

BEE POLLEN

Sacramento Honey Company, 2110 X Street, Sacramento, CA 95818, 916-451-2337

SOURCE: A blend of pollens from the Sacramento valley - fields, riverbanks, foothills and neighborhoods.

HANDLING: This pollen has been double cleaned; in a two-screen seed cleaner and in a unique air & by-hand cleaning system. **Refrigerate or freeze pollen to maintain taste & prevent mold.**

USES: (from Carlson Wade's "Bee Pollen & Your Health")

Allergies: Taken in small, regular doses, the body builds immunity over time that may reduce allergic symptoms. Many people report easing of symptoms from asthma, sinus problems and hay fever.

Mix with honey: As a wound dressing, for respiratory ailments, as a digestive aid and for problems of irregularity.

Athletes, etc: Pollen has been recommended by trainers and coaches and taken by Olympic athletes and "the famous" (Dick Gregory, Ronald Reagan, and Senator Tom Harkin).

PROPERTIES: B complex vitamins, A, C, D, & E. Approximately 35% complete protein (varies with source), about 1/2 of which are free amino acids.

RECOMMENDED USEAGE: Start slowly with small amounts and then