



Pollen

Collected by honeybees and used as a food in the hive, Bee Pollen is one of the most nutritionally-complete natural foods on Earth!

Available in Raw Granules or in Capsules.

Benefits

Bee Pollen, one of nature's most complete foods, can contain up to 40% protein, the primary building-block of our muscles.

Bee Pollen can contain calcium, phosphorus, magnesium, sodium, potassium, iron, copper, zinc, manganese, silicon and selenium, water-soluble vitamins and acids including B1, B2, B6 and C, and fat-soluble vitamins including vitamins A, E and D.

Bee Pollen adds a healthy boost to your active lifestyle!

***Bee Products may cause allergic reactions with some people, always begin intake with a small amount and discontinue use if signs of allergic reaction occur.**



Royal Jelly

Royal Jelly is produced from glands in the heads of young worker bees. Royal Jelly is the exclusive food of the Queen Bee, which can lay up to 2,000 eggs per day and live up to 40 times longer than the average worker bee!

Available in Fresh Frozen, Capsules, or in Honey.

Benefits

Royal Jelly contains about 18% protein, 15% carbohydrate, 5% lipids, 2% mineral salts, and vitamins, together with a large number of bioactive substances such as: 10-hydroxy-2-deonic acid (10-HDA) with immunomodulating properties, anti-bacterial protein, and peptides.

According to medical studies, Royal Jelly can significantly lower Cholesterol. Health Canada recommends 4 capsules 3 times a day to help lower Cholesterol.

Studies have shown Royal Jelly to aid in Cell Regeneration, including stimulating collagen production in our skin which can diminish the signs of aging. Royal Jelly can also help alleviate or reduce the symptoms of PMS & Menopause.



Propolis

Made from the resins of best available trees and plants, Propolis is used as a glue to hold the hive together and glaze the passageways creating a sterile environment within the hive.

Available in Raw, Liquid or Capsule forms.

Benefits

Propolis has a long history in traditional medicine and can contain over 300 chemical compounds - including resin, beeswax, essential oils, pollen and other organic compounds such as phenols, esters and flavonoids.

The biological properties of Propolis include: antibacterial, antifungal, antiviral, antiprotozoan, antitumor, anti-inflammatory, local anesthetic and antioxidant.

The National Institute of Health indicates the use of Propolis for treating cold sores, genital herpes, and post-surgery mouth pain.

Topically, Propolis has traditionally been used as a wound dressing and for the alleviation of itchy skin conditions.



Honey

Made from nectar and used as food by bees, Honey will change flavor and composition depending on the floral source. There are as many different types of honey as there are nectar producing plants!

Planet Bee Honey is 100% Pure, Raw and Unpasteurised!

Benefits

Today, honey is most widely used as a natural, healthy, alternative sweetener. Planet Bee offers unprocessed raw honey in liquid, creamed, and honeycomb. Studies show that consuming raw honey from your local area provides the most benefit. Honey can also be substituted for sugar as a healthy alternative in any baking recipe including preserves such as jams, jellies, and sauces.

Honey has proven antibacterial properties, is an effective treatment for sore throats, and can be safely consumed by diabetics due to its unique balance of sugars which produce a significantly lower blood sugar response than table sugar.

The intrinsic properties of honey hinder the growth and survival of microorganisms. In particular, the low pH, high sugar content and hygroscopic properties of honey prevent the growth of many species of bacteria and facilitate hydrogen peroxide production at wound sites, which aids in healing.



Information contained in this guide was sourced from peer-reviewed academic journal articles and scientific literature.

Fully cited product information fact sheets are available online at www.PlanetBee.com/factsheets.

***Always read and follow the dosage and warnings on the label of any Bee Product Supplement you choose to take.**

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Product Information Guide

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