015

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This video is not intended for all audiences. What date were you born?

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Adobe Flash Player is required to watch this video.

I was not familiar with shilajit before using this Purblack by Adaptive Energy. I read up on it and decided to try this. I put a sesame seed sized piece in a cup of hot water and let it dissolve. This has a mild taste - kind of 'herbal'. I know it is tar that comes from a rock originally. It tastes fine when sweetened as well. I am on a chemotherapy regimen and there isn't much you can do for the fatigue. No vitamins for energy because they are anti-oxidants and protect all cells. So I was excited to try this when I read the many health benefits of: accelerated regeneration of healthy tissue, sleep normalizing ability, improved moods and emotional stability, better cognition, natural mental and physical enhancement. I will continue to use this product. It does help with all of the above. It comes extremely well packaged with a cardboard box outside of a very well sealed box, and a seal within the lid of the glass container. I purchased this Shilajit at a promotional discount in exchange for an honest and unbiased review. I hope this review is helpful in your buying decision.

[Comment](#) Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

Surprisingly unique and potent supplement

By [Hilary A](#) on November 30, 2015

This is quite the exotic supplement, and it is a bit intimidating to consider ingesting what seems like nearly solidified shoe polish, but I'm glad I overcame my hesitation. I've been using Purblack Shilajit for the last week and it has been remarkably helpful for me. My work at home job keeps me up till 2AM every night, and I am usually mentally exhausted those last two hours of my shift, but now I find myself "forcing" myself to bed. I sleep better through the night, and I have less "recovery" time in the morning. I also feel myself reaching for the Purblack before my coffee...now that's quite amazing. I use a butter knife, and just get a bit on the tip and roll it up into a tiny pea...then I just toss it into the back of my throat and follow up with a glass of water. There is no taste to it, because it is never really on my tongue! I feel more focused and clear headed and energized throughout the day, so I can attest that this product packs quite a punch for a strange but wonderful supplement. I received this item at a steep discount in exchange for a fair and unbiased review.

[Comment](#) Was this review helpful to you?

Yes

No

Report abuse

5.0 out of 5 stars

Must Try

ByAprilon November 29, 2015

This stuff is amazing. First let me say it comes wonderfully packaged, no chance of it being tampered with and you not knowing. Second yes it smells bad new tire/rubber smell I personally do not think it tastes any better. I have tried it in coffee like some suggest but prefer to just swallow a pea size serving. It also comes with a little pamphlet showing you the actual size of a pea serving. I try to take every morning but I do forget sometimes. When everyone in my house was sick I took a little bigger of a serving along with my daily vitamins and did not get sick. I wont say there's proof that I didn't get sick because I take the Shilajit but in my personal opinion it did help. I also noticed in retrospect that it has helped my mood I am not so fast to get angry. Another big thing I have noticed that it has helped with and let me say I apologize for the TMI but it helps me to have regular bowel movements. I take pain medication daily and it stops me up but after I took this for a while I noticed I go everyday.

I received this product at a discount in exchange for an honest and unbiased review.

CommentWas this review helpful to you?

Yes
No

Report abuse

5.0 out of 5 stars

i sleep better which in turn puts me into a better mood

Bytonyaon January 15, 2016

I first want to say upon opening this i was unsure of how i would be able to take this due to look and the smell.Let me tell you it is so worth it and you can put it in anything and mix it up.I put it either in juice or coffee and there is not much of a taste that way at all.I can not say for sure how this works but i can say that it does work.I have been feeling just really sluggish lately and tired all the time.I recently had surgery as well.I started using this and it has made a world of difference in my overall well being.I have more energy,i sleep better which in turn puts me into a better mood,i seem to be healing better as well.I really like that i can go all day without wanting to take a nap.This is worth getting it is all natural and gives you so many health benefits.Go look it up and you would not believe the benefits that are listed for this it is like the super supplement.I am so glad that i got to give this a try at a discount in exchange for giving my honest and unbiased review.

CommentWas this review helpful to you?

Yes
No

Report abuse

[5.0 out of 5 stars](#)

Give it a chance - you'll be impressed!

By [Amanda Buckner](#) on November 29, 2015

This little jar can be intimidating when you open it up. It looks like tar and doesn't smell much better. I did a little research before I took it and found that it has a lot of health benefits like improved sleep cycles, improved moods and emotional stability, better cognition, and mental and physical performance enhancement.

I'll admit it's not easy to get out of the container. I use a butter knife to scrape it out. I read that several people mix theirs with different types things to mask the taste. I've found the easiest and fastest method for me is to scrape a small amount out of the jar, roll it into a pea sized ball and just swallow it like a pill. I chase it with soda. It does have a not so pleasant after taste but it's not horrible. I didn't start seeing results immediately and I almost quit taking it. However; after a few days I noticed I was just "feeling" better in general. My mood was better, I wasn't ready for a nap as soon as I got up and my daily aches and pains weren't as bad. I received this product at a discount in exchange for my honest opinion.



[Comment](#) Was this review helpful to you?

Yes
No

Report abuse

[5.0 out of 5 stars](#)

Purblack Shilajit 30 Grams

By [Christy](#) on November 3, 2015

I had purchased the sample size of Shilajit before, so I knew I liked it and it worked well for me. That is why I purchased this 30 gram size. Like the sample, this Shilajit is easy for me to take and causes me no side effects such as an upset stomach. I dig a small pea sized amount out of the jar, and roll it in my hand and swallow it when I take my other supplements. I have tried both swallowing it, and dissolving it in liquid, and I prefer swallowing it like a supplement. I have been sleeping better, and have more energy during the day since starting to take this Shilajit. I can really get a lot more things done during the day, and can think clearer and not be in so much of a brain fog because of being so tired. Once I got over the smell and looks of this supplement, and tried it, I was definitely sold on it because of the benefits it provides. Sometimes I review products here on Amazon for selected companies, and this is one of those times. As with any product or experience, your results may vary, this is simply my opinion. I received this product at a discounted price in exchange for an honest and unbiased review.

[Comment](#) Was this review helpful to you?

Yes

No

[Report abuse](#)

[5.0 out of 5 stars](#)

Cure all???? I LOVE IT!

By [soulsleeperson](#) December 15, 2015

Purblack Shilajit—could this be a “be all cure”?! I suffer from Rheumatoid Arthritis; I did research and decided this product might be worth the try! Boy, I am glad I followed my first instinct! Upon taking this product, I automatically felt the difference the following morning; I felt more limber and well-rested, ready to get the day started—all without feeling sluggish. It is costly, but it is worth it—think about how much medicine costs on a monthly basis! It is a small jar; however, you’re only to use a small pea sized amount at a time. If you visit the products website they actually speak on using it per weight, so if you are a smaller person, you could get away with using a smaller amount. This product is hard to get out of the jar because it is the consistency of black tar, but you’ll eventually figure out what works for you. I’m comfortable with using a butter knife or a small spoon. It’s definitely worth five stars and worth a try!! I received this product at a discounted price in exchange for my honest and unbiased review.

[Comment](#) Was this review helpful to you?

Yes

No

[Report abuse](#)

[5.0 out of 5 stars](#)

My Newest Obsession

By [NYC Rocks](#) on November 1, 2015

This [PÜRBLACK SHILAJIT](#) is purely my newest obsession. This comes in a generous 30 gram size. I have been using a pea sized amount and I ingest it by rolling it up and taking it the same way I swallow pills. I also ingest it by adding a pea sized amount and dissolved it in water, it's not bad once you get used to it. Ever since I have started using this Shilajit, I have felt more energy, relaxed, and I'm not as stressed as I once was. Even my family has noticed a difference in my whole being. The ingredients in this substance are from mother nature, and it purely is medicinal and it works. You will feel a difference in your whole body. I am so happy this larger size is available. This has become a part of my daily routine and I am going to continue using this amazing product. Don't be afraid or nervous about the color, consistency or scent, trust me, the benefits will outweigh all your doubts once you begin ingesting this daily. I highly recommend this to everyone.

Disclaimer: I received this product at a discounted rate in exchange for my honest and unbiased review. All opinions are 100% my own.

[Comment](#) Was this review helpful to you?

Yes

No

[Report abuse](#)

[5.0 out of 5 stars](#)

Amazing

By [Kim Peltier](#) on January 10, 2016

Having several medical conditions makes hard to find a supplement that won't conflict with medications... Purblack is amazing and very safe. After only 7 days I could tell a big difference in my alertness and had more energy then I expected. I will tell you it has a nasty taste so the best way to take it is either in coffee or tea or roll it like ball about the size of a pea and swallow like a pill a good case is honey. If I feel this go I don't after only 7 days I can't wait for the full 30 day treatment is up to see how much has changed. I was extremely impressed on how it's packaged there is no way it can be tampered with. This product is very very thick and you will need a knife to get it out don't let it get melts it's not supposed to be. Support from this company is amazing I've never had such a support team before. I would highly recommend this especially if you have a weak immune system.

I did get a discount on this in return for my honest unbiased review

[Comment](#) Was this review helpful to you?

Yes

No

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[5.0 out of 5 stars](#)

Great Shilajit.

By [M. King](#) on November 30, 2015

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Adobe Flash Player is required to watch this video.

Wow. Where do I start. I can't claim this stuff is a miracle worker but what I can state is that I feel better. I feel more energized, less cloudy headed. I

suffer from some gastro issues and I am not sure if it is a coincidence or not, but I have not had a flare up while I have been using the PurBlack. I normally have at least one flare up in 2 weeks time. If the lack of flare ups continue, I will continue to purchase PurBlack just for that benefit alone. I really like the good nights sleep I have been experiencing also. At work, the crud is going around; everyone in my office has had it in the last 2 weeks. I began taking the PurBlack about the time every one was getting sick. I started getting symptoms and the next day, I was feeling so much better. I still had some of the sniffles and coughing the 2nd day, but by the 3rd day, it was gone. I really like this stuff, despite the thick tarry substance it is. Disclaimer: I received this product for free or for a discount for my honest unbiased opinion.

[Comment](#) Was this review helpful to you?

Yes
No

[Report abuse](#)

Showing 261-270 of 413 reviews(5 star). [Show all reviews](#)

5.0 out of 5 stars

Purblack convinced me of the superiority of resin form shilajit

By [Anthony](#) on December 4, 2014

I have been using Purblack almost daily for over 2 years. It seems to enhance my sensory awareness and intuition. When i used powdered shilajit I never experienced any of the famed benefits I had learned about through Ayurveda. Its hard to find a resin form of shilajit in the USA.

This product has made me understand why shilajit is famous as a tonic in Ayurveda and in soviet medicine. If you are looking for a high quality shilajit in the form that has been used historically, I highly recommend Purblack!

[Comment](#) One person found this helpful. Was this review helpful to you?

Yes
No

[Report abuse](#)

5.0 out of 5 stars

This is a miracle product.

By [Joann Swain](#) on January 10, 2016

Let me start off this review with the most honest thing I can say about this and that is it has a very unpleasant taste and I at first did not think I would be able to consume this stuff and give an honest opinion on it but then I saw some of the other reviewers suggestions and decided to try it with some honey. and it is definitely doable that way. So after finally being able to consume it without getting sick, I am blown away by the benefits. I have been sleeping better than ever. I have unbelievable energy and my aches and pains from a car accident several years ago have pretty much been eliminated. I can not say

enough about the benefits. I have told everyone I know about this stuff. I have never heard of it before receiving it and can't believe this is not more widely talked about. Or maybe it's just me. Either way, everyone needs to try this stuff.

I did receive this product for free in exchange for an honest, unbiased review.



[Comment](#) Was this review helpful to you?

Yes
No

[Report abuse](#)

5.0 out of 5 stars

Give me good energy

By [Mary F](#) on February 17, 2015

Verified Purchase

I have been using Purblack for about 9 months. It gives me more energy, clear thinking and less jetlag when I travel. The effect is more noticeable when I first started, I supposed when my body was adjusting to it. I have a stressful job and often find myself lack of sleep due to working till late nights. Purblack has helped me to stay awake and energized during the day.

[Comment](#) One person found this helpful. Was this review helpful to you?

Yes
No

[Report abuse](#)

5.0 out of 5 stars

I had never heard of shilajit before and at first the black resin kind of scared me but I'm so glad I tried it

By [mollsac](#) on March 10, 2016

I've been using this product since last weekend and I'm so impressed! I had never heard of shilajit before and at first the black resin kind of scared me but I'm so glad I tried it. I came down with a cold on Saturday so I mixed a little of this with some water each day and my Tuesday my cold was completely gone. I'm one of those people who gets a cold and it lasts at least a month I can't believe that it went away so quickly. Now almost a week after trying this product I feel great I have more energy with less coffee and I feel more rested when I wake up in the morning. I will definitely be buying more of this when I run out it's well worth the price. The only downside for me is the taste I don't like it but I'm hoping in time I'll get used to it. I have received this product at a discount in exchange for my honest and unbiased review.

[Comment](#) Was this review helpful to you?

Yes
No

[Report abuse](#)

[5.0 out of 5 stars](#)

Great product, so many uses, definitely recommend!

By [Bambion](#) December 16, 2015

I was so impressed with the smaller bottle of this, I had to get the larger bottle! This stuff is amazing. It's a little different. Comes in a cute little box. A thick, resin material. At first you'll probably think what the heck do I do with this! But after you read the directions, you'll see you're supposed to mix this with some water or whatever other substance you'd like. This stuff has many different uses. From improving your mood to boosting your immune system. I can't believe I never have heard of this before. I feel so much better, I feel revitalized.

My favorite way to use this, is to let it dissolve down in a glass of water for about 30mins. Then, I'll dump and mix it in my smoothie. I don't taste it at all. Makes me feel so good afterwards. I'll definitely be a lifetime fan of this product! I had zero negative side effects. Only good effects in my mood, physical and emotional stability, etc.

I did receive this at a discount in exchange for my honest review.

[Comment](#) Was this review helpful to you?

Yes
No

[Report abuse](#)

[5.0 out of 5 stars](#)

Helped my energy!

By [Zach](#) on January 19, 2016

This stuff is awesome! It smells horrible. And the taste is none too great. But it gives you an energy that lasts throughout the day and does not leave you jittery!

I tried to use this in my coffee and didn't like the taste. I tried to take it by itself like a little ball, um, NO. LOL! I did what others have done, I took it like a pill WITH honey! NO aftertaste taking it that way.

I have no idea why this works, or even how it works. I just know that it works for me and I am so glad I started using it!

Here are some reasons I love Pürblack Live Resin Shilajit -

~I have more energy

~I am not as moody

~my digestion issues have improved

~I am sleeping better

If you don't eat right all of the time or if you have issues with your gut....you should give this a try.

I received this product at a discounted price in exchange for my honest, unbiased review.

[Comment](#) Was this review helpful to you?

Yes

No

[Report abuse](#)

[5.0 out of 5 stars](#)

Purblack over others for increased performance and well-being

By [susan groux](#) on February 27, 2015

Verified Purchase

I have using Shilajit for the past four years and have tried three other brands. Purblack is by far the highest quality shilajit, and I can tell the difference with my increased sense of strength and well-being. My athletic performance is also enhanced when I have Purblack in my water bottle!

[Comment](#) One person found this helpful. Was this review helpful to you?

Yes

No

[Report abuse](#)

[5.0 out of 5 stars](#)

Wonderful Product!!!

By [Misty D Ruddell](#) on January 18, 2016

[PÜRBLACK SHILAJIT. 30 GRAMS. LIVE, PURE, GENUINE RESIN.](#)

I have used Pureblack Resin before. I absolutely love this product! When I take it, I just get a small amount and roll it up into a little ball. Then, I take it

like a pill. I think it is much easier this way because I don't like the taste of it. This resin allows me to sleep better and easier. Also, it allows me to focus better. I've noticed that I stay healthier when I use it. I think this resin improves my immune system. My body and muscles hardly ache as bad too. I noticed that my energy levels increase. I love this product! It has so many health benefits. I highly recommend that you purchased this product and experience the benefits for yourself.

I received this product at a discounted price for my 100% honest, unbiased review. This in no way influenced my opinions during the writing of this review.

[Comment](#) Was this review helpful to you?

☒ Yes

☐ No

[Report abuse](#)

5.0 out of 5 stars

It actually looks like Tar but with all the goodness it can offer ...

By [BusyMommie](#) on November 7, 2015

Being from India I knew Shilajit was power food & that it offered many health benefits. Shilajit is mainly found in the Caucasus mountain areas and has been used in Ayurvedic medicine for centuries & it is said to help a lot with various health issues. It actually looks like Tar but with all the goodness it can offer surpasses everything! This is my second jar of Purbblack Shilajit & I'm glad I got the opportunity to test this one out in exchange for my honest unbiased opinion. I feel so much better after taking this. I have hypothyroidism & this definitely gives me an energy boost which I was always lacking. I mix it in my tea & have it & this way it is much easier to take & you don't even feel the taste of it (I took it as is at first & it tasted bad). I wondered why I didn't do it (mix) in the first place. Once mixed in a beverage you don't really taste the Burnt Flavor of it.

This gives me the right energy kick that I needed. It is definitely helping me & I feel better & able to do a lot more than usual.

I would recommend it!

[Comment](#) Was this review helpful to you?

☒ Yes

☐ No

[Report abuse](#)

5.0 out of 5 stars

Pain Levels are So Much Lower!

By [Rebecca Johnson](#) on October 31, 2015

I have tried this brand of Shilajit before. I got the smaller size of PurBlack Shilajit the last time. I will say that I have responded amazingly well. I've experienced increased vitality, I feel well rested, I feel more calm. I also have intense pain in my lower spine, and muscles and joints from Fibromyalgia, Arthritis and Lupus. I have experienced a decrease in pain since I began taking this Shilajit. I have been using it around 2 weeks now. I started out at one pea size a day, and by around 1pm I noticed my levels would go back up, so I started taking it at lunchtime. Now it lasts all day. There is a lot in this jar and so it will last me, even twice a day for quite awhile. I am so relieved to find something that does not involve taking more pills to help my pain and energy levels.

I am impressed and very interested at the long term affects this will have on my mental and psychical well being, but already has had a profound effect on my sleep, my focus, my drive.

I received this product free for my honest and unbiased review.

[Comment](#) Was this review helpful to you?

Yes

No

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Showing 271-280 of 413 reviews(5 star). [Show all reviews](#)

[5.0 out of 5 stars](#)

Definitely Felt a Boost in My Energy Level and Mental Clarity!

By [JEVEN](#) on November 23, 2015

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This video is not intended for all audiences. What date were you born?

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Adobe Flash Player is required to watch this video.

The PurBlack Shilajit, Live, Pure, Genuine Resin comes as 30 grams in the container. The recommended dosage of Purblack is about the size of a pea, then mixing it with water or another liquid no warmer than body temperature and drinking it within 45 minutes. The taste is not anything to write home about, but it goes down easily mixed in a glass of water. The Shilajit is a pure black thick tar-like substance that takes some practice to dose properly because it's very sticky. I've read many good things about Shilajit & Mumie so I was interested in giving PurBlack a try. Based on my own personal experience, I felt an elevated energy level for hours after drinking the Shilajit. It gave me a nice steady boost and I felt more awake and alert even into the night-time. I will report back and add any additional benefits that I notice as I experiment with this unique substance. This product was provided at a discounted price in exchange for my honest and unbiased review.

[Comment](#) Was this review helpful to you?

Yes
No

[Report abuse](#)

[5.0 out of 5 stars](#)

Tar like substance with a distinct earthy/mineral like taste but not ...

By [Julie's reviews](#) on March 7, 2016

Very interesting product I have come by. Tar like substance with a distinct earthy/mineral like taste but not off putting. I diluted it with water at first then added to tea; this made it easier for me to drink. I think you can add it to many other liquids as well. I was lucky enough to be able to try this pretty amazing stuff. At first I was skeptical but day after day, I initially noticed more clarity in daily thinking, an incline in energy that was consistent all day and a sense of overall calmness/well being. This also may be due to sleeping more sound at night, which is, I believe a benefit of Purblack Shilajit. I am only in the first week of ingesting this product but feel inspired by the outcome this far. I received this product through a flash discount offer in exchange for my honest and unbiased opinion.

[Comment](#) Was this review helpful to you?

Yes
No

[Report abuse](#)

5.0 out of 5 stars

The best stuff on this earth!!!

By [Piper Harville](#) on January 10, 2016

I wish I could give this stuff a 10 stars OMG I could go on for days about this awesome miracle resin. I first started taking it on 12/30 the day I received and I'm not going to lie the smell and the taste was horrendous lol. But I actually got used to it. So I continued taking it for about a week and literally all my pain in my body disappeared and I'm usually in constant pain because I have fibro. I was getting amazing sleep and waking up feel refreshed and in the moment along with my mind being so clear. The past few days I've quite taking it to see how I would feel. And literally all my pain is back Ive felt like total crap. So today I'm back taking it. This stuff is a must have in your life it helps with everything I'm in such awe and I'm really the biggest bragger about this stuff to everyone I know. Thank you so much! I received this product for free in exchange for my honest and unbiased review.

[Comment](#) Was this review helpful to you?

Yes
No

[Report abuse](#)

5.0 out of 5 stars

Real Deal High Quality Product.

By [JOYCE SMITHLING](#) on October 30, 2015

I have used the PurBlack Shilajit before in their smaller size and LOVED it. This is just a larger size and still the same great quality. I take a pea sized ball once a day. What I do is make a small ball and swallow it like a pill with a glass of water. After taking it regularly for over a month I feel fantastic. I am a

strong believer in Shilajit and I will never try another brand....PurBlack is the real deal and you can't get better quality. I am sleeping better and the brain fogginess is gone. My energy levels are amazing. I feel fantastic and better than I have in a very long time. I have been trying to be healthier and this is perfect for me. I'm trying to take only natural supplements and avoid pharmaceuticals and this is 100% natural. It is purified mineral pitch resin. You can't get more natural than that. The taste and smell can be a little off-putting but you get over that fairly fast. The results for me are awesome and I recommend it to anyone to try if they are seeking natural energy and health boosters.

I received this product free in exchange for an honest review of it based on my personal experiences with it.

[Comment](#) Was this review helpful to you?

Yes
No

[Report abuse](#)

5.0 out of 5 stars

My New Best Friend!

By [Jenny Gon](#) on December 2, 2015

Let me start by saying I was very skeptical of this product when I first received it and read what it could do!

After using it for a few days I was no longer a skeptic but a fan! I have been sleeping better, waking up feeling more energetic, and alert. This has been wonderful for me since I suffer from CRPS, which is a sympathetic nerve disorder that causes a lot of pain therefore sleeplessness, sluggish mornings, and many more problems.

My pain level has also decreased since taking PurBlack. This alone is life changing for me. This is definitely the best supplement I have ever tried! Believe me I have tried many! I also take strong pain medication which causes foggy mind but this to has improved since taking this. I have never tried this type of product before and am very glad I was given the opportunity. I will continue to take it and have recommended it to family and friends. I received this product at a reduced price for my honest/unbiased review.

[Comment](#) Was this review helpful to you?

Yes
No

[Report abuse](#)

5.0 out of 5 stars

More alert and more energy.

By [Kelly Christensen](#) on December 14, 2015

We're actually hooked on this stuff, my husband and I. I will say that the initial jolt of energy I got the first few days wasn't quite the same a week or two later, BUT overall I just feel better. I do think if you increase the dosage that it helps with that but I HATE the taste so much and I really don't want to be wasteful of the product. In general I have more overall sustained energy and I feel more alert. And happy. My mom said she didn't notice anything though, so there's that. I do think I was mineral deficient prior so my results may be more pronounced. But my husband enjoys this too and he's normally not one for any supplements at all. And he's a skeptic. It helps my insomnia somewhat in the sense that I find myself falling asleep easier, but I still have issues with remaining asleep all night. I will continue to use this daily because it works. I received this product at a deep discount in exchange for an honest and unbiased review.

[Comment](#) Was this review helpful to you?

☒ Yes

☐ No

[Report abuse](#)

5.0 out of 5 stars

Purblack Shilajit Live Pure Resin is helping me to get through each day.

By [SusieS](#) on January 14, 2016

I previously bought the 7 gram jar of Purblack Shilajit live, pure resin, so have been taking a tiny pea size amount each day for over a month. I had got used to the strange smell, the taste of it, and really have no problems taking it in hot water each day.

My husband recently was in hospital, and then rehab, which went on for 4 weeks. I honestly feel that taking my daily amount of the Shalajit resin, has helped me through the long days, and nights. Yes, I was tearful at times, as we didn't know if he would make it, but my mood remained calm, whenever I was with him.

I am still taking my daily supplement, and feel that it is helping me to concentrate on what needs to be done, to get me through each day. I prefer something natural to drugs prescribed by a doctor.

I received this product at a discounted price, for an honest, and unbiased review.

[Comment](#) Was this review helpful to you?

☒ Yes

☐ No

[Report abuse](#)

5.0 out of 5 stars

Best Thing Ever!

By [AK](#) on January 5, 2016

0:00

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Submit

Adobe Flash Player is required to watch this video.

This product has become part of my daily routine, and is a lifesaver. It truly does everything that it claims. I take it in the morning for a boost of energy,

and again in the afternoon. Not only does Purblack give me the energy to get through the day, but it improves my mood immensely! I do suffer from depression and anxiety, and while taking this, My husband and I have both noticed a change in my mood. A good change! I am happier, more productive, and my temper isn't so short. This is worth every penny. I have tried many anti anxiety and mood stabilizers: nothing can compare to this. If you are lethargic though out the day, depressed, have trouble sleeping, try this. You can't put a price on happiness! I received this at a discount, in exchange for my honest unbiased review. All thoughts and opinions are of my own and are not swayed by outside entities.

[Comment](#) Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

NATURAL ENERGY

By [Connie K](#) on March 27, 2016

The Purblack Resin Shailajit is a product I looked forward to receiving as I had heard of it before, , but had never tried. I wish I would not of waited to try this product. It has increased my energy level, which I needed with being sick for a few months and surgery. The Resin comes in a round black jar and it is sticky when you open the lid. I roll out a small pea size amount and take like pill or capsule. You can also add it to your hot coffee or tea. I have also noticed less anxiety and it is helping with depression. I mentioned the energy advantage, but it also helps with my Chronic pain. I feel better since I have been taking this.

DISCLAIMER

I RECEIVED THIS PRODUCT FOR A DISCOUNTED PRICE IN EXCHANGE FOR MY HONEST REVIEW AND OPINION. NO COMPENSATION WAS EXCHANGED/

[Comment](#) Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

Stinky and wonderful!!

By [My Pen Name](#) on January 12, 2016

This stuff is just crazy. I seriously love it! U definitely notice when I forget to take it in the morning. I get some much more energy and just overall feel better when I take it. I don't feel like my afternoon energy crash is as bad either. I started out by dissolving it in water and just taking it like a shot but

then I decided to try taking it like a pill. I roll it up into a ball and swallow it. I like that way cause then you don't taste it as much. But I really did get used to the taste after a bit.

The negatives of this would be the taste (which you get used to, or bypass by swallowing it like a pill) and how hard it is. It's pretty solid in the jar so you need to use something strong to get it out. But neither of those negatives are enough to drop a star. I really love this stinky stuff!

I got this at a discounted price in exchange for my honest review.

[Comment](#) Was this review helpful to you?

☒ Yes

☐ No

[Report abuse](#)

Showing 281-290 of 413 reviews(5 star). [Show all reviews](#)

5.0 out of 5 stars

I notice an instant energy burst within a few minutes of consumption and there's nothing like it. Super pleased with this produc

By [Haylee](#) on January 28, 2015

Verified Purchase

Ever since I started taking Purblack, I've noticed a HUGE difference in my energy, metabolism and mood. I notice an instant energy burst within a few minutes of consumption and there's nothing like it. Super pleased with this product and isn't as expensive per serving as other brands. I'm sold.

[Comment](#) One person found this helpful. Was this review helpful to you?

☒ Yes

☐ No

[Report abuse](#)

5.0 out of 5 stars

Many benefits for your whole body!

By [Amie](#) on November 2, 2015

Even better in the larger container! If you are unsure, do your research. This is a great addition to any herbal or supplemental regimen you're on already. I have found that with consistent use of this purblack (yes you will get over the smell) your existing vitamins/minerals/supplements will be enhanced and work even better. I still don't love the taste and I will use a chaser at times, but the benefits out weigh the undesirable taste by far. I still refer to the website pretty often and I am always telling my friends about it. It does get difficult to get the amount right and I will use more some days than others. I use a flat tooth pick and use the toothpick to stir/dissolve into hot water or tea. I sometimes add honey. Not everything that's good for your body will be tasty. (life lesson right there) I try to drink this twice a day, early morning and later afternoon. I was able to get my purblack for free during a promotion in exchange for my honest and unbiased opinions and review.

[Comment](#) Was this review helpful to you?

Yes
No

[Report abuse](#)

5.0 out of 5 stars

A nice addition to diet and health regimen...

By [Mrs. Chrissy Robertson](#) on January 11, 2016

0:00

0:00

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Adobe Flash Player is required to watch this video.

I have been taking this product every morning for about a week. I mix a pea sized amount with a small amount of water, so that I won't have to deal with the taste too much, it doesn't taste horrible but also not the best tasting drink.

Purblack Shilajit seems to work pretty good so far. I take it along with my daily multivitamin and minerals and also after working out. When taking the supplement after a work out, it feels like it improves my recovery (aches and pains). I also feel more relaxed and focused after taking this as well.

I received this product with a promotional discount in exchange for an honest and unbiased review. No compensation for a positive review was provided. All of my reviews are based 100% off of my experience with the product and I never guarantee a positive review.



[Comment](#) Was this review helpful to you?

Yes
No

[Report abuse](#)

[5.0 out of 5 stars](#)

Magical

By [Niki. Mattes](#) on March 3, 2016

This product came wrapped up better secured than a bank, good heavens. With that being said this is almost like tar, the color and substance, it is very thick, I do feel a bit more active but can't say for sure that it is because of this,

my husband says I look better, sleep is some better but everything can still improve more right? I used it for 5 days when I wrote this.

Some benefits are: accelerated regeneration of healthy tissue, sleep cutting and normalizing ability, improved moods and emotional stability, better cognition, natural mental and physical performance enhancement, healthy immune and inflammation response, healthy neutralization of addictive substances.

I received this product for free in exchange for my honest and unbiased review.



[Comment](#) Was this review helpful to you?

☐ Yes
☐ No

[Report abuse](#)

5.0 out of 5 stars

He researched this product and recommended it to buy for him

By [Wayne M.](#) on March 29, 2015

Verified Purchase

I bought this product for my son who is extremely health conscious and researches natural solutions for medical issues. He researched this product and recommended it to buy for him. He has been using it for three months and is very pleased with the results. He raves about the product and the customer service.

[Comment](#) One person found this helpful. Was this review helpful to you?

☐ Yes
☐ No

[Report abuse](#)

5.0 out of 5 stars

If you can get past the smell, you can handle it. It's worth it!

By [susan reid](#) on December 2, 2015

PURBLACK SHILAJIT has some of THE best health benefits for me and have honestly changed my life! I have a lot of major issues and they are truly debilitating. I have tried the smaller jar and then was given the opportunity to get the bigger jar and jumped on it. What it has done for me is alleviate a majority of my pain issues and let me be able to stand and walk for more than 10 minutes. It has let me rest peacefully and given me a reasonable mood and the ability to care for my baby granddaughter. That alone is enough to make me continue to use this stinky, sticky stuff for a lifetime! It doesn't take much to take it, just about a small ball. Dime size. I don't dissolve this but rather swallow it quickly and chase it with my coffee! The jar will last a long time because it doesn't take much but just know that it is extremely sticky! I received this product at a discount in exchange for my honest opinion.

[Comment](#) Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

Realign Your Body

By [Anna Wiedeman](#) on March 17, 2016

I purchased this product because I was intrigued by the health benefits. My 50 year old niece suffers from a multitude of ailments. It was a little difficult to get out, but she quickly figured out that if she used a grapefruit knife, she could scoop out just the right amount. She has has some issues with the discs in her back so sleep had become an issue. Lots of stress at work wasn't helping either. She noticed a significant difference in her stress and anxiety level. This in turn helped her get better nights sleep. She has used herbs and supplements in the past but feels this product surpasses anything she's tried before. She feels like her body has been invigorated. I was able to purchase this item at a discount for providing an unbiased review.



[Comment](#) Was this review helpful to you?

[Yes](#)
[No](#)

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[5.0 out of 5 stars](#)

Great Product!!

By [Dr. SN](#) on March 2, 2015

Verified Purchase

I really would recommend this product. It is great. I have been using it for two month now with great results. It has helped concentration, focus, and made my day go alot smoother. I ll keep ordering it as long as it is available. Hope it does not run out.

Thanks Purblack for sharing this amazing product with the world.

[Comment](#) One person found this helpful. Was this review helpful to you?

[Yes](#)
[No](#)

[Report abuse](#)

[5.0 out of 5 stars](#)

Amazing Supplement!

By [Leslie Dotts](#) on December 3, 2015

I absolutely love Pur Black Shilajit! I have now been taking it two months and it's been quite a transformation. I have fibromyalgia and chrnic fatigue. I have suffered for years taken many different kinds of pain killers and drank far too much caffiene. I have noticed a huge reduction in my pain, better quality sleep and far less brain fog. This stuff is nothing short of a miracle. I feel wonderful!

It definitely takes some time getting used to taking this. You are supposed to dissolve a pea sized amount in water and then drink it but I had issues drinking it that way. I decided to take it the only way I could. I take a pea sized amount and make it into a ball, then take it like a pill with water. It is much easier for me to get it down that way.

I highly recommend this supplement to everyone I know. I received this product at a discount in exchange for my honest review.

[Comment](#) Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

Amazing energy & clarity product!

By [Douglas Frawley](#) on March 10, 2016

I love this stuff!

It comes in a very secure jar, so it may take a little strength to open.

This is not easy to get out of the jar, but I found a small butter knife (be careful) or a little hard plastic spatula does the trick!

It's difficult to get out of the jar because of the sticky consistency, but don't let that confuse you with it's powerful use!

I get so much energy and clarity from this and I really like how I feel when taking it.

There are no jitters or weird feelings with this, just a slight sappy after taste, so have some gum or a mint after.

I found that rolling a pea size up and swallowing is the easiest for me.

I received this at a discounted price in exchange for my honest and unbiased review

[Comment](#) Was this review helpful to you?

Yes

No

[Report abuse](#)

Showing 291-300 of 413 reviews(5 star). [Show all reviews](#)

5.0 out of 5 stars

Our black shilajit review

By [Paulette Jackson](#) on January 15, 2016

This product, I must say, is remarkable. At first I was hesatent in taking this product because of the way it looked. I done some research on this and found out that this is the purest form of some natural supplements that can be taken. So far this product I have taken for 4 days. I keep noticing different

things each day of taking. After two days I have noticed that my energy levels have risen. I'm not as tired. I seem to sleep better and I am not as hungry as usual. My complexion is much better and I feel totally better in general. This product is amazing and I can't say enough about it. I will definately suggest this to anybody that wants to make a difference in their health and well being! I purchased this product at a reduced or free price in return for my honest and unbiased opinion.



[Comment](#) Was this review helpful to you?

☐ Yes
☐ No

[Report abuse](#)

[5.0 out of 5 stars](#)

Just Amazing!!

By [Sunshine Girl](#) on January 3, 2016

I had heard a few people talking about this one day. I asked about it and it really sounded interesting to give a try. Well I am in end stage kidney failure, on dialysis, high blood pressure and my lower back is always sore. So I really didnt have much to lose. I have tried several different things and nothing worked. I take a pain pill only as a last resort because I really dont like the way they make me feel. I really haven't been using this for a long period but I love the results so far. I am able to do more around the house, in which I feel better. I am sleeping without waking up in pain. I can not tell you how or what's in this to make it work like this but it works, This is my honest opinion of the product and my own words. I was not compensated in no way at all except for the product to test.

[Comment](#) Was this review helpful to you?

☒ Yes

☐ No

[Report abuse](#)

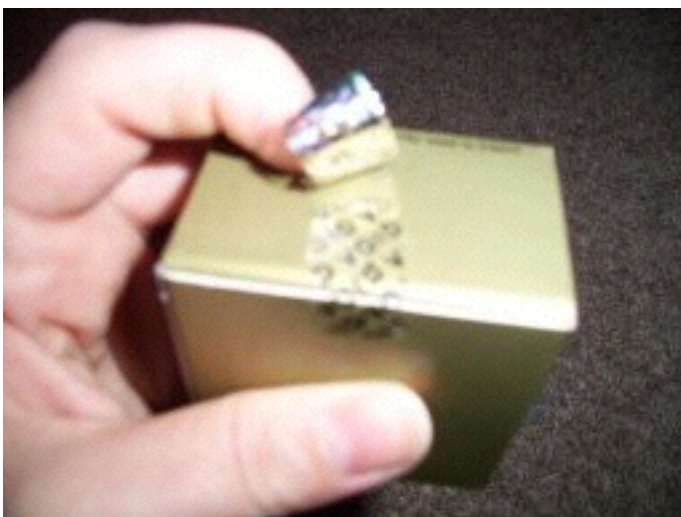
5.0 out of 5 stars

Bad taste worth the benefits

By [Heather Ann](#) on November 29, 2015

I was very skeptical when trying this purblack but after a full week of using this every morning, I can tell a big difference in how I feel. I have a much better outlook on life and feel that my anxiety has decreased significantly. My energy has increased and I feel more able to keep up with my kids. Ingesting the purblack itself is not my favorite thing, but I am getting used to it. I use about a cup of cold water and about a pea-sized amount of the purblack and dissolve it into the water. At first I stood there stirring it for five minutes, now I just walk away, come back and stir it every so often until it is dissolved. While drinking it I can't taste it but I really dislike the aftertaste. Because of this I down the entire glass and then only need to taste it once during the aftertaste. I purchased this at a discounted price in exchange for my honest review.





[Comment](#) Was this review helpful to you?

[Yes](#)
[No](#)

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[5.0 out of 5 stars](#)

sleeping better.

By [BeccaAnn76](#) on February 28, 2016

I work about 60 hours a week in a stressful job which keeps me awake all hours of the night. I also have an auto immune disorder so I often complain of aches and pains. I had heard positive results from using Shilajit and was excited to order and see what it would do for me. Like everyone else, I too was concerned about the taste and smell as well as the tar light consistency. It almost looked like hardened taffy. I used a chop stick to take a pea sized amount out and mix with honey. The taste was easy to get over quick. I noticed that I am sleeping much better and I have not complained of aches and pains like I normally do. So I think its working well.

I received this product in lieu of an honest unbiased review.

[Comment](#) Was this review helpful to you?

Yes
No

[Report abuse](#)

[5.0 out of 5 stars](#)

Feel better with no jitters.

By [Melissa](#) on March 12, 2016

Purblack shilajit is a great product, I have ADD, fibromyalgia, and am in constant pain, I was told by someone who had tried this to keep refrigerated because the smell and taste are not as bad. I kept mine in the refrigerator, you take about a pea size amount and either just swallow like that or dissolve in water, it is much easier to just swallow, there isn't an after taste. It took me a couple of days to really notice the difference, but I am noticing that I am not having as much problems concentrating at work, my pain is feeling better, I have only been using this for a couple of weeks, I am excited to see what the next few weeks bring.

