

Pollen is collected by worker bees from various flowers, and then collected by the beekeeper when they return to the hive.

### **What is Bee Pollen?**

Bee pollen is composed of pollen that worker bees collect from the stamens of flowers. Using saliva, bees collect pollen on their front legs, which is removed when they return to the hive by a screen that collects the pollen to make into supplements. Bee pollen is the food on which bee larvae are raised, and **it is about 40 percent protein**. It also contains small amounts of enzymes and nectar added by the bees.

### **Nutritionally Rich**

One verified fact about bee pollen is that it contains most of the nutrients needed for healthy life. It is said to be one of the most nutritionally complete foods available, and contains many vitamins, such as: **Vitamin A, Vitamin B-1 (Thiamine), Vitamin B-2 (Riboflavin), Vitamin B-3 (Niacinimide), Vitamin B-5 (Pantothenic Acid), Vitamin B-6 (Pyridoxine), Vitamin B-12, Vitamin C, Vitamin D, Vitamin E, Biotin, and Folic Acid**. It also contains a variety of minerals, such as: **Calcium, Chlorine, Copper, Iron, Magnesium, Manganese, Phosphorus, Potassium, Selenium, Silica, and Sulphur**.

### **Allergy Warning**

Before taking bee pollen, there are some factors that you need to be aware of. Several published papers state that people who take bee pollen have experienced serious allergic reactions, including anaphylactic shock, after taking bee pollen. It is important to let your doctor know about any supplements, including bee pollen that you would like to take before you take them, especially if you have any health conditions. People with allergies, especially to pollen or flowers, should use caution with bee pollen, and stop taking it immediately if you experience any signs of anaphylaxis, including itchy rash, swelling of the throat or other parts of the body, wheezing, chest tightness, trouble breathing, passing out, difficulty swallowing, vomiting, diarrhea, abdominal cramping, paleness, or redness. If you experience some of these signs after taking bee pollen, call a doctor or 911 immediately.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement*