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Shilajit Buyer's Checklist

7 non-negotiable criteria before spending a dollar on shilajit

By Adrian Voss — Anthropologist & 6-Year Shilajit User

Most shilajit brands make impressive claims — few back them up with verifiable data. After reviewing COA reports from 20+ brands and six years of personal use, these are the criteria I use before recommending any product. **Brands that pass all 7 are listed with full lab data on pages 2–4.**

THE 7-POINT VERIFICATION CHECKLIST

1

Third-party COA exists

Not just 'lab tested' marketing — an actual Certificate of Analysis from an independent lab must be publicly available or on request. In-house testing is not third-party verification.

2

Lab is A2LA or ISO 17025 accredited

Unaccredited labs can produce any result the brand wants. A2LA ISO 17025 accreditation means the lab is independently audited for accuracy, methodology, and equipment calibration.

CRITICAL

3

Fulvic acid % independently verified — not label-claimed

Label claims of '85% fulvic acid' are almost never supported by COA data. Only trust percentages on a signed lab report with method and batch context. Some legitimate brands withhold FA% deliberately — this can indicate more honesty, not less. See page 5.

4

All 4 heavy metals tested individually

Lead, Arsenic, Cadmium, and Mercury must all be individually tested. Partial testing is a red flag — contamination can appear in any of the four. A general 'pass' without individual results is insufficient.

SAFETY

5

Heavy metals show exact ppm values — not just pass/fail

Pass/fail hides actual contamination levels. Exact ppm figures let you compare across brands and verify against FDA safety thresholds independently.

OFTEN OVERLOOKED

6

COA batch number matches current product

A 2019 COA means nothing for current product. Heavy metal content varies batch to batch. Match the batch number on the COA to the lot number on the product you receive.

7

Source region disclosed specifically

Himalayan and Altai shilajit have different mineral profiles. Vague sourcing like 'mountain region' is a quality signal — reputable brands name the specific range and elevation.

Quick tip: If a brand cannot answer questions 1–3 about their own COA — lab name, accreditation, and method used — treat any fulvic acid figure as marketing, not data.

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Full COA Breakdown — 6 Verified Brands

Batch-specific lab data for every brand that passes the checklist

All figures sourced directly from each brand's published Certificates of Analysis — lab name, accreditation, method where disclosed, and batch number. **We do not republish unverified marketing claims.**

BRAND COA DATA — ORDERED BY TIER

S Black Lotus Shilajit

Altai Mountains, Siberia

TESTING LAB

IAS Laboratories, Phoenix AZ

ISO/IEC 17025 Accredited

FULVIC ACID

64–74%*

HEAVY METALS (ppm)

LEAD (Pb)	ARSENIC (As)	CADMIUM (Cd)	MERCURY (Hg)
1.17	0.16	0.06	ND

BATCH / DATE

Batch 93 · May–June 2025

*Resin 64.51% / Tablets 74.30% / Capsules 73.11% — Verploegh/Brandvold, IAS Labs Batch 93

VERDICT

Strongest verified COA on the market. Three products tested separately: resin 64.51%, tablets 74.30%, capsules 73.11%. Mercury completely undetected. Consistent Altai sourcing.

[Shop Black Lotus Shilajit → affiliate link, no extra cost](#)

S Lotus Blooming Herbs

Himalayan, 16,000–18,000 ft

TESTING LAB

Certified Laboratories, Burbank CA

A2LA ISO 17025 — Cert 3034.01

FULVIC ACID

Not disclosed

HEAVY METALS (ppm)

LEAD (Pb)	ARSENIC (As)	CADMIUM (Cd)	MERCURY (Hg)
ND	ND	ND	ND

BATCH / DATE

Batch BHC4429 · July–August 2025

VERDICT

All four heavy metals completely undetected — cleanest result of any brand reviewed. Founder explained no universal FA testing standard exists, so a figure without method context adds to market confusion. A2LA ISO 17025 with verified ppm results is their chosen quality signal.

[Shop Lotus Blooming Herbs → affiliate link, no extra cost](#)

A **Fractal Forest** Himalayan & North American

TESTING LAB
 Certified Labs (Himalayan) / IAS Labs (Wild American)
A2LA ISO 17025 / ISO 17025

FULVIC ACID
71.31%*

HEAVY METALS (ppm)

LEAD (Pb) ND	ARSENIC (As) 0.07	CADMIUM (Cd) 0.07	MERCURY (Hg) 0.02
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BATCH / DATE
 Himalayan LOT 1001 Mar 2026 · Wild American Batch 24E0373 Nov 2024

*71.31% = Wild American Drops only (IAS Labs, Verploegh/Brandvold, Batch 24E0373). Himalayan Drops FA not published.

VERDICT
 Only brand offering liquid drops format. Himalayan Drops: all 4 metals ND. Wild American: 71.31% FA verified at IAS Labs. Based in Kauai, Hawaii. Code SHILAJIT-PRICE for 15% off.

Shop Fractal Forest → Code SHILAJIT-PRICE for 15% off

A **Natural Shilajit** Himalayan Mountains

TESTING LAB
 DaaneLabs + Harken Research, Los Angeles CA
ISO/IEC Accredited

FULVIC ACID
Not disclosed

HEAVY METALS (ppm)

LEAD (Pb) <LOQ	ARSENIC (As) <LOQ	CADMIUM (Cd) <LOQ	MERCURY (Hg) <LOQ
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BATCH / DATE
 October–November 2024

VERDICT
 Fulvic acid not disclosed — company policy. Full heavy metals panel with all results below limit of quantification. No fillers or additives. Third-party tested.