I received this product at a discount for my honest and unbiased review.

[Comment](#) Was this review helpful to you?

Yes
No

[Report abuse](#)

[5.0 out of 5 stars](#)

I highly recommend this product to ANYBODY AND EVERYBODY!!

By [Alexandria Willis](#) on March 1, 2016

This is my first time trying anything like this, so I'm ignorant to the way it's supposed to make me feel, but I LOVE the way that it has made me feel!! The smell is like that of burnt rubber, and the taste isn't pleasant (that's why I ball it up and swallow it like a pill) but the results are wonderful! In just a couple of days this resin has made me feel great! I have more energy, I am in a better

mood, I am less sore. My 4 year old told me that she likes it when "mommy's happy" and that is purely a result of using this resin! I highly recommend this product to ANYBODY AND EVERYBODY!! I have disclose that I received this product at a discounted price in exchange for an honest and non biased review.

[Comment](#) Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

Increased stamina and vitality

By [Shelby Franco](#) on December 2, 2015

You take a pea-sized amount and stir it into a glass of water. It takes about 4-6 minutes of continuous stirring to dissolve, or you could leave it in the water for 45 minutes to dissolve itself, or just swallow the resin by itself. I prefer dissolving it in water because it allows for easier assimilation. I can feel the effects more quickly when dissolved in water.

I would take this with my breakfast and not first thing in the morning. It's kind of strong to have on an empty stomach. I'm glad to have this because it's hard to get the proper amount of minerals in our modern diet.

After taking this regularly for a couple months (I started with the mini jar), I feel stronger and have more stamina. I can think better. I really like this.

Disclaimer: I received a discount on this product in exchange for my honest opinion

[Comment](#) Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

Amazing Product

By [Lucias Bouge](#) on December 3, 2015

I originally recieved this product in the .7 g. jar, but am excited that I ended up receiving the 30 g. jar, because this product has been added into my daily regimen, and will continue to be a part of my personal wellness. I was sick upon first receiving it, and my illness was completely turned around. Now that I'm able to use it, while not being sick, I have found that I'm able to notice it's benefits far more than when I was sick. This product provides me with stabilized every throughout the day. Just a pea sized portion in my tea with lemon, and I'm set for the day. I've noticed even a mood change, as I have high anxiety, and suppliments that provide energy do not tend to work well with that. My Purblack however, does not make me anxious, and I've been

noticing lower amounts of anxiety throughout my day. I would recommend that EVERYONE add this product in their daily regimen.



[Comment](#) Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

Shilajit

By [SONYA MELTON](#) on August 31, 2015

I was kind of skeptical when I read the description of the Shilatji but I have to say, it really works. The Shilatji came in a black jar and when I opened it it looked and smelled like tar. After reading the instructions, I got a little bit out and rolled it between my fingers to make it into a pea sized ball. I just knew it was going to taste bad so I swallowed it really fast with a glass of water. I was right, it really didn't taste good at all. However, within an hour I had enough energy to clean house and play outside with the kids. I took the second dose about supertime, and later I wasn't yawning or dragging, even after a full day of homeschooling and housework. A suggestion I saw said to try it in a drink, so I dissolved it into my morning coffee. That worked and I could barely taste it. After a few days of using it I was more awake and didn't mind taking it at all.

I recieved this product at discounted price in exchange for an honest and unbiased review. My opinions are my own.

[Comment](#) Was this review helpful to you?

Yes

No

Report abuse

[5.0 out of 5 stars](#)

Clarity, creativity and convenience

By [Jennifer](#) on May 3, 2015

Purblack gave me a sense of clarity and creativity. I recommend it as a part of anyone's daily health regiment. I heard they are coming out with an updated resin which has a more mild taste and can be taken directly without dissolving. These changes make Purblack even more convenient and desirable.

[Comment](#) One person found this helpful. Was this review helpful to you?

Yes

No

Report abuse

Showing 301-310 of 413 reviews(5 star). [Show all reviews](#)

[5.0 out of 5 stars](#)

IT WORKS!

By [copterm](#) on January 8, 2016

So I've never tried a "pure resin" product before, but I AM IMPRESSED. The first week I felt the elation others have talked about, then I settled into an overall good feeling. I have ADD and sleep rarely comes easy without medicinal help, but with the PÜRBLACK SHILAJIT my sleep was better... MUCH better!

The arthritis pain in my shoulder has abated enough that I'm looking forward to my workouts.

The product does have a strong taste so I dissolved it in my water or morning tea which works great and eliminates the taste. However, I am impatient so now I take a small amount from the jar, roll it in a pea-sized and swallow it like a pill.

I was provided the SHILAJIT at a discount for my honest review. It will remain a part of my daily routine.

[Comment](#) Was this review helpful to you?

Yes

No

Report abuse

[5.0 out of 5 stars](#)

So I rolled it into a pea sized ball and swallowed it like a pill

By [jennifer leveque](#) on January 12, 2016

I started taking this about two weeks ago. I knew by the smell that putting in a drink was not for me. So I rolled it into a pea sized ball and swallowed it like a pill. The first thing I noticed was I have more energy. Which is great, since I

am a busy person. I am also sleeping better. I usually wake up four or five times a night. While taking Purblack Shilajit I am only waking up right before the time I normally get up. I am feeling better all the way around. My lower back was bugging me and now it feels good. My mind seems clear and I am not forgetting things. I love this stuff. I highly recommend this for your health and overall well being!

I received this product for a discount in exchange for a honest and unbiased review.



[Comment](#) Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

better digestion and elimination (which I noticed the first day

By [mleon](#) on April 16, 2015

Verified Purchase

I am almost to the end of my first bottle of Purblack and am looking forward to my next one! I have more mental clarity and focus, extra energy, better digestion and elimination (which I noticed the first day!) and I feel a better overall sense of wellness.

[Comment](#) One person found this helpful. Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

... different forms of shilajit purblack is by far the best one on the market felt effects right away increased ...

By [jeffrey nelson](#) on March 10, 2015

Verified Purchase

I've used many different forms of shilajit purblack is by far the best one on the market felt effects right away increased energy mental clarity better digestion feel more alive when I take it I will defenatly take it from now on outstanding product you won't be disappointed

[Comment](#)One person found this helpful. Was this review helpful to you?

Yes
No

[Report abuse](#)

[5.0 out of 5 stars](#)

Believe the hype, it really works!

By [Mstacks](#) on November 30, 2015

Shilajit isn't just a new diet fad or miracle drug, it has been around for millions of years. It is India's most sacred herbal remedy. It comes from the Himalayan mountains when the mountains warm up this substance oozes out. After it is slightly refined you get this substance that is packed with trace minerals and nutrients. I didn't believe the hype, but after trying it for the first time it provided me with energy, made my body feel relaxed, and helped me sleep better. I continued to use this product and felt the same exact feeling every time. It doesn't leave you feeling jittery like after you have too much caffeine or stimulants. I highly recommend you try this, they even sell a sample size to try out. I was happy to receive this product at a discount in exchange for my honest review.

[Comment](#)Was this review helpful to you?

Yes
No

[Report abuse](#)

[5.0 out of 5 stars](#)

It is actually very cool stuff. It helps you out in so many ...

By [Aleein](#) on January 16, 2016

Ok so when you first get this yes it is kinda scary looking. No its not tar that roads are made of. It is actually very cool stuff. It helps you out in so many ways. I seem to be more alert more active and my son says I am even have been in a better mood. You can take it like a pill by making it in to a little pill shaped or mix it with a drink. I have done it both ways.

Disclaimer: I received this product at a discounted price in exchange for an honest and unbiased review.

I trust that my thoughts in this review will prove helpful in some way, if you have any questions, please feel free to ask and I will do my best to answer them based on my own personal experience with this particular product.

[Comment](#)Was this review helpful to you?

Yes
No

[Report abuse](#)

[5.0 out of 5 stars](#)

I was recommended this by a friend

By [HL](#) on January 15, 2016

I was recommended this by a friend. A little skeptical, but curious to try. Don't let the color or consistency turn you off!! I have been taking a pea sized amount rolled into a ball, swallowed like a pill every morning. Within the first few days I started to notice a difference; no more afternoon fog, better overall mood. I have superficial venous insufficiency in both legs, which causes burning, tingling, swelling and heaviness in my legs as well as throbbing varicose veins. I've had in-office treatments for both legs and still suffer with chronic bruise like pain in my thighs and a searing pain in my left leg. Day 2 of taking Purblack I noticed that the constant pain in my left leg was less intense. Have been taking Purblack 10 days now, and the pain has gone from white hot pain to a dull bruise like ache. For that alone I'm sold and will make sure to never be without Purblack!

[Comment](#) Was this review helpful to you?

Yes

No

[Report abuse](#)

[5.0 out of 5 stars](#)

Allowing my health to move in the right direction!

By [Ambersjax](#) on November 3, 2015

I seem to have a never ending list of health issues and at times I want to lose hope in ever feeling normal again. I have been taking Purblack Shilajit for over a month now with no expectations but I am happily relived with what a difference it has made inside and out. I wake up with more energy, sleep better at night, have less aches and pains and emotionally feel better all around. I cant say for sure that the Shilajit gets credit for it all but I can say it had to have helped a large majority of my bodies trouble and I don't plan to go a day with it.

**** This product was received either at no or very low cost for review and inspection purposes No compensation for a positive review was provided. All of my reviews are based 100% off of my experience with the product and I never guarantee a positive review**

[Comment](#) Was this review helpful to you?

Yes

No

[Report abuse](#)

[5.0 out of 5 stars](#)

Awesome Product

By [F. Frank](#) on December 1, 2015

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This video is not intended for all audiences. What date were you born?

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Adobe Flash Player is required to watch this video.

I am surprised with all the great benefits this product has. I've been taking it for a couple of weeks now, and I feel so much better! I don't have any more headaches on a daily basis (I take medicine that gives me headaches as a

side effect), I have been sleeping better, not waking up in the middle of the night for no reason. I have also noticed an increase on my energy level. This product does not taste good nor it smells good but after a week or so I got used to the taste. I mix mine with honey to add some sweetness to it. I add hot water as this helps melting the product faster than cold water. I highly recommend this product.

I received this product at a discounted price in exchange for my honest opinion.

[Comment](#) Was this review helpful to you?

☒ Yes

☐ No

[Report abuse](#)

5.0 out of 5 stars

New to this and loving it!

By [Matton](#) on February 4, 2016

I've only been taking this for a few days now, but can already feel a difference. My body seems to be more alert and energetic than what it was beforehand. It's possible this could be a placebo effect, however, it sure doesn't feel like it. I've only recently heard of this stuff and really glad I did. It's very easy to dissolve in water, tea or even coffee. the taste isn't too bad, just earthy. I'm really loving this stuff and plan to keep taking for the foreseeable future. I did receive this complimentary to try out in exchange for an honest and unbiased review. This stuff really seems to work and I highly recommend it to anyone wanting to "fine turn your body".

[Comment](#) Was this review helpful to you?

☒ Yes

☐ No

[Report abuse](#)

Showing 311-320 of 413 reviews(5 star). [Show all reviews](#)

5.0 out of 5 stars

Great for many things!!!

By [Inlovewithriddles](#) on January 2, 2016

Purblack is a highly effective product. I am truly amazed at the results I have experienced from my own personal use. I'm new to this whole herbal/organic thing, but I thought I'd give it a shot. I suffer from chronic pain in several parts of my body, migraines, ADD, OCD, ADHD and Seasonal Affective Disorder. I have only used this product for five days and I can definately see results in my brain. I can concentrate and stay on task more. I also seem to have slightly more energy. But yet I sleep throughout the night as opposed to waking up multiple times. I will continue using this product. Hopefully it eases some migraine pain in the future.

DISCLAIMER : I RECEIVED THIS PRODUCT AT A DISCOUNT FOR AN HONEST REVIEW!

[Comment](#) Was this review helpful to you?

Yes

No

Report abuse

5.0 out of 5 stars

Amazing!

By [Katarina](#) on September 3, 2015

This is my first experience with shilajit and I did a ton of research before agreeing to take it. What we put into our bodies is important and nothing should be done without some foreknowledge. What I read was impressive. Then I looked into Purblack specifically and found that it seems to be one of the most respected in terms of purity and quality. So here I am a week later. I take a pea sized amount in tea every morning. The taste is rather... strong and to be honest.. gross. But I've found the benefits to far exceed the taste. I feel more rested. I sleep better. I am more able to focus and stay on task. I feel less ADHD. I feel more calm and relaxed. I have less pain in my joints when I wake up.

I am honestly shocked at the difference this tiny ball of resin in my tea has made in my body and mind and the improvement in my quality of life.

I'm hooked.

I received this product free in exchange for my honest and unbiased review.

[Comment](#) Was this review helpful to you?

Yes

No

Report abuse

5.0 out of 5 stars

Purblack: I have been looking for an Ayurvedic medicine ...

