



NatureBee™ Potentiated Bee Pollen

Fact Sheet & Nutritional Charts



POTENTIATED BEE POLLEN

Description

Pollen is produced on the stamens of the flower; it is the male part of plant. It contains the vitamins, minerals, essential amino acids, proteins, in fact all the nutrition to sustain life and is capable of reproducing its species.

The bee collects the pollen as it goes about gathering nectar from the flower. The bee climbs over the stamen to reach the nectar deep in the flower and brushes against the pollen, which collects into sacs on their legs (like cargo pants pockets). As the bee travels from flower to flower so it collects a variety of pollen which it takes back to the hive. As the bees return to the hive they scramble through a pollen trap, which gently brushes off some not all of the pollen into collection trays. The bees are not harmed by this process neither are they entirely stripped of pollen, which they also use as a food source.

Pollen cells are small, light and the nutrition in the cell is very concentrated hence valuable for human consumption.

The History of Bee Pollen.

All through history pollen has been referred to as a complete food. It has been praised in the Bible, Hebrew Bible and Koran. Pollen was used as a food and tonic in Chinese, Egyptian, Greek, European, and Inca and North American Indian history. Hypocrites and Pythagoras have both described bee pollen for its healing properties and American Indians wore pouches containing Bee Pollen around their necks to eat on long journeys to sustain a high energy level. In these ancient cultures pollen was surrounded by mystique offering long life, improved sexual prowess and prolonged wellness. Scientists have studied pollen in modern times and have confirmed that it is a near perfect food containing all 22 elements that our body needs and will confirm many benefits when taken regularly.

Nutritional Value of Bee Pollen.

Bee pollen contains most known nutrients including all those necessary for human survival and when compared to any other food it contains a higher percentage of all necessary nutrients. It contains at least 18 amino acids, more than 27 vitamins, 28 minerals, 11 enzymes or co-enzymes, 24 beneficial fatty acids, and 11 carbohydrates and is rich in minerals but low in calories. All these nutrients are in a natural perfectly balanced cell of pollen and bees instinctively collect the best pollen.

We are not easily able to include a complete list of the contents on the label of the bee pollen and you can see below why! The following is a guide only as the breakdown varies depending on the collection location and the season.

The breakdown can include the following:

<p>Vitamins :</p> <ul style="list-style-type: none"> • Provitamin A • B-1 Thiamine • B-2 Riboflavin • B-3 Niacin • B-6 Pyridoxine • Panthothenic acid • Biotin • B-12 (cyanocobalamin) • Folic acid • Choline • Inositol • Vitamin C • Vitamin D • Vitamin E • Vitamin K • Rutin 	<p>Minerals</p> <ul style="list-style-type: none"> • Calcium • Phosphorus • Potassium • Sulfur • Sodium • Chlorine • Magnesium • Iron • Manganese • Copper • Iodine • Zinc • Silicon • Molybedenum • Boron • Titanium 	<p>Enzymes</p> <ul style="list-style-type: none"> • Amylase • Diastase • Saccharase • Pectase • Phosphatase • Catalase • Disphorase • Cozymase • Cytochrome systems • Lactic dehydrogenase • Succinic Dehydrogenase • 24-Oxidoreductases • 21-Transferases • 33-Hydrolases • 11-Lyases • 5-Isomerases • Pepsin • Trypsin
<p>Proteins – Amino Acids</p> <ul style="list-style-type: none"> • Isoleucine • Leucine • Lysine • Methionine • Phenylalanine • Threonine • Tryptophan • Valine • Histidine • Arginine • Cystine • Tyrosine • Alanine • Aspartic Acid • Glutamic acid • Hydroxyproline 	<p>Others</p> <ul style="list-style-type: none"> • Nucleic acids • Flavonoids • Phenolic acid • Terpenes • Nucleosides • Auxins • Fructose • Glucose • Brassins • Gibberellins • Kinins • Vernine • Guanine • Xanthine <ul style="list-style-type: none"> • Hypoxalithine • Nuclein • Amines • Lecithin • Xanthophylls • Crocetin • Zeaxanthin • Lycopene • Hexodecanal • Alpha-amino-butyric acid • Monoglycerides • Diglycerides • Triglycerides • Pentosans 	

Source "Bee Pollen and Your Health", Carlson Wade, 1978

Potentiation means to make more potent. Potentiation is a process that cracks the cell wall of the pollen so that the nutrients are more digestible. The pollen cell has two tough outer walls made of cellulose which is poorly digestible and that enables the body to access usually up to about 30% of the nutritional value. This wall protects the pollen so that it can withstand natural calamities like fire, flood and freezing plus long journeys across countryside and go on to create new life. During our potentiation process at no time does the pollen contact surrounding air or human hands, so no degradation or oxidation takes place. Potentiation breaks the cell wall exposing for absorption most

of the pollen's core material. So in a nutshell, potentiation is a peak nutritional process that enables your digestive juices to lock into all those nutrients and utilise them for your body's enhanced performance.

Uses of Potentiated Bee Pollen.

The uses of Bee Pollen are many and varied. Full nutrition boosts energy, fortifies the immune system, aids digestion, improves mood, sleep, strengthens nails, and beautifies the skin and hair as it assists cell renewal. Many regular pollen users say they feel so well, they cope with stress better, more powers of concentration, lots of zest and energy and vitality.

Bee pollen contains essential amino acids used in the body for life and growth. Vitamin C is used to boost the immune system and ward off colds and flu's. The B vitamin group for energy and mental alertness, calcium for bone strength, the list goes on. Zinc for reproduction and magnesium for muscle weakness and sleep. Our potentiated bee pollen has been used for elite athletes to enhance energy and recovery time; in fact the American Track and Field team to the Olympic 2000 games used our pollen and did so well. Horse trainers to enhance performance in a natural way for racehorses have used our Bee Pollen.

Dose and Administration.

Adult dose: Two capsules in the morning in normal circumstances but can be increased to take two extra capsules at lunchtime for extra energy. Capsules taken later in the day will tend to keep the person awake longer in the evening.

Children 2 years and over: One capsule a day in the morning. The capsule can be opened and sprinkled on soft food and swallowed for ease of dosing.

Children under 2 years: Consult your health professional.

Pregnant or Lactating Women: Two capsules in the morning with large glass of water.

Contraindications

There are no known contraindications, Bee Pollen is a natural food and is well tolerated.

Warnings and Precautions.

Bee pollen is an addition to a balanced diet not a replacement.

People suffering from asthma or allergic to Bee products are recommended to use this product under guidance of their Health Professional

Common Questions asked about Nature Bee Potentiated Bee Pollen

- **Can an asthmatic take our Bee Pollen?**

Yes in general, our Bee Pollen is ingested as opposed to inhaled and generally doesn't create a problem with asthmatics. In some very infrequent instances the Pollen will induce mild asthmatic symptoms if the trigger factors for their asthma includes pollens. It is suggested that the person concerned starting on Bee Pollen capsules to start with one capsule a day over a week to assess if suitable and watch for tight chest and wheezing in that week then increase to normal dose of two capsules a day when ready

- **Can a diabetic take Nature Bee Potentiated Bee Pollen?**

Yes, no Sugars or carbohydrates in our Bee Pollen that will effect a diabetic.

- **Can Nature Bee Potentiated Bee Pollen be taken during pregnancy?**

Yes, our Bee Pollen is a food and provides many of the nutrients needed in pregnancy but doesn't substitute for a balanced diet.

- **Can our Nature Bee Potentiated Bee Pollen be taken with allergies?**

Yes in general, though this is dependent on the person and the type of allergies. Those people who have pollen sensitivities and do not tolerate inhaled pollens maybe able to take our pollen because it is swallowed rather than breathed in. Others maybe sensitive and develop a slight rash generally on the arms and at other times stomach upsets. These reactions are rare and pollen is normally very well tolerated but it is recommended that people with known allergies to pollen proceed with caution and take a reduced dose.

- **Can our Potentiated Bee Pollen be taken with other medication and vitamin supplements?**

Yes, there are no contraindications with other medications or vitamin supplements including medications for high blood pressure, diabetes, epilepsy, hormonal replacements, bronchodilators etc. If the person wishes to continue with their vitamin mineral supplement they can do so but may find after a period of time on both the Bee Pollen will provide all the nutrition necessary and they can drop the additional vitamins. Those women taking additional calcium may wish to continue with that supplement

- **What dose of Nature Bee Potentiated Bee Pollen would a child take?**

Those children over two and up to 12 years old to take one capsule a day, the capsules can be opened not inhaled but sprinkled onto soft food to swallow if it is difficult to swallow a whole capsule. A child over 12 can take two capsules a day. Those children under 2 years old should consult their medical professional.

- **Is Nature Bee Potentiated suitable for vegetarians?**

The pollen is entirely a plant product collected from the stamen of the flower, the capsules are made from Beef gelatine but vege caps can be sent if requested and vege caps are made entirely from plant matter.

- **Can Nature Bee Potentiated Bee Pollen be taken if there is a bee allergy?**

Yes, our Bee Pollen has no bee product in it, it is entirely made from plant product and will not affect those with bee sting allergies or allergies to bee venom used in ointments or rubs.

- **Can Nature Bee Potentiated Bee Pollen be used in a calorie-controlled diet?**

Yes there is negligible calorific value and can be used in either a protein or carbohydrate reduced diet.

OUR CUSTOMERS SAY.....

Patricia Gibaud

Kenwick, Western Australia

“Since using Nature Bee I have not had a cold, feel great and my hair tends not to fall out.”

Sean Russell

Marangaroo

“It’s a natural food supplement and contains all necessary vitamins and minerals AND IT WORKS.”

R Black

Western Australia

“I feel I have more energy and a better attitude towards life. My mother has been on a lot of medication and now she swears by Nature Bee.”

Mrs E J Green

Rotorua, New Zealand

“I am 76 and do all the work on my 10 acre block, I can’t afford to be ill with my animals to mind. I haven’t had flu for 4 years and am sure it’s your bee pollen helping me.”

Max Bergamini

Manly Vale, New South Wales

“On top of all the other claims made about your Bee Pollen that have turned out positive, there is also one other side-effect - IT REJUVENATES AGING SKIN (i.e. brown spots, flaking skin etc).”

Mrs Frances Bartley

Emu Plains, New South Wales

“I am 65 years old and Bee Pollen has given me so much more energy and drive to keep doing things like golf and walking. I feel better now, thank you.”

Mrs N. Terrill
Lurnea, New South Wales

“Even though I’ve not been using it very long my aches and pains are becoming less and less so I’m really sold on it and will always use it.”

Patsy Connell
Hamilton, New Zealand

“I find your bee pollen gives me more energy and it also helps me to sleep better”.

Mrs Georgia Marosy
East Burwood, Victoria

“I wake up refreshed and I feel better all day. Also my fingernails, toenails and hair are a lot healthier.

Joe Italia
Melbourne

“After only one week of this product I no longer feel lethargic and depressed. I have much more energy and feel fantastic”.

Graeme Howatt
Glen Iris

“I sleep much better and I feel I have more energy (get up and go) through my day.”

Marie Smith
Kensington

“It gives my husband and myself more energy than we have had since our teens!”

Maree Conayne
Tauranga, New Zealand

“I have 3 small children and before I took your pollen I had no energy to get through the day. Now I feel great...”