



## ROYAL JELLY

The Chinese have been interested in royal jelly, which is the food of the queen bee, for many centuries. In more recent times it has been reported that several members of the British Royal Family are strong advocates of its use.

Royal Jelly is a milky, whitish solution that is secreted by worker bees from glands in their heads and is the exclusive food of the queen bee from larva to adult. The bees hold the jelly on their tongue and transfer it to the queen when she enters the hive. Once transferred the queen absorbs the jelly which helps her to sustain life and produce the millions of eggs for the beehive in her six year life span, a life span that is 30 times longer than that of a normal bee.



### The Benefits of Royal Jelly

**Energy** - everyone who takes royal jelly talks about its ability to release bursts of energy.

**Antimicrobial** - exhibits antimicrobial activity.

Royal Jelly has also been hailed as a possible aid in disorders such as dermatitis, arthritic pain, anorexia, depression, eczema, morning sickness and diabetes mellitus.



### Properties

**Amino acids** - contains 22 of the amino acids of which 8 are the essential amino acids which we must get from our diet; all are required for protein building.

**Vitamins** - contains seven B vitamins which are required for a number of functions from nervous to digestive systems. Vitamin C also has been found in royal jelly.

**Minerals** - sodium, potassium, iron, nickel, chromium and manganese are all present in various quantities. There is also a small percentage that is as yet undefined.



### Contra-indications / Precautions

Adverse effects have been reported in asthma sufferers who should avoid this product.

### Why Choose Natures Aid Royal Jelly?

Each Natures Aid Royal Jelly capsule contains 150mg of fresh royal jelly in a base of honey and has not been chemically processed or freeze dried and so maintains its beneficial properties.



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