



Bee Pollen

Stock #70-9 (100 capsules)

Bee pollen is among the oldest known nutritional supplements, with records of its use dating back to ancient Chinese and early Egyptian medicine. Although bee pollen is gathered by honeybees as a source of nutrition for the hive, it is also used for its nutritional value in the human diet. Bee pollen is available as a dietary supplement and is regarded by many as a nutritionally-rich "perfect food."¹⁻⁴

Bee pollen contains many nutrients in concentrated amounts and is a rich source of protein, carbohydrates, minerals and essential fatty acids. Bee pollen also provides B-complex vitamins and vitamin C, amino acids, trace elements and enzymes.⁵⁻⁸

Bee pollen is widely used in China as a food supplement and herbal tonic for enhancing the body's resistance to disease, including cancer. In Germany, bee pollen is recommended as an appetite stimulant. Bee pollen is also commonly used to enhance energy levels and improve endurance and stamina.^{5,9,10}

Bee pollen exhibits strong antioxidant activity and other health-protective benefits, including anti-estrogenic and bone-loss preventative effects. Animal studies have found that bee pollen provides an anabolic (building-up) action on bone components and increases bone calcium content, while in vitro studies show that bee pollen inhibits bone resorption. In addition, animal studies have shown that bee pollen improves maternal nutritional status with no adverse effects on normal fetal development, suggesting that bee pollen may be an effective nutritional supplement during pregnancy.^{1,4,11-13}

Bee pollen has long been used as a natural remedy against allergies. A recent animal study confirmed that daily supplementation with bee pollen significantly reduced mast cell activation, thus providing an anti-allergic action. Activation of mast cells plays a pivotal role in allergic diseases. Another study determined that myricetin is one of the flavonoids in bee pollen that is responsible for its anti-allergic effect.^{5,14-17}

Research also suggests that bee pollen may help reduce prostate size and provide anti-inflammatory effects in men with BPH (benign prostatic hyperplasia or enlarged prostate) and prostatitis. A double-blind, randomized study reported significant clinical improvement in patients with chronic prostatitis who used bee pollen, compared to those in the placebo group. In addition, a randomized, double-blind, placebo-controlled study conducted in Germany using a proprietary bee pollen extract significantly improved total symptoms, pain and quality of life in men with inflammatory chronic prostatitis/chronic pelvic pain syndrome (CP/CPPS). Furthermore, an extract from bee pollen has been shown to induce apoptosis (cell death) in human prostate cancer cells and may be a potential treatment for prostate cancer.^{9,14,18-22}

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