



## Q: What is bee pollen, and what are the benefits of bee pollen?

**A: Bee Pollen is the pollen collected by bees as they gather nectar from flowers for making honey, and is the food of the young bee. Bee pollen has many health benefits to humans including:**

1. **Energy Enhancement** - The range of nutrients found within bee pollen makes it a great natural energizer. The carbohydrates, protein and B vitamins can help keep you going all day by enhancing stamina and fighting off fatigue.
2. **Skin Soother** - Bee-gathered pollens are rich in proteins, free amino acids, vitamins, including B-complex, and folic acid which protect the skin and aids in the regeneration of cells.
3. **Respiratory System Booster** - Bee pollen contains a high quantity of antioxidants that may have an anti-inflammatory effect on the tissues of the lungs, preventing asthma.
4. **Treating Allergies** – Alleviates asthma, hay fever, seasonal allergies, sinus problems and is wonderfully effective against a wide range of respiratory diseases.
5. **Digestive System Booster** - In addition to healthful vitamins, minerals and protein, bee pollen contains enzymes that can aid in digestion. Enzymes assist your body in getting all the nutrients you need from the food that you eat.
6. **Immune System Booster** - Bee pollen has antibiotic-type properties that can help protect the body from contracting viruses. It's also rich in antioxidants that protect the cells from the damaging oxidation of free radicals.
7. **Cardiovascular System Booster** - Bee Pollen contains large amounts of Rutin; an antioxidant and anti-inflammatory that helps strengthen capillaries, blood vessels, assists with circulatory problems and corrects cholesterol levels.
8. **Prostate Aid** - Men who suffer from benign prostate hyperplasia can find relief by using bee pollen. Bee pollen can help reduce inflammation to stop frequent urges to urinate.