Shop Natural Shilajit → affiliate link, no extra cost

A **Pure Himalayan Shilajit** Gilgit Baltistan, 16,000 ft

TESTING LAB
 Certified Laboratories, Burbank CA
A2LA ISO 17025 — Cert 3034.01

FULVIC ACID
~58%

HEAVY METALS (ppm)

LEAD (Pb) 0.80	ARSENIC (As) 0.30	CADMIUM (Cd) <LOQ	MERCURY (Hg) <LOQ
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BATCH / DATE
 Batch RE18 · 2021

~58% FA by UV spectrophotometry. Not comparable to Verploegh/Brandvold results. COA dated 2021.

VERDICT
 Reliable Himalayan resin. COA from 2021 — older than ideal, request current batch. FA tested by UV spectrophotometry — not comparable to IAS Labs Verploegh/Brandvold figures.

Shop Pure Himalayan Shilajit → affiliate link, no extra cost

A Purblack Live Resin

Himalayan / Altai blend

TESTING LAB
Purblack Inc., Temecula CA
GMP Pharmaceutical | 5 Patents

FULVIC ACID
Not reported

HEAVY METALS (ppm)

LEAD (Pb) <LOQ	ARSENIC (As) <LOQ	CADMIUM (Cd) <LOQ	MERCURY (Hg) <LOQ
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BATCH / DATE
2025 production

DBP 16.5–21.9% | Urolithin A up to 58.497 ppm — markers unique to authentic shilajit.

VERDICT
Differentiates on DBP content (16.5–21.9%) and Urolithin A (up to 58.497 ppm) — shilajit-specific markers that cannot be replicated from agricultural humates. Research-grade premium. Code SHILAJIT15 for 15% off.

Shop Purblack → Code SHILAJIT15 for 15% off

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Red Flags & How to Read a COA

8 warning signs your shilajit brand is hiding something

8 RED FLAGS TO WATCH FOR

1 '85% Fulvic Acid' — with no COA to back it up

The most common marketing claim in the shilajit market. 85% is not supported by any verified COA we have reviewed. Treat any FA% without a signed accredited lab report as fabricated.

2 'Lab tested' with no lab name disclosed

Any brand can say 'lab tested.' What matters: which lab, what accreditation, and which batch. Missing any of those three is a red flag.

3 No FA% AND no explanation AND no alternative quality markers

Legitimate brands like Lotus Blooming Herbs deliberately withhold FA% because no universal testing standard exists — this indicates more transparency, not less. The red flag is no FA%, no explanation, AND no strong alternative markers.

4 COA dated more than 2 years ago

Heavy metal content varies by batch. An old COA is not evidence of what is in current product. Annual or per-batch testing demonstrates ongoing quality control.

5 Pass/fail results without exact ppm values

Knowing a product 'passed' tells you nothing about actual contamination levels. Exact ppm figures let you verify against regulatory limits and compare brands independently.

6 Only 2 or 3 heavy metals tested — not all 4

Lead, Arsenic, Cadmium, and Mercury must all be individually tested. Some brands test only the metals they are confident will pass. Missing any one is disqualifying.

7 In-house or unaccredited lab

A brand testing its own product cannot be considered independent verification. Always check the accreditation certificate number directly — not just the marketing claim.

8 Vague sourcing: 'Himalayan region' or 'high altitude'

Reputable brands name the specific mountain range, country, and altitude. Vague descriptions often mean the brand does not know or does not want to disclose their raw material source.

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How to Read a Shilajit COA

What every field means — and what to watch out for

HOW TO READ A SHILAJIT COA — QUICK GUIDE

What to look for	What it means	Red flag if...
Lab name + address	Identifies who tested the product	<i>No lab name given</i>
Accreditation number	Confirms ISO 17025 / A2LA status	<i>No cert number listed</i>
Batch / Lot number	Links COA to specific production run	<i>Missing or vague</i>
Analysis date	Shows how current the data is	<i>More than 2 years old</i>
Fulvic acid % + method	Verifiable potency claim	<i>Method not disclosed</i>
Lead (Pb) ppm	Most common shilajit contaminant	<i>Pass/fail only</i>
Arsenic (As) ppm	Geological contaminant risk	<i>Pass/fail only</i>
Cadmium (Cd) ppm	Industrial contamination marker	<i>Pass/fail only</i>
Mercury (Hg) ppm	Most toxic — should ideally be ND	<i>Pass/fail only</i>
Authorized signature	Lab analyst sign-off	<i>No signature present</i>

ALL 6 VERIFIED BRANDS — DIRECT AFFILIATE LINKS

S — Black Lotus Shilajit →	S — Lotus Blooming Herbs →	A — Fractal Forest →
A — Natural Shilajit →	A — Pure Himalayan Shilajit →	A — Purblack Live Resin →

See the Full Lab Data — Free at ShilajitPrice.com

Complete COA database • Heavy metals comparison • Brand tier rankings

shilajitprice.com/lab-data →

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