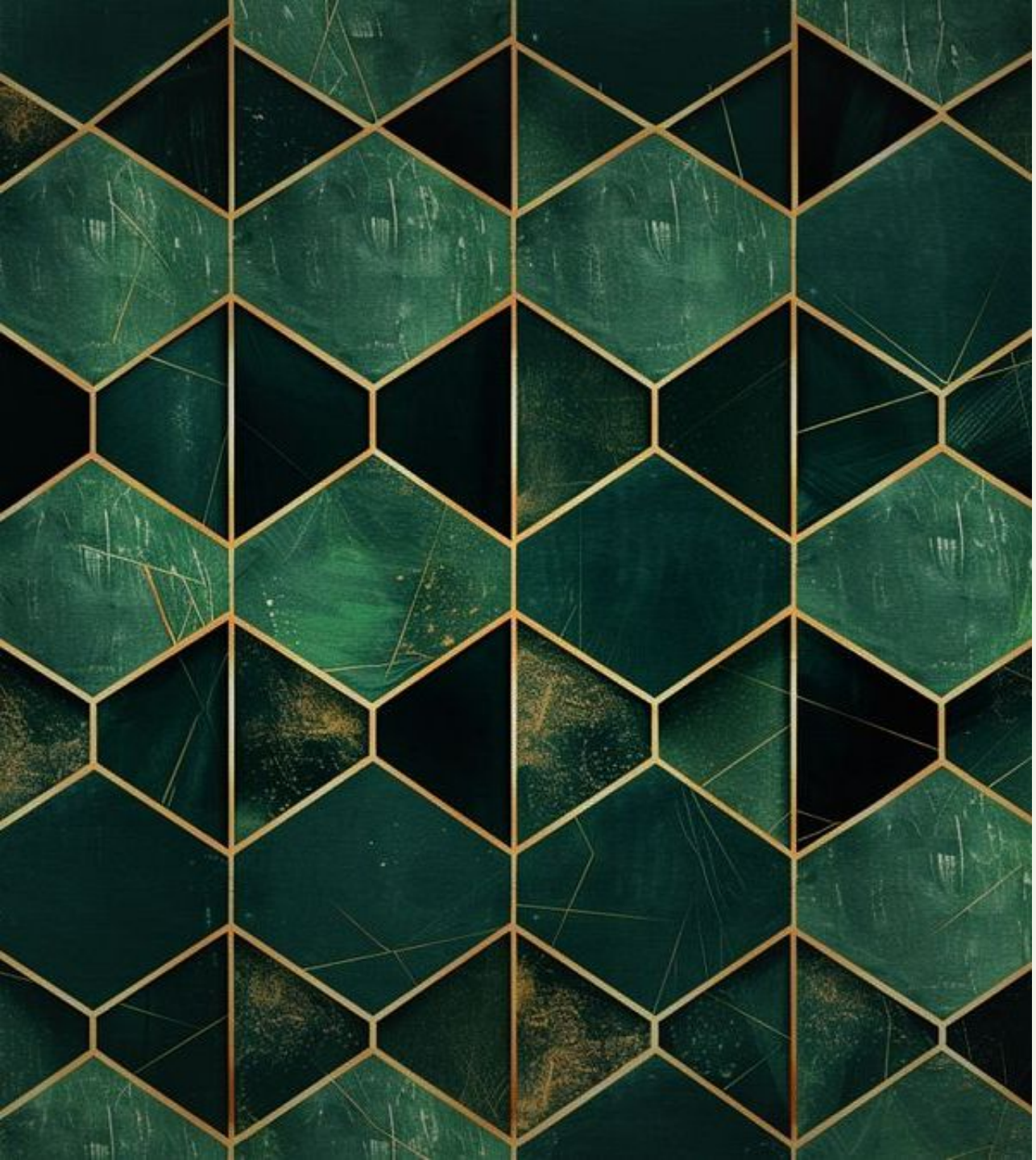


JABALI

Wild Mole Honey ~ Shilajit ~ Saffron

150 grams

Strong as a Rock.



OVERVIEW

The Name Jabali

In Swahili

Jabali means *Rock* — strong as a rock, or rock-like. It is a name that carries the symbolism of **strength, stability, endurance, dependability, and steadfastness.**

In Hinduism

Jabali is a sage mentioned in ancient texts, revered for his **wisdom**. The name bridges two worlds — the enduring power of nature and the clarity of the mind.



INGREDIENTS

Three Ancient Superfoods

Ghana Mole Honey

Harvested by local communities in the pristine forests surrounding **Mole National Park**, Africa. Wild, raw, and rich in natural sugars — a traditional bio-enhancer that carries nutrients deeper into the body's tissues.

Shilajit

Known in Ayurvedic practice as the *"conqueror of mountains and destroyer of weakness."* Rich in fulvic acid and dibenzo-alpha-pyrones, it supports **cognitive health, male fertility, hormonal balance, and mitochondrial energy production.**

Saffron

Ancient medicine dating back nearly 3,000 years — from Assyrians and Greeks to China and Persia. Rich in antioxidants (crocin and safranal), it boosts mood, improves heart and cognitive health, aids sleep, and supports eye health.