By [G. S.](#) on February 17, 2015

Purblack: I have been looking for an Ayurvedic medicine to replace some things I was getting 25 years ago before the company I was ordering from went out of business, but until now have not found anything of the same quality. This is the only thing since then which I feel brings out the inner strength at a deep level.

[Comment](#) One person found this helpful. Was this review helpful to you?

Yes

No

Report abuse

5.0 out of 5 stars

I would recommend this product

By [David Sinopoli](#) on March 18, 2015

Verified Purchase

This product does have a calming effects although the taste takes some time to get used to. I tried this product for one month and then I stopped for another month and started back up again and I could notice the difference. I would recommend this product.

Comment One person found this helpful. Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

I have heard of the health benefits from using Shilajit ...

By [Marcy Clemenson](#) on November 29, 2015

0:00

0:00

This video is not intended for all audiences. What date were you born?

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[Submit](#)

Adobe Flash Player is required to watch this video.

I have heard of the health benefits from using Shilajit but had never tried it until now. This helps to enhance your mood, your energy level, and your memory. It also used for sharpening your intelligence. It also can help balance your blood sugars. I have been using this for about 10 days. I have noticed a change in mood , I have had more energy for longer periods of time. I put a teaspoon I n water and let it sit for a bit, then I drink it. To me, it is a bitter and salty taste. It is very thick and sometimes I do have trouble getting it out. It is sticky. I have also noticed that I am less forgetful of things now as well.

I received this product at a discounted price for my honest and unbiased review

[Comment](#) Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

Taking a pea sized dose of resin with honey

By [Kaci A](#) on December 17, 2015

I have tried the smaller supply of this Purblack and had to introduce it to my husband who suffers from digestive problems. He gets bloated easily and experiences heartburn after ingesting various fruits, vegetables, or juices. We have both been taking a pea sized dose of resin with honey in the morning. He has noticed a dramatic decrease in his bloatedness and heartburn is not occurring as often. Our bodies are still getting used to this product, but it does increase my energy throughout the day, especially between 2-5 when I feel the most groggy. I may eventually quit drinking coffee with this stuff, but for now still using.

I received this item at a discounted rate in exchange for my honest review.

[Comment](#) Was this review helpful to you?

Yes
No

Report abuse

5.0 out of 5 stars

If you don't try it you will never know what you're missing.

By [Tracie Non](#) December 1, 2015

0:16

0:00

This video is not intended for all audiences. What date were you born?

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0819071906190519041903190219011900Submit

Adobe Flash Player is required to watch this video.

The month of November was pretty rough for me. My stress levels have been at an all time high. I've been seeking out anything and everything to make myself feel better physically and emotionally. I tried this a few months ago and continued to use it sporadically as I didn't want to run out of the 7 gram jar. Then I was given the opportunity to try the larger 30 gram jar and was thrilled! I'm a very open minded person and embrace alternative medicines and therapies. The box and jar this comes in is sealed to ensure the Shilajits freshness. I did an unboxing video so enjoy!

Disclaimer: I received this product for free or at a discounted price in exchange for my honest and unbiased review.

[Comment](#) Was this review helpful to you?

☒ Yes

☐ No

[Report abuse](#)

5.0 out of 5 stars

I have been a customer for about a month now and am very satisfied with this product

By [Sonia K. Rooton](#) on January 12, 2016

I am a very new customer of Purblack Shilajit. I have been a customer for about a month now and am very satisfied with this product. It is more expensive than the other brands but you get what you pay for as with anything else. This is the very important with your health. I have noticed increased mental focus, and a desire to eat better foods. I would attribute this to nutrients in this product. This shilajit repairs your nervous system, and helps you to adapt to the stresses of everyday life. This product even helped me get rid of a migraine when I ran out of my rescue medication. Awesome product. I received this product at a discount in return for my honest unbiased review.

[Comment](#) Was this review helpful to you?

☒ Yes

☐ No

[Report abuse](#)

5.0 out of 5 stars

So far I haven't had any negative side effects from this product and I do feel better as far as my ups and downs

By [carol hutchinson](#) on November 22, 2015

My doubt has been defeated now that I've tried this product for myself. Although it has many health benefits, my main reason for testing purblack shilajit was for my mood swings. I'm not into taking prescription meds, I rely solely on natural supplements. Some are effective and some are not and side effects can be a pain so you have to be careful. So far I haven't had any negative side effects from this product and I do feel better as far as my ups and downs. Not sure which ingredients are contributing to the improvement but I'm loving it, I think it's a great combination of nature's healing gifts. Highly recommended. I received this item at a discounted price in exchange for a honest review and I'm very impressed with the results.

[Comment](#) Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

So far this stuff is amazing! Ive been taking it for a few weeks ...

By [Janae Metz](#) on February 15, 2016

So far this stuff is amazing! Ive been taking it for a few weeks now, and the results are great. I always thought that I got a good nights sleep, but since taking this, I definitely feel more well rested. I simply scrape out a little ball once and day and swallow with some water, and beware, if it starts to melt in your mouth. Some people may be able to deal with strong tastes but not me! So kudos to anyone who actually melts this in water and drinks it! This stuff is so amazing and I will be totally bummed when I run out. I cant wait to see the long term results!! I received this product in exchange for an honest review.

[Comment](#) Was this review helpful to you?

Yes

No

[Report abuse](#)

Showing 321-330 of 413 reviews(5 star). [Show all reviews](#)

5.0 out of 5 stars

Dont underestimate this product it is Amazing.

By [B. Hoover](#) on March 11, 2016

Big things do come in little packages. When I opened it up, I was thinking "is this all" but now I have to say "that is all you need" will have to say I was a little concerned with the concept of this superfood. Now that I have been using it for a week, I am in love with it. I take it in my fruit infused water right before my hour walk and it helps my stamina. It may look dark and scary but don't let it scare you, take a chance and you will see how this improves your daily life. I did receive this Shilajit at a discounted price in exchange for my honest and unbiased review.

[Comment](#) Was this review helpful to you?

Yes
No

[Report abuse](#)

5.0 out of 5 stars

Seriously Awesome

By [danyeljoy](#) on October 31, 2015

Although I call this my "tar water" because of its smell, consistency and taste, I notice the effects of having it every day. I haven't had it the last few days, and I can feel a lack of energy and clarity. When I took it for over a week, I woke up refreshed, I slept well, and had a clear mind throughout the day. This is a great product and worth the money for sure! I plan on getting more when I'm finished with this jar.

I do add some organic lemon juice to my water at times and will also follow up after drinking the water with a tad of local honey to ward off any aftertaste. It's a bonus since lemon juice and honey are both great for our bodies!

I received this product free in exchange for my honest review; all opinions are my own.

[Comment](#) Was this review helpful to you?

Yes
No

[Report abuse](#)

5.0 out of 5 stars

PÜRBLACK SHILAJIT. 30 GRAMS..

By [misty stockfleth](#) on November 30, 2015

I will be honest when I was told about this product I was really unsure of the product but I said well I will try, so I ordered this product and well at first look I was like ummm but I have it a go. So I did the instructions and to my surprise this product has really helped me with my stomach issues and calming my nerves and all you do it a pea size amount a day. Now let me tell you this little jar will last you a lot longer than you would think when you first get it. A little really does go a long way with this it is so worth the money I have started telling family about it and have them ordering it also. ****disclaimer I was offered this product at a reduced price in exchange for a honest and unbiased review.*****

[Comment](#) Was this review helpful to you?

Yes
No

[Report abuse](#)

5.0 out of 5 stars

By far the most potent herb I have ever tried!

By [Amazon Verified Buyer](#) on May 6, 2015

Verified Purchase

This is by far the most potent herb I have tried and I have tried various things:- Rasayanas, Ginseng and Ashwagandha. Improves the mental and physical energy by leaps and bound. I would recommend it for one and all.

[Comment](#) One person found this helpful. Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

it works!

By [christine frederick](#) on October 31, 2015

I waited to write this review for a bit so that I could give a good review. I was skeptical and unsure about this stuff, and when it came it smelled yucky (idk why I smell things bug I do...lol) I had read some reviews about drinking it and I chose to do as some suggested by scooping some out with a butter knife rolling it in a ball and pop it like a pill and I choose to drink warm tea with it. Effects for me are most amazing energy and I have horrible LBP, hip and periformis pain that NOTHING usually touches and I believe the pain has lessened and I am just feeling better overall. I received this product at a discount or free for my honest unbiased review, not a promised positive review. Hope this helps with your decision.

[Comment](#) Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

Good stuff!

By [Suebay](#) on October 18, 2015

I tried the seven ounce jar of this and loved it. So I was excited when I got a chance to get the thirty ounce jar. The smaller jar lasted quite a while so I expect this one to last forever (okay maybe not forever, but a good long time). I found the fastest, easiest way to use it is to roll up a small ball of it and swallow it like a pill. You get a mild taste that way but it is manageable. I feel so much better when I take this. I have more energy in the day, sleep better at night, and my chronic pain is so much less. I stopped using the first jar after a while and all my symptoms came back. When I realized it was related I

started up and again things improved. I received this free in exchange for my honest and unbiased review.

[Comment](#) Was this review helpful to you?

Yes

No

Report abuse

5.0 out of 5 stars

Too legit to Shilajit.

By [Gwen Hooper](#) on December 1, 2015

I wasn't sure what I ordered when I purchased this item at a discount. I have tried many diet pills, supplements and miracle cures that attempt to increase energy and make you feel better. Upon receiving and smelling the PurBlack I was even more skeptical. The scent is something like hot camel poo but I followed the instructions and have taken it every day for about two weeks. I have had better sleep, pronounced increase in energy, been more alert and productive at work and even avoided the flu after being stuck in a hotel room with a sick relative. The only thing I have done differently is take a pea size drop of PurBlack daily.

[Comment](#) Was this review helpful to you?

Yes

No

Report abuse

Showing 331-340 of 413 reviews(5 star). [Show all reviews](#)

5.0 out of 5 stars

Great results, has helped me feel overall alot better.

By [SweetMurry](#) on February 14, 2016

I've tried several types of resin, this PURBLACK is very good quality. It helps with energy and an overall more healthy feeling of my body. I have Lupus and Fibromyalgia along with chronic pain. It helps me feel better. I will continue to use PURBLACK, I will update with any future changes or more of a description as time goes on. I recommend trying the 30 gram jar and using it daily to see some results... I received this product as for a discount in exchange for my honest unbiased review. My words and opinions are my own. Thank you

[Comment](#) Was this review helpful to you?

Yes

No

Report abuse

5.0 out of 5 stars

Pretty certain the Purback increased my I ability to recover

By [veronica](#) on January 19, 2015

Verified Purchase

I Purchased The Purblack last month. Felt very energized. I also increased my doses to 3 xs a day as I picked up a flu virus. Passed the bug amazingly quickly. Pretty certain the Purback increased my I ability to recover. Be well, V

Comment One person found this helpful. Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

Shilajit is a great product for helping with energy including jet lag issues!

By [Michelle Hughes](#) on November 1, 2015

This stuff is pretty great. I just roll mine into a small ball and swallow fast. This is good for helping you with so many things including giving energy. I tried the jetlag benefit on my recent trip to Vegas. This really seemed to help me stay energized and not experience the usual lag you get after flying. We had a stop on the way so our flight was one of those that drug out. This really helped me to stay alert and in tune after our early morning arrival and traveling about 4 hours or more and going through a 2 hour time change. I was able to keep moving until late that night. I received this product for free in exchange for my honest review.

Comment Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

I love this stuff

By [Christina Crumsey](#) on October 31, 2015

I love this stuff. I use it daily in my coffee, being a mom of a 3yr old and 9.5 month old twins I am never getting any sleep. Well this past week has put my little black container to the test. My son has pneumonia so sleep is not happening. This has made me feel awake and able to get through my day even though I'm working on less than 5 hours. Everyone says it has a funky odor but I don't think it's bad and in the coffee I can't even taste it. It's harder to gee out of the container and takes forever to dissolve but by the time I get to my drink it's good anyway.

I received this product for free in exchange for my honest unbiased review.

[Comment](#) Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

... but once I took the plunge I fell in love! It does everything it says and more

By [Amazon Customer](#) on January 4, 2016

I was a bit hesitant to try this but once I took the plunge I fell in love ! It does everything it says and more ! I would suggest taking it earlier in the day as to not amp yourself up. The taste is something to be desired so I now use the second fast option provided in the pamphlets . The taste and smell are strong but don't let that be a deterrent to keep you from an amazing product! I have had more energy and had a clearer mind since beginning the supplement. I received this product at a discounted rate in exchange for my review

[Comment](#) Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

Works great!!!

By [Kristy Jackson](#) on January 14, 2016

I have never used a product like this before. I have been very low energy for a very long time so I figured I would try it out. I can tell you that it made a difference in just 1 day! I felt so energized and focused that I was able to complete tasks at work that I had procrastinating on for literally weeks. I also finished them within just a couple of hours. I felt great and was in a great mood as well! I would definitely recommend this product!!!

I received this product at a discount in exchange for an honest review.

[Comment](#) Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

wonderful superfood!

By [Teneisha](#) on December 2, 2015

If you're looking for a versatile super food product, this is it. I was quite nervous about the taste of it all, but it was not that bad at all. What I like to do

is make it as tea. Add a bit of it in a cup of boiling water, and add your favorite sweetener. What I like about this is how universal this is. My special needs sister thinks this is tea. She loves it so much that she goes on top of the fridge to get the jar. This is great, because I can finally give a good source of iron without her protesting.

