

NUTRITION STRAIGHT FROM NATURE

BEE POLLEN IS A NATURAL FORM OF SUSTAINED ENERGY RELEASE AND IS ONE OF NATURE'S MOST COMPLETE AND NUTRITIOUS FOODS.



The United States Department of Agriculture (1992) tested and compared Bee Pollen with other fruit and vegetables and found that Bee Pollen, on a per calorie basis:

- Has twice as much iron as any other common food type.
- Is higher in protein than most high-protein foods, containing up to 50% more muscle-building protein than beef.
- Is a valuable source of calcium, containing twice as much calcium as milk.
- Contains the strong antioxidant vitamins A, C and E and was found to contain higher levels of Vitamin A than all common foods, except tomatoes.
- Is an excellent source of three B Vitamins: Thiamine, Riboflavin and Niacin.

Bee Pollen has the highest natural level of folic acid (folate) of any common food, which may support the prostate gland and cell regeneration. It also contains natural antioxidants, of which the flavonoid quercetin is useful for helping the body's natural response to allergens. Bee Pollen has also been shown to assist with energy levels, stamina and athletic performance.

Comvita Bee Pollen is an excellent source of essential vitamins, minerals, amino acids and enzymes. Collected by honeybees, it is carefully dried and processed to ensure there is no damage or oxidation of the vital nutrients.

