

# Forever Bee Pollen

## Description and Purpose

Pollen is the male fertilising component of plant reproduction. Bees gather and bring it back to their hives for food. Without pollen, plants, trees and flowers could not exist; even we depend on it.

Our bee pollen is gathered in patented stainless steel collectors from the blossoms. This ensures the freshest and most potent natural food. Forever Bee Pollen is all natural and contains no preservatives, artificial flavours or colourings.

Bee pollen provides a wide spectrum of essential nutrients. Each is required to maintain perfect health. These include all vitamins of the B-complex and vitamin C. Since these are water soluble, they should be taken daily. Bee pollen also contains vitamins D, E, K, and beta-carotene (vitamin A). It is a rich source of numerous minerals, (with calcium and phosphorous in an almost perfect 1:1 ratio), enzymes and co-enzymes, plant-source fatty acids, carbohydrates, proteins and 22 amino acids - including all eight 'essential' amino acids which the body cannot manufacture for itself. Bee pollen contains more nutrients per calorie than any other nutritional supplement and so it is little wonder that it is cited as one of the most complete foods available. In fact, the human body could survive on bee pollen alone, with just the addition of fibre and water.

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## At a glance...

- Multi-vitamin and multi-mineral supplement
- Energy booster
- Aids digestion
- Contains many trace elements including vitamins, minerals and amino acids



The nutrients in bee pollen are readily digestible and easily absorbed by the human body. Many people obtain benefit, including athletes who take it for stamina and energy and to help them maintain good health.

In addition, bee pollen has a number of specific benefits:

- The rich cocktail of nutrients in bee pollen can help to correct body chemistry and so counteract the effects of food additives and preservatives.
- It is a naturally high source of zinc and vitamin B6, making it extremely beneficial.
- It can desensitise the body, making it a good supplement.
- It is also 'bacteriostatic' - suppressing the activity of bacteria and increases the effective elimination of wastes and poisons from the body.

Bee pollen also contains lecithin, which occurs naturally in all cells. Thus it aids in digestion and the metabolism of fats, and improves the efficiency of the immune and nervous system.

## Formula Ingredients

Bee pollen 500mg.

## Other Ingredients

Honey, stearic acid, silica, royal jelly.

## Contents

100 tablets.

## Directions

Begin by taking a quarter of a tablet daily, then gradually increase dose to 1 tablet 3 times a day. Consult your doctor before taking this or any other dietary supplement.

