

Benefits of Pollen



Recommended dosage: 1 tablespoon for ages 5 and older

New to pollen? Start with 1/4 teaspoon, slowly increasing as your body acclimates.

In a small percentage of people, initial pollen eating gives minor gastro-intestinal irritation and a laxative effect. Other rare reactions involve minor swelling, heart palpitations or minor to moderate breathing difficulty.

Pollen benefits

- 22 amino acids.
- Weight for weight is higher in protein than steak, eggs or cheese, without the fat.
- Rich in antioxidants, vitamins, enzymes, and minerals.
- Enhances immune system.
- Strengthen the body against viral infections.
- Relieves fatigue.
- Improves concentration.
- Effective treatment for asthma and allergies.
- Balanced hormonal levels.
- Enhances sexuality.
- Smooths wrinkles.
- USDA research suggests bee pollen has anti-cancer properties



More details on pg 2

Amino acids

Contains both essentials plus several more including cystine, lysine, histidine, arginine, aspartic acid, threonine, glutamine, proline, glycine, alanine, valine, methionine, isoleucine, leucine, tyrosine, phenylalanine, and tryptophan.

Vitamins

A, C, and E, and is extraordinarily rich in most of the B vitamins, including folic acid (folate).

Minerals

barium, boron, calcium, copper, iodine, iron, magnesium, manganese, phosphorus, potassium, selenium, sodium, and zinc.

Enzymes

Contains over 5,000 enzymes and the phytonutrients (such as co-enzymes, bioflavonoids, phytosterols, and carotenoids) found in bee pollen also number in the thousands. Bee pollen is 15% natural lecithin.