

# ROYAL JELLY

## What is ROYAL JELLY?

Royal Jelly is not honey or pollen. Royal Jelly is the sole source of nourishment for the queen bee throughout her long and productive life. Royal Jelly falls into the category of health tonics. It has been a popular health food in China for centuries. Among the known constituents are water, carbohydrates, lipids and proteins. Among these proteins are amino acids, including all eight essential amino acids of which the body cannot manufacture on its own and must come from dietary sources. Royal Jelly is rich in B vitamins, especially vitamin B5 (pantothenic acid), which is important in the metabolism of carbohydrates, fat and proteins; trace amounts of vitamin C along with the minerals and trace minerals calcium, potassium, phosphorus, iron, silicon sulfur and copper. \*

## What are the benefits?

Royal Jelly falls into the category of health tonics. Both amateurs and professionals find they can train longer, concentrate better, improve performance and recover more quickly from the after-effects of excessive physical strain and mental effort. In healthy individuals Royal Jelly is a general revitalizer, allowing greater physical and intellectual output with greater self-confidence and less tendency to fatigue. It strengthens the body against stress and helps to maintain healthy, youthful looking skin and hair. Its immune enhancing properties help protect against colds and flu. It shows effectiveness in treating neuropsychological disorders such as depression, anxiety attacks, neurotic fatigue, insomnia, memory problems and various psychosomatic and functional problems. Royal Jelly has no negative side effects and is a better energy product than quick pick-me-ups which have a marked drop effect a few hours later. \*

## Supplement Recommendation:

Look for a product that has been naturally extracted and grown or ethically wild crafted without the use of chemical fertilizers, pesticides or preservatives; preferably in a vegetarian capsule. Be sure it is a standardized true spectrum herbal supplement without fillers, binders or common allergens.

- **Helps regain physiological balance\***
- **Normalizes body chemistry\***
- **Immune enhancing properties to help protect against colds and flu\***
- **Supports an overall feeling of well-being\***
- **An excellent daily energy supplement\***
- **Rich in B vitamins, especially B5\***
- **Promotes physical and mental stamina\***
- **Helps “prime” and strengthen adrenal, thymus, kidney and liver functions\***
- **Helps normalize LDL and HDL levels**

### Supporting Research:

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\* This information has not been evaluated by the FDA. It is not intended to diagnose, treat, cure or prevent any disease.