I received this in exchange for my honest opinion.

[Comment](#) Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

Excellent product. Quality and results

By [Elizabeth E](#) on November 1, 2015

There is a lot of information available about Shilajit and the health benefits one can experience from taking even a tiny portion of this resin. Purblack live resin Shilajit was my choice because of the company's purification process. The Shilajit resin you get from Purblack is without fillers. Since taking this shilajit, I have less body aches and sleep better. I wake up just feeling better.

I would definitely recommend giving it a try.

I received this product free in exchange for my honest and unbiased review. All opinions and experiences are 100% my own.

[Comment](#) Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

Thank you for an excellent product.

By [Steven M Schorr](#) on February 12, 2015

I have tried Pueblack Shilajit and can attest to its purity and effective. I feel it helped me and my family resist typical winter colds and flu, supporting my immune response and vitality. Thank you for an excellent product.

[Comment](#) One person found this helpful. Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

A True Treasure of the Earth!!!

By [Cara Molloy](#) on April 1, 2015

Verified Purchase

Really REALLY helped get my endurance back from radiation & chemo a few years ago. I feel like I can live a full life again. I felt a bit of a difference immediately but a few days later I noticed I didn't feel fragile, but like I had "substance". What another reviewer said about the taste is true - its a bit smokey/herbal but I look forward to it knowing how my body appreciates the help! I did try another very authentic brand of this in resin form but Purblack feels like it imparts a whole other dimension of life of its own to my body.

[Comment](#)2 people found this helpful. Was this review helpful to you?

Yes

No

[Report abuse](#)

Showing 341-350 of 413 reviews(5 star). [Show all reviews](#)

[5.0 out of 5 stars](#)

EASY WAY TO TAKE THE STUFF

By [Amazon Customer](#) on September 1, 2015

Verified Purchase

My contribution is an easy way to take it. I dig out a pea-sized chunk and paste it on an anise or licorice cough drop. I put this under my tongue with shilajit side down and wait for the pur black to dissolve. It mixes well with the cough drop flavoring. Sublingual absorption is one of the best and fastest ways to get stuff in. I usually feel a calming and energizing effect within minutes.

I am coming to the end of my sample bottle and will next order the 30 gram bottle.

[Comment](#)Was this review helpful to you?

Yes

No

[Report abuse](#)

[5.0 out of 5 stars](#)

Focus and mood stabilizer

By [Tracy](#) on November 1, 2015

I have been in awe at the fantastic effects that this has had on my focus and mood. I am generally happier! I seem to be able to focus more for longer periods of time since taking it. The consistancy is very thick and the smell is pretty bad, but it is well worth the odor. I dissolve it in a small amount of water and chase it with juice or lukewarm coffee. I never want to go a day with out this stuff!! I received this product at a discount in exchange for my honest and unbiased review.

[Comment](#)Was this review helpful to you?

Yes
No

Report abuse

5.0 out of 5 stars

You won't regret it

By [Jadedness](#) on December 2, 2015

Verified Purchase

2:49

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This video is not intended for all audiences. What date were you born?

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Adobe Flash Player is required to watch this video.

This supplement by Pürblack was delivered quickly and is packaged very well. The jar is beautiful and I love the sleek look. Inside you'll find a black, tar substance. The aroma is strong at first. I used a wooden dowel to get a pea sized amount. You can quickly swallow it like a capsule if you roll it between your fingers to make a ball. If you're worried about it sticking to your fingers I would suggest putting pure coconut oil on your fingers first to prevent that. If you find it is too thick and tar like you can add a few drops of purified water to loosen it and stir with a wooden or plastic spoon. Make sure you replace the cap tightly.

<http://youtu.be/INHAb6pYApM>

I received this product for free or at a reduced price in exchange for my honest feedback.

[Comment](#) Was this review helpful to you?

Yes
No

[Report abuse](#)

[5.0 out of 5 stars](#)

I have noticed that I mentally and physically feel better. I seem to stay on task and focused ...

By [Jody Z.](#) on November 30, 2015

I have been using this for several weeks now. I work shift work and odd long hours. I have noticed that I mentally and physically feel better. I seem to stay on task and focused on my work. I am very rested and able to stay asleep during my sleep hours. I am excited to see the long term effects of this product. I received this item discounted/free to give an honest opinion.

[Comment](#) Was this review helpful to you?

Yes
No

[Report abuse](#)

[5.0 out of 5 stars](#)

Great for Yoga and Meditation

By [thomas b riell](#) on March 2, 2015

Verified Purchase

I have used shilajit, mumiyo, etc, for a few years. Pur Black is the best combination of potency and price. Many other products come in powdered form, which I have found to be less potent. There are other resins out there, but are 3 times the price of Pur Black. When ordering in the past, if the jar

was upside down during shipping, the resin would stick to the top. This would make it difficult to open and easy to waste some product. Now they ship with a "ship this side up" container and I haven't had this problem since. The best way to take this is to dissolve a pea sized portion in hot water and drink. The taste is not one you might immediately like, but with milk or sugar is quite pleasant. The effects are dramatic. As an active meditator and yoga practitioner, i find pur black helps greatly. Pur Black helps with energy, sexual function, and general well being. I find that a knowledge of one's own internal energy is much easier to work with when using Pur Black. Meditative states are more profound and longer lasting and the subtle effects of prana are more manifest. Very good product.

[Comment](#)2 people found this helpful. Was this review helpful to you?

Yes
No

[Report abuse](#)

5.0 out of 5 stars

I feel so much better. I don't want to sleep all the time

By [Lorion](#) January 20, 2016

A friend suggested I try this for my lack of energy and anxiety. I feel so much better. I don't want to sleep all the time. I don't feel listless. I actually feel great and want to enjoy life again. My dogs are etnjoying their walks and my grandkids are enjoying the adventures.

[Comment](#)Was this review helpful to you?

Yes
No

[Report abuse](#)

5.0 out of 5 stars

Already feeling the energy!

By [Annabon](#) October 14, 2015

Just got mine today for the first time. Feeling more energetic already! Be warned have something to drink afterwards. While it works awesome the taste isn't. Lol

After a few days of taking this I can feel the difference, more energy, sleep better and more alert during the day.

I received a discount for reviewing this product.

[Comment](#)Was this review helpful to you?

Yes
No

[Report abuse](#)

[5.0 out of 5 stars](#)

I was recommended this product by a family member who is my ...

By [cheeznchips](#) on January 11, 2015

Verified Purchase

I was recommended this product by a family member who is my go-to source for nutrition expertise. I had never heard of Shilajit, and after a little research I decided it was definitely worth a try. I like that this particular brand is a resin, not a powder, and has its purity testing results available. I value authenticity and transparency, so I appreciate that fact. I have been using it for about a week now, and even in this short time I have noticed when I take it I feel mental clarity, focus, and an overall sense of well-being and alertness. I am not a fan of the strong taste on its own, so I mix mine in with herbal tea and it adds an earthy flavor that is actually pleasant. Overall I highly recommend this product and am looking forward to seeing the benefits of long-term use.

[Comment](#) 2 people found this helpful. Was this review helpful to you?

Yes

No

[Report abuse](#)

[5.0 out of 5 stars](#)

Feeling better already

By [VeidisGravestone](#) on January 23, 2016

Its been a long time since I felt any kind of relief from my anxiety and as soon as I started taking this i saw a huge difference in my attitude and energy i will continue to use this product and I recommend it to anyone if you need a way to feel healthier and have more energy then give this a try

[Comment](#) Was this review helpful to you?

Yes

No

[Report abuse](#)

[5.0 out of 5 stars](#)

Purblack Rocks!

By [Don V. Laxon](#) on January 9, 2015

Verified Purchase

I love Purblack! I've been taking Shilajit for years, and this is the most powerful, pure and effective form of it that I've found. Its effects are immediately grounding, clarifying and strengthening to the whole body. I've had people bring me special Shilajit from the Himalayas, because they know how much I love it. Nothing compares to Purblack!

[Comment](#) 4 people found this helpful. Was this review helpful to you?

Yes

No

[Report abuse](#)

Showing 351-360 of 413 reviews(5 star). [Show all reviews](#)

5.0 out of 5 stars

the best product!

By [carlo](#) on December 2, 2014

Verified Purchase

the best product out there! Helped me optimize my day, by feeling more mental peace , more clarity on my thoughts, improved my muscle recovery after workout, and I been sleeping much better!!!!

[Comment](#) 2 people found this helpful. Was this review helpful to you?

☒ Yes

☐ No

[Report abuse](#)

5.0 out of 5 stars

Great stuff!!

By [Clarissa L. Vaida](#) on December 12, 2014

Verified Purchase

I've tried a few different kinds of Shilajit and this by far is my favorite! My mom feels the same way. She's tried several different types, and we've both settled on this one.

[Comment](#) 2 people found this helpful. Was this review helpful to you?

☒ Yes

☐ No

[Report abuse](#)

5.0 out of 5 stars

but i love the idea and have been taking daily for at ...

By [AK4 mark](#) on May 5, 2015

Verified Purchase

i really don't know if the product works because i do so many other things in combination with it. but i love the idea and have been taking daily for at least 6 months now.

[Comment](#) 2 people found this helpful. Was this review helpful to you?

☒ Yes

☐ No

[Report abuse](#)

5.0 out of 5 stars

Great for enhancing focus and mental clarity!

By [Marc Chappell](#) on April 3, 2015

Verified Purchase

I have been using Purblack for several weeks. It seems to heighten my awareness and enhance focus and mental clarity. I really do enjoy this products!

[Comment](#)2 people found this helpful. Was this review helpful to you?

Yes

No

[Report abuse](#)

[5.0 out of 5 stars](#)

... was going to work since it was very gooey like. I took out the instructions and read about ...

By [Amazon Customer](#) on December 2, 2015

When I received PURBLACK SHILAJIT in the mail I was very intrigued about how this was going to work since it was very gooey like. I took out the instructions and read about all the good healthy benefits it has. The instructions said that I could dissolve some in water and drink it down but the smell isn't very good so I opted to roll some into a pea size ball and swallow it like a pill. I then followed it with a spoonful of honey to get rid of the aftertaste, which worked great. I noticed a few days later that everyone in the family had a cold that was lingering longer than mine did. There were other things that I noticed also about my well being. I noticed that I had less pain(I have Fibromyalgia)and more energy. This just goes to show you that just because something doesn't smell very good doesn't mean it isn't good for you. I would like to thank Adaptive Energy,LLC for having my try PURBLACK SHILAJIT at the incredible discount for my honest opinion.

[Comment](#)One person found this helpful. Was this review helpful to you?

Yes

No

[Report abuse](#)

[5.0 out of 5 stars](#)

Purblack shilajit`javascript:void(0)`

By [latonya owens](#) on December 1, 2015

Ok I received this product with the idea in mind that it would not be as described, well I was definitely wrong what I can say is that it exceeded it's expectations!! I suffer from a series of health issues and I just in general felt better than I have in a long time blood pressure perfect although the taste is one to grow on on , I found the pea method worked for me, if you are looking for something completely natural and truly makes a difference , this product is for you, I shared with my mother and sister whom also states they can also tell a difference and will order some, although I received this product for a discount for an honest review , it is definitely well worth the asking price, the packaging was also the best by far and a little goes a long way

[Comment](#)One person found this helpful. Was this review helpful to you?

Yes

No

Report abuse

5.0 out of 5 stars

Great product to fine tune your body

By [princssfiona25](#) on March 22, 2016

Great product to fine tune your body! This resin will collect toxins throughout your body and dispose of them. Great product for people who are looking to make sure their body is running in tip top shape. Our bodies are machines and what we put in is what we put out. I like to think of Purblack Shilajit as the high performance oil that is put into racecars that doesn't burn so easily and gives proper lubrication throughout the engine. Purblack is the oil our bodies need to become "racecars". A pea size amount dissolved in water once a day is all that is needed. One container should last about 2 months.

[Comment](#) One person found this helpful. Was this review helpful to you?

Yes

No

Report abuse

5.0 out of 5 stars

If Shilajit is on your list, these folks definitely have the highest quality hands down!

By [Randy two hawks](#) on October 14, 2014

When you have found Shilajit, make sure it is Purblack! The quality which ascends into all other aspects following is beyond what is available. Every document covering Purblack's process is on their website. If Shilajit is on your list, these folks definitely have the highest quality hands down! Thank you!

[Comment](#) 2 people found this helpful. Was this review helpful to you?

Yes

No

Report abuse

5.0 out of 5 stars

Gods Gift

By [Patrick J. Massie](#) on October 11, 2014

Shilajit that not only meets, but exceeds expectations!

1. "live" Resin
2. Patented purification process
3. Biophotonic packaging in Miron glass

Capturing the bioenergy of Shilajit and combining it with coherent light to offer a cellular gift.

I personally use and recommend Purblack to all my patients.
Dr. Patrick J. Massie

[Comment](#)4 people found this helpful. Was this review helpful to you?

Yes

No

Report abuse

[5.0 out of 5 stars](#)

secret cure

By[Chandler Mosson](#) April 21, 2015

Verified Purchase

shhh don't tell anyone about shilajit

[Comment](#)2 people found this helpful. Was this review helpful to you?