BENEFITS

Key Benefits of the Combination

Why Together?

Combining honey, shilajit, and saffron creates a traditional Ayurvedic tonic designed to boost cellular energy, enhance mood, and support overall vitality. Each ingredient amplifies the others.

1

Enhanced Nutrient Absorption

Honey acts as a traditional *yogavahi* (bio-enhancer), delivering shilajit's trace minerals and fulvic acid deeper into the body's tissues. Shilajit further amplifies saffron's active antioxidant compounds.

2

Cellular & Physical Energy

Shilajit's dibenzo-alpha-pyrones support mitochondrial ATP production for long-term cellular energy, while honey's natural sugars provide immediate fuel for brain and muscle.

3

Mood & Cognitive Support

Saffron's crocin and safranal naturally boost mood, ease stress, and support brain function — amplified by shilajit's adaptogenic properties for deeper neuroprotection.

4

Hormonal & Reproductive Health

Both shilajit and saffron carry traditional reputations — supported by modern pilot studies — for healthy testosterone levels, stamina, and reproductive wellness in both men and women.

PROTOCOL

The Core Protocol

1 Morning Ritual — Empty Stomach

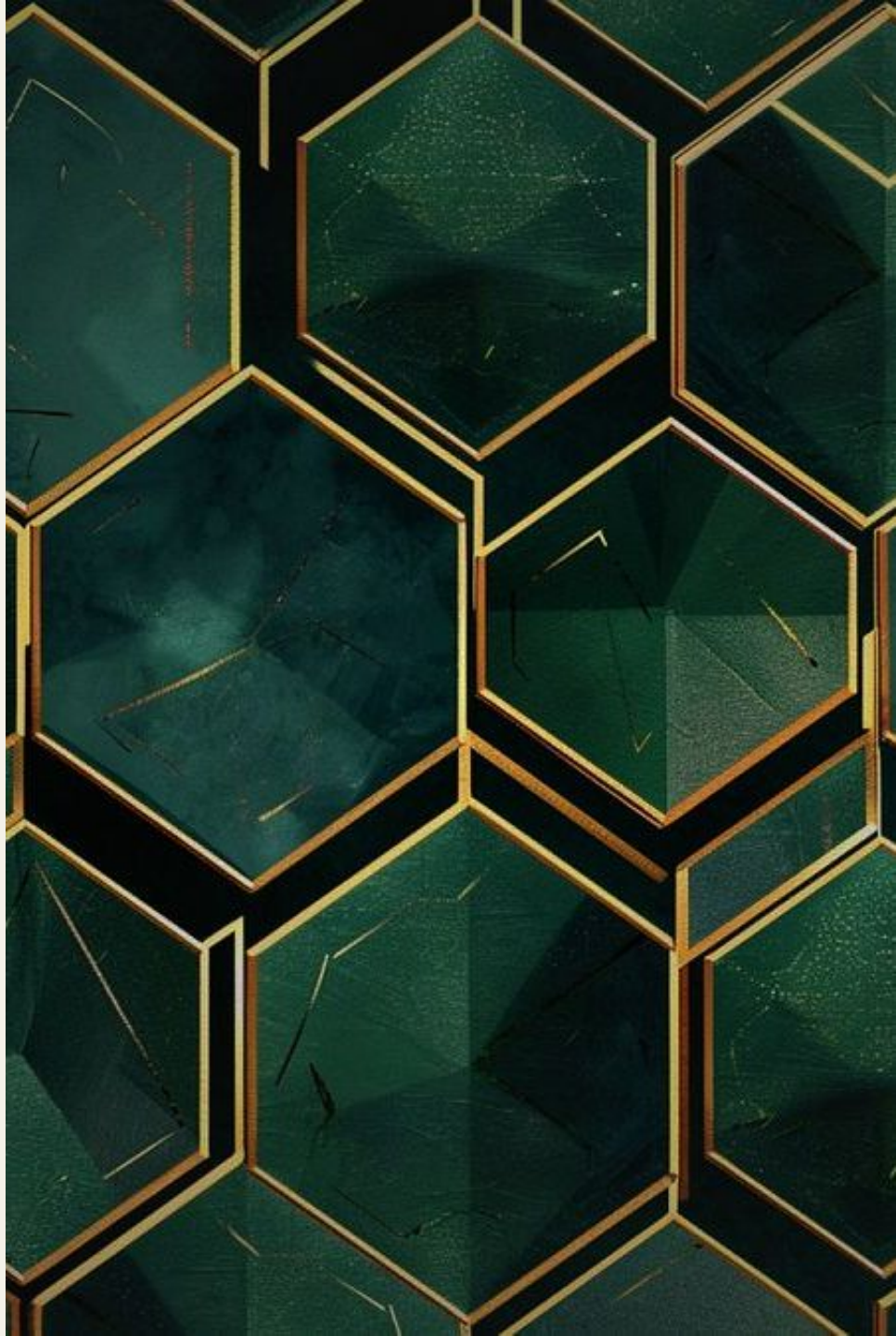
Take 30 minutes before breakfast. This is the traditional window for maximum absorption and effect.