Yes

No

Report abuse

Showing 361-370 of 413 reviews(5 star). [Show all reviews](#)

[5.0 out of 5 stars](#)

Wonderful and amazing product!

By[Melissa](#) on December 13, 2015

This is my second purchase of Purblack Shilajit. This stuff is truly amazing! When you buy the 30 gram tub it is the equivalent to a little over 1 oz. This stuff is very lightweight and you only need a very small amount for each dose.

Useful Information:

Shilajit is a rock-like, tar-like resin substance that oozes out of mountainous regions in the summer when it is heated by the sun in Asia. It is formed over centuries by the decomposition of plants and unique microorganisms. It is usually consumed with fermented raw milk by people in Nepal, Northern India and Pakistan. It contains over 85 minerals that have antioxidant properties and cause an energy-enhancing effect.

It has been found to help with:

*Age-related mental decline(Alzheimer's, dementia)

*Urinary tract disorders

*Jaundice

*Digestive problems

*Enlarged spleen

*Epilepsy

*Anxiety

*Chronic bronchitis

*Anemia

- *Diabetes
- *Stress
- *Arthritis
- *Obesity
- *Genitourinary disorders
- *Nervous disorders
- *Hemorrhoids
- *Kidney Stones
- *Edema
- *Asthma
- *Thyroid Dysfunction

and more...

Shilajit has been promoted on Oprah, Deepak Chopra and many others.

My thoughts:

After my research I was very excited to order. For the past year and a half I have felt tired everyday when I get up in the morning for work, yet can't sleep at night. My body always aches all the time, I have fought depression and anxiety and the list could go on. I am sure there are others in my boat that just know they don't feel "right" I went to the doctor and had a full work-up with no answers.

Fast forward, I am excited to tell you this stuff really works. It gives you a sense of euphoria. I feel calm, and happy and much more motivated. I am sleeping all night and waking up so much less tired in the morning. I have a sense of peace. Never would I imagine that this gross tasting tar would help so much. Speaking of the taste, it is terrible! I have been mixing mine in a spoonful of applesauce and chugging a glass of water. It is bad but tolerable. I am sure there are better methods.

When I first ordered I was a little shocked by the price. Now after trying it, I am spending \$90 per month for my 3 prescriptions, one an Antidepressant, one for Anxiety/Attention and another one for sleep. I no longer need my sleeping medicine and I am going to wait and see if I can quit taking the others. My doctor is a naturalist when possible and I can't wait to tell him about this.

Do your research and start out taking small doses as I read that Shilajit can cause lightheadedness when first taking. I did not have this side effect or any other negative ones.

I am happy with my purchase and feel blessed that I was given a sample at a discounted price to try and in exchange provide feedback in this review for others.

[Comment](#) Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

I had been reffered to this product with great positive results so of course I was willing to ...

By [jessica vartigian](#) on December 3, 2015

I have an awful long list of health problems to begin with. I have a brain tumor, which causes massive migranes along with vertigo. I also have chronic infections that the docotors still have not been able to figure out just what causes them. On top of everything I suffer from massive anxiety as well as depression. After 6 long years of using regular medicine I have been interested and looking more into more natural ways to try and help myself. I had been reffered to this product with great positive results so of course I was willing to jump in and give it a shot.

PurBlack Shilajit is a natural live resin. Some benefits are: accelerated regeneration of healthy tissue, sleep cutting and normalizing ability, improved moods and emotional stability, better cognition, natural mental and physical performance enhancement, healthy immune and inflammation response, healthy neutralization of addictive substances.

You might be taken back when you first open your resin. But don't be scared dig right in! It is a black very tar like consistency. It is very sticky so try not to get it on yourself or clothes. It is hard to get off. There are a few way they say you can take this. They recommend digging out a pea size ball of the resin and then adding that to warm water or tea or any drink of your choice. Swirl it around until it has dissolved then drink up. Some people have said they like it better in cold water. This will take much longer to dissolve but the resin has a less chance of sticking to your mouth leaving any sticky aftertaste. You can also just take the pea sized ball and swallow it whole. Which is what I have been doing after trying all of the other ideas. This is by far the easiest for me. I put some cold water in my mouth then the resin and swallow it almost like a pill. Again be careful not get it on you teeth as it will stay there for awhile.

Well I have been taking purblack shilajit For almost a month now and I must say I am very impressed. I have been taking half of the narcotic medication I normally take for my head pains and migranes. I have had increased energy, and been able to sleep better. Well when my 11 month old lets me that is. This truly just peaks my interest even more into the world of natural remedies for health problems. Not to mention even with the price of this product it is still less than 3/4 of what I pay monthly for my other prescriptions This will be an immediate reorder when I get low. I have been recommending this to anyone

who even mentions pain, or inflammation or anything of the such. I did receive this product at a discount for my honest and unbiased opinion. Opinions are 100% my own and I never guarantee a positive review.

[Comment](#) Was this review helpful to you?

Yes

No

[Report abuse](#)

5.0 out of 5 stars

Unlike anything!

By [Amanda Bellard](#) on December 2, 2015

So.....I don't even know where to begin with this!

Ok, well I'm going to start with energy! Since this is one of my main problems that I have is always being fatigued. Maybe it's something that I need to see a doctor for, but I'm also one of those people that don't go to the doctor unless I'm basically dying. I've tried nearly every supplement out there to pick up my metabolic rate while experiencing those that have side effects of headaches and dizziness or the shakes, and so on. This Adaptive Energy LLC PÜRBLACK SHILAJIT is honestly almost indescribable, but I'm going to give it my best shot, and try not to just say, that this is amazing! This Adaptive Energy LLC PÜRBLACK SHILAJIT does way more than just give an energy boost, it's kind of like a whole body makeover, it boosts your whole body and your mind. It doesn't just make either or go, it's both. Hope that made sense. Some energy supplements after taking will make your brain go 90-nothing, you still don't want to move as if you are worn out. So do the opposite, make your body go but not your brain. This Adaptive Energy LLC PÜRBLACK SHILAJIT refreshes you, I could go a whole night up with sick babies, and sleep maybe for an hour off and on through the whole night and then wake up and be ready to conquer my day, and want to do it! This is truly the best thing that I have ever tried!

Now, with all that said, I'm not going to lie, this stuff is disgusting, but you can add it to other items to fill out the nastiness. It's also a pain in the butt to work with, but not impossible, and so so worth it in the end!

I received this Adaptive Energy LLC PÜRBLACK SHILAJIT at a discounted rate for reviewing and testing purposes, however, all statements, experiences, and pictures are of my own and of my own personal honest unbiased opinion!

[Comment](#) Was this review helpful to you?

Yes

No

Report abuse

5.0 out of 5 stars

Don't let the look fool you. I'm impressed with this little jar of resin.

By [Lisa O.](#) on December 1, 2015

0:00

0:00

This video is not intended for all audiences. What date were you born?

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Adobe Flash Player is required to watch this video.

This is a really interesting product. I will say that I have never heard of shilajit before and I love natural health products so this intrigued me. I will admit, it did not look appealing and knowing that I gag easily on certain foods this may not go so well but never the less, you gotta try something to know. So my shilajit journey started about almost two weeks ago when I had ordered it. I finally got this gem of a box in the mail I was excited to get it open. It is definitely packaged very, very well. No way can this break open and spill out.

At first, opening the jar was a challenge. The seal has resin on it so if you go back in the Q & A part of the listing, there is a tip on how to get the resin off the insert so it doesn't go to waste. Onto the sight of it. This will be the blackest of anything edible that I have ever ingested (unless it's frosting tinted black). It's super sticky. Stickier than what I thought it would be. There is an insert with instructions, health benefits and ideas on how to take it. It's very well written out and should be very helpful especially to us novice shilajit resin eaters. So, I decided to try it two ways, diluted in water which took a good 20-30 minutes and looked like coffee but sure didn't smell like it. I couldn't bring myself to drink it. I have a gag reflex so I knew not to 'go there' or it wouldn't be pretty. So I rolled it into a little bead and popped it down the hatch and followed it with water. I did get a little taste of it so maybe have something else with taste to drink to swallow it. It was really easy to swallow down. I did this twice a day, morning and night for 1 1/2 weeks.

I will say that I did feel a bit different to my surprise. After working out, I usually get that after-workout soreness and stiffness. After about three days of taking this, I seemed to rebound so much faster with less soreness. Also I had noticed that I slept better. Overall, I felt more balanced if that makes sense. I'm very excited to use this entire jar. The health benefits seem impressive. I did get this for a discount for an honest and unbiased review.

[Comment](#) Was this review helpful to you?

Yes

No

[Report abuse](#)

[5.0 out of 5 stars](#)

Unreal results! You have to buy this immediately

By [Heather Proctor](#) on December 1, 2015

I can not say enough good things about this product. At first it looked a little scary as it is a tar like substance and appearance, DO NOT LET THAT STOP YOU!!!! "PÜRBLACK SHILAJIT" is now part of my daily routine. It offer a plethora of helth benefits from sleep improvements to mood enhancers. This is a "live" pure resin, this intrigued me because I also use "honey" as a part of getting over a cold because honey is also alive. I myself have never seen

anything "dead" do anything, just saying. Within the first week of using this, I could feel the improvements on many different levels. I am sleeping throughout the night, which helps with all health problems. I feel better, I mean I really feel better! Those words that are on the tip of your tongue are now flying out of your mouth. I wish I would have had this product 10 years ago when I decided to go back to college at age 37. That was an intense time in my life because I didn't have the ease of studying like I did in high school. The older I get the more my body says I shouldn't have done all the dangerous things that broke bones and required surgical repairs, but when you're young, you're invincible! I have had to promise my family that this "ol girl" won't do crazy things just because I feel like I can..."remember, you're a grandma now". Wait till my grandchildren are old enough to do the things I did..lol. When spring hits, my Harley is going to get a thorough cleaning and waxing! I take this "miracle in a jar" in a pea sized amount with cold water. You can dissolve it in a glass of warm water but I would rather do it my way. I recommend that if you take it in "pea" form that you always use something cold to drink with it or it will start to dissolve in your mouth and stick to your teeth and you will taste it all day till you brush your teeth and lose some of the product. That was my first day experience. After that it was all systems go! This will definitely be a reoder. I purchased this item at a reduced cost in exchange for my honest and unbiased opinion. Now I am hooked

[Comment](#) Was this review helpful to you?

Yes
No

[Report abuse](#)

5.0 out of 5 stars

Powerful Genuine Safe Shilajit on the market FINALLY on Amazon!!!

By [Kon](#) on October 10, 2014

I am so happy that FINALLY I can purchase Purblack on Amazon. I am using it for over 3 months already and my blood tests improved so much, even my GP is surprised. I feel wonderful rush of energy instantly when I drink my morning water with Purblack. It keeps me "energised" for whole day and I can easily sleep like a baby in the evening. I highly recommend Purblack, I have tried and I know its miracles. Purblack is the highest quality Shilajit resin and what is most important it's PURE, SAFE and NATURAL.

[Comment](#) 5 people found this helpful. Was this review helpful to you?

Yes
No

[Report abuse](#)

[5.0 out of 5 stars](#)

Unique and Amazing... (be prepared... it's smelly)

By [KJ](#) on February 15, 2016

Be prepared... it smells! It looks like black tar, and almost has the same consistency.. but once you get past that... WOW! I have never even heard about Shilajit until I started doing some internet research on natural remedies. They all suggest natural supplements and minerals, but I also didn't want to taking a handful of different pills. I came across this PÜRBLACK SHILAJIT. 30 GRAMS. LIVE, PURE, GENUINE RESIN during my research. I was extremely skeptical about trying it... it looked like tar, was black and it difficult to get out of the jar. I am so glad that I did try it! I'm going on day 5 and I have noticed that I am sleeping better, which is HUGE for me. My shoulder and my hip have had less inflammation and haven't bothered me nearly as much the past few days, and I've also noticed that I'm more mentally alert. The only thing I've done differently is add the Shilajit to my daily routine. Disclosure~ I received this product at a discount in exchange for an honest and unbiased review. All opinions are 100% my own. I am not affiliated with the company in any way, nor did I receive any compensation from their company.

[Comment](#) Was this review helpful to you?

Yes
No

[Report abuse](#)

[5.0 out of 5 stars](#)

iam very happy with the feeling I get when drinking the resin

By [alison shaull](#) on January 8, 2015

Verified Purchase

I just received my second jar.. iam very happy with the feeling I get when drinking the resin..iam more peacefull an alert at the same time. thank you for something different ! ALISON.

[Comment](#) One person found this helpful. Was this review helpful to you?

Yes
No

[Report abuse](#)

[5.0 out of 5 stars](#)

This stuff is awesome nothing else even comes

By [Qaisera saadiq](#) on February 13, 2015

Back in the spring of 2014 I tore down my hamstrings and quads and two months after taking purblack I was back on my feet. This stuff is awesome nothing else even comes close

[Comment](#)One person found this helpful. Was this review helpful to you?

Yes

No

Report abuse

5.0 out of 5 stars

Excellent product

By [S.L. Dean](#) on February 5, 2015

Verified Purchase

I found this product recently, and within 3 days of taking it I can feel a difference in my system. I am enjoying taking this product, and will be recommending it to others.