2 The Energy Mechanism

Raw honey's glucose provides immediate brain and muscle fuel. Shilajit's fulvic acid opens cellular pathways, allowing trace minerals to penetrate deeply and support **mitochondrial ATP production** for sustained daytime stamina — without a mid-day crash.

3 The Mood Mechanism

Saffron's *crocin* and *safranal* act on neurochemical pathways for emotional well-being. Honey acts as a natural carrier (*anupana*), stabilising these compounds and helping transport them across the blood-brain barrier for mental clarity and positive mood.



SCIENCE

Frequently Asked Questions

Does Shilajit enhance Saffron absorption?

Yes. The fulvic acid in Shilajit acts as a bioenhancer — protecting saffron's active compounds (crocin and safranal) from being destroyed during digestion, and delivering them directly into your cells. Your body absorbs **significantly more** of saffron's benefits when paired with shilajit.

Can women take Shilajit and Saffron together?

Absolutely. This combination supports **hormonal balance, sustained energy, bone density, and skin health** in women. However, it is strictly contraindicated during pregnancy and breastfeeding — saffron can stimulate uterine contractions, and shilajit lacks safety data for pregnant or nursing women.

Is it safe to mix all three together?

Yes. This is a very traditional and widely practised Ayurvedic preparation. Honey adds antimicrobial properties and acts as a natural sweetener and carrier. The three substances are mutually complementary, not competing.

Precautions

This mixture is **generally not recommended** for:

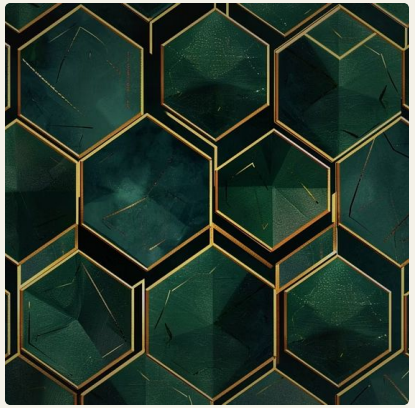
- **Children under one year old** (botulism risk from honey)
- **Pregnant or breastfeeding individuals**
- **People with iron-overload conditions** such as hemochromatosis

Traditional Roots

This pairing is not a marketing gimmick — it is an **ancient, science-supported combination** where one substance genuinely amplifies the other.

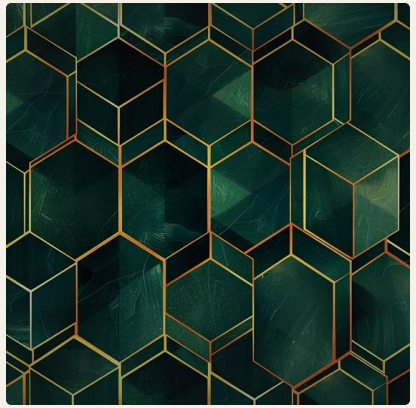
RESULTS

What to Expect



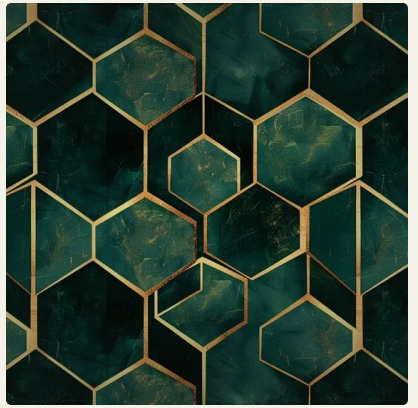
Weeks 2–3

Most people notice **subtle improvements in energy, mood, and mental clarity.** The morning ritual begins to establish its rhythm and the body starts adapting to the synergistic compounds.



Weeks 8–12

Deeper benefits develop with consistent daily use: **hormonal balance, improved stamina, better skin, and cognitive sharpness.** Mitochondrial support becomes sustained and cumulative.



Ongoing Vitality

Together, shilajit and saffron support **mitochondrial energy, hormonal health, neuroprotection, and skin rejuvenation** in ways that neither can achieve alone. Consistent use is the foundation of lasting results.

> "The combination of Shilajit and Saffron is an ancient, science-supported pairing where one substance genuinely amplifies the other — Shilajit's fulvic acid acts as a molecular carrier that dramatically improves how your body absorbs Saffron's crocin and safranal."



Strength. Stability. Vitality.

JABALI

Wild Mole Honey ~ Shilajit ~ Saffron
150 grams

Jabali — *Rock* in Swahili.
Strong as a rock. Wise as a sage.

A Traditional Ayurvedic Tonic

Harvested from the forests of Mole National Park, the mountains of the ancient world, and the saffron fields of antiquity — three ingredients united by one purpose: **your enduring vitality.**

This ancient, science-supported combination is designed to boost cellular energy, enhance mood, and support overall vitality — one morning ritual at a time.