[Comment](#)One person found this helpful. Was this review helpful to you?

Yes

No

Report abuse

Showing 371-380 of 413 reviews(5 star). [Show all reviews](#)

5.0 out of 5 stars

It also helps me sleep better at night

By [Eric Westbrook](#) on March 21, 2015

Verified Purchase

Very helpful for my daily activity. Give me energy throughout the day. It also helps me sleep better at night. It also helps me with brain function as I write code all day.

[Comment](#)One person found this helpful. Was this review helpful to you?

Yes

No

Report abuse

5.0 out of 5 stars

Clarity and energy increased

By [Brian Andersen](#) on October 12, 2014

Verified Purchase

Clarity and energy is increased. I am able to do more during the day. More productive.
But the real reason it is an awesome hangover cure when I really need one.

[Comment](#)3 people found this helpful. Was this review helpful to you?

Yes

No

Report abuse

5.0 out of 5 stars

Great benefits...

By [Mrs. Harrison](#) December 3, 2015

I really like this product. There were so many amazing health benefits when I research exactly what it is. I just took a small pinch everyday, sometimes twice. The texture, taste and smell were a little weird but nothing I could not handle. After about 3-4 days, I notice drastic change. Some of the changes I noticed were that I was falling asleep much easier, I mean usually I have some pretty restless night and hard times going to sleep even if my body is tired. Once I started taking this 3-4 days later I was not as restless and after about a week I would get in the bed and slowly drift to sleep. Another thing I noticed was when I woke up I was not tired, I got straight up and started my morning routine. I did not feel sluggish or tired, so the falling asleep and waking up refreshed went hand and hand. During the day after lunch no more midday crash and no more weird sugar cravings. Overall within a week of starting this product I felt like a new person. I mean I was easily making healthier choices, losing weight and losing inches. My body hadn't felt this good in a good while. My mind was free and clear. This product was received at a discounted rate and this review was my honest opinion.

[Comment](#) Was this review helpful to you?

☒ Yes

☐ No

[Report abuse](#)

5.0 out of 5 stars

Best Quality

By [Denise Bon](#) March 5, 2016

That's a big statement. But if you do any research, you will see that it's an accurate statement. PurBlack shilajit is a resin and resin is the natural state of shilajit. Next, PurBlack uses a patent pending process to process the shilajit which leaves the shilajit in the most natural state possible. That means that it has the highest quality possible to deliver the best unaltered nutrients.

If you're looking at the cost and comparing it to powders and pills, it's not a direct comparison. You may as well compare fresh bananas to banana pudding. If the concern is taste, then roll it into a small ball and take it like a pill. Really the quality of product is well worth the price when you realize you are getting higher quality, better potency, and it's simply the real thing.

Review sample provided at a discounted price for a fair, unbiased, and honest review.

[Comment](#) Was this review helpful to you?

Yes

No

Report abuse

[5.0 out of 5 stars](#)

I love the product

By [Eva S.](#) on April 6, 2015

Verified Purchase

I love the product!!! Great energy, better sleep... Take it with coenzyme Q10 and some other supplement feels like everything works better!!

[Comment](#) One person found this helpful. Was this review helpful to you?

Yes

No

Report abuse

[5.0 out of 5 stars](#)

this product was some of the best stuff i had used in a long time i ...

By [jerry jackson](#) February 27, 2015

this product was some of the best stuff i had used in a long time i have never felt more energetic and able to do more during the day.

[Comment](#) One person found this helpful. Was this review helpful to you?

Yes

No

Report abuse

Showing 381-390 of 413 reviews(5 star). [Show all reviews](#)

[5.0 out of 5 stars](#)

Must try.

By [Amazon Customer](#) on February 12, 2016

Verified Purchase

On month 2 and feel totally awesome. If your semi healthy or looking to become healthy, try this. It regulates my mood.

[Comment](#) One person found this helpful. Was this review helpful to you?

Yes

No

Report abuse

[5.0 out of 5 stars](#)

Wow!

By [Dr Janardana dasa](#) on November 14, 2014

Verified Purchase

Wow! :) Absolutely incredible product. Makes you feel Amazingly refreshed. I strongly recommend it to anyone.

[Comment](#)One person found this helpful. Was this review helpful to you?

Yes

No

Report abuse

5.0 out of 5 stars

Great Energy Booster

By [Lynn W.](#) on February 16, 2015

I have been taking this for awhile...about 3 weeks... and I really notice a benefit especially my energy and my immune system. I do body psychotherapy work and my physical body burns through a lot of minerals. This is a wonderful supplement.

[Comment](#)One person found this helpful. Was this review helpful to you?

Yes

No

Report abuse

5.0 out of 5 stars

Potent and powerful

By [noel brady](#) on February 8, 2015

Verified Purchase

Love this stuff!!! I feel energized and uplifted when I take pürblack shilajit, I highly recommend it.

[Comment](#)One person found this helpful. Was this review helpful to you?

Yes

No

Report abuse

5.0 out of 5 stars

recommend to others

By [Taras L.](#) on March 4, 2015

Verified Purchase

worked really well for me and my friend! felt more energetic and less stressed. recommend to others.

[Comment](#)One person found this helpful. Was this review helpful to you?

Yes

No

Report abuse

5.0 out of 5 stars

Five Stars

By [Elisa Escamilla](#) on December 29, 2014

Verified Purchase

Its the best product! Now I sleep perfect and im not nervous anymore, i recomend it deeply!!

[Comment](#)One person found this helpful. Was this review helpful to you?

Yes
No

Report abuse

5.0 out of 5 stars

Good

By [Bhupinderjit Singh](#) on November 25, 2014

Verified Purchase

I feel I have more energy and able to run longer , less out of breath. Good product

[Comment](#)One person found this helpful. Was this review helpful to you?

Yes
No

Report abuse

5.0 out of 5 stars

great product

By [RM](#) on December 26, 2014

Verified Purchase

Great for energy never noticed until I didn't take it ...I will buy again.

[Comment](#)One person found this helpful. Was this review helpful to you?

Yes
No

Report abuse

5.0 out of 5 stars

Five Stars

By [tommasion](#) December 15, 2014

Verified Purchase

I have been taking it for 2 months and I have more energy and sleep better

[Comment](#)One person found this helpful. Was this review helpful to you?

Yes
No

Report abuse

5.0 out of 5 stars

Five Stars

By [leonel](#) on November 6, 2014

Verified Purchase

great product i try it everyday and its awesomeeee ! more energy than ever

[Comment](#)One person found this helpful. Was this review helpful to you?

Yes
No

[Report abuse](#)

Showing 391-400 of 413 reviews(5 star). [Show all reviews](#)

5.0 out of 5 stars

Incredible!!

By [Bygina nassar](#) on December 9, 2014

Makes me sleep like a baby and keeps me relaxed all day long

[Comment](#) One person found this helpful. Was this review helpful to you?

☒ Yes

☐ No

[Report abuse](#)

5.0 out of 5 stars

Five Stars

By [Kostyantyn Marakhov](#) on October 27, 2014

Great product, excellent quality packaging and delivery.

[Comment](#) One person found this helpful. Was this review helpful to you?

☒ Yes

☐ No

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5.0 out of 5 stars

It helps if used right.

By [Foodlover88](#) on January 18, 2016

I've had the sample and this is definitely the way to go if you really want to help get your body back on the right track. I personally use a fork and get a small amount. Then i boil hot water and dissolve it as a tea. Its a bit like eral gray personally. I take it as a coffee cup full of this tea mix, before i go to work and while getting ready for bed. Will keep posting based on progress of each order.

[1 comment](#) Was this review helpful to you?

☒ Yes

☐ No

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5.0 out of 5 stars

Five Stars

By [Sarah Moffitt](#) on April 16, 2015

Verified Purchase

Very supportive for overall health.

[Comment](#) One person found this helpful. Was this review helpful to you?

☒ Yes

No

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5.0 out of 5 stars

Purblack resin

By [At bluster](#) on October 10, 2014

Awesome product! This sublime supplement has a soothing and calming effect, helping you to get in the "zone." Helps you feel more grounded and at peace, but does not make you drowsy. After a few doses, I noticed a "shift" in my awareness and feeling more at ease. It has a distinct burnt flavor, but is not offensive to me...pea size drop in a little warm water, goes down easy...thanks for putting it on Amazon.

[Comment](#) 2 people found this helpful. Was this review helpful to you?

Yes

No

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5.0 out of 5 stars

Five Stars

By [Antoine R Azaron](#) March 14, 2015

Verified Purchase

Amazing...best shilajit

[Comment](#) One person found this helpful. Was this review helpful to you?

Yes

No

Report abuse

5.0 out of 5 stars

... am taking many supplements and doing lots of things like exercise, yoga

By [Timmers](#) on December 2, 2015

Verified Purchase

I am taking many supplements and doing lots of things like exercise, yoga, and meditation so its hard to say whats giving what, but I think this is a great supplement!

[Comment](#) Was this review helpful to you?

Yes

No

Report abuse

5.0 out of 5 stars

Absolutely love it! Perfect with my morning coffee

By [B.Jack](#) on September 17, 2015

Absolutely love it! Perfect with my morning coffee. Keeps me focused and strong all through the day. Always keep a stash with me on road trips.

[Comment](#) Was this review helpful to you?

Yes

No

Report abuse

5.0 out of 5 stars

Works awesome!

By [Miguel Martin](#) on October 20, 2014

Purblack works really well for me, I feel very well when i take it versus when i don't!

[Comment](#) 2 people found this helpful. Was this review helpful to you?

Yes

No

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5.0 out of 5 stars

Five Stars

By [LWG](#) on November 16, 2014

Verified Purchase

I think this has made a huge difference, especially to minimize my hot flashes.

[1 comment](#) 2 people found this helpful. Was this review helpful to you?

Yes

No

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Showing 401-410 of 413 reviews(5 star). [Show all reviews](#)

5.0 out of 5 stars

Five Stars

By [Nicholaion](#) on December 7, 2015

Verified Purchase

Best choice for pure shilijit. Do not buy the overpriced lesser quality Lotus one.

[Comment](#) Was this review helpful to you?

Yes

No

Report abuse

5.0 out of 5 stars

Natural Fantastic Products

By [Gilbert e.flowers](#) on October 23, 2015

Verified Purchase

A fantastic product that few know about.will improve overall health and energy.

[Comment](#)Was this review helpful to you?

Yes
No

Report abuse

5.0 out of 5 stars

Five Stars

By[Amazon Customer](#)on January 27, 2016

Verified Purchase

Awesome product! Makes my wife and I feel amazing! Highly recommended.

[Comment](#)Was this review helpful to you?

Yes
No

Report abuse

5.0 out of 5 stars

Five Stars

By[damion sharpe](#)on May 26, 2015

Verified Purchase

The goo!

[Comment](#)One person found this helpful. Was this review helpful to you?

Yes
No

Report abuse

5.0 out of 5 stars

Five Stars

By[Brown eyed Girl](#)on October 25, 2015

Verified Purchase

I can tell when I don't take it, will order again!

[Comment](#)Was this review helpful to you?

Yes
No

Report abuse

5.0 out of 5 stars

Highly recommend it to others

By[Jeff](#)on October 21, 2015

Verified Purchase

Works Very well!! Highly recommend it to others...

[Comment](#)Was this review helpful to you?

Yes

No

Report abuse

5.0 out of 5 stars

Stronger and Better Focus!

By **Mike** on December 16, 2014

Verified Purchase

I play billiards close to 4-6 hours a day. I noticed that stroke and precision became much better. Anxiety stopped intervening in my game. Much stronger and able to keep my focus overall!!!

Comment One person found this helpful. Was this review helpful to you?

Yes

No

Report abuse

5.0 out of 5 stars

Five Stars

By **Amazon Customer** on September 25, 2015

Verified Purchase

love this product mood and bone health

Comment Was this review helpful to you?

Yes

No

Report abuse

5.0 out of 5 stars

Five Stars

By **Amazon Customer** on January 25, 2016

Verified Purchase

Got exactly what I asked for.

Comment Was this review helpful to you?

Yes

No

Report abuse

5.0 out of 5 stars

Great Deal, Noticeable Difference Quickly

By **MikeVINE VOICE** on October 1, 2015

Verified Purchase

This is a great deal. 30 grams can go quite a long way. See the video for my full review.

Comment One person found this helpful. Was this review helpful to you?

Yes

No

Report abuse

Showing 411-413 of 413 reviews(5 star). [Show all reviews](#)

5.0 out of 5 stars

Five Stars

By [Ali Khan](#) on September 25, 2015

Verified Purchase

Awesome product .

[Comment](#) Was this review helpful to you?

Yes

No

Report abuse

5.0 out of 5 stars

Five Stars

By [Bert Domingues](#) on March 28, 2016

Verified Purchase

Great product.

[Comment](#) Was this review helpful to you?

Yes

No

Report abuse

5.0 out of 5 stars

Great Product!

By [D Alexander](#) on December 14, 2014

Verified Purchase

Arrived quickly, Great Product!

[Comment](#) One person found this helpful. Was this review helpful to you?

Yes

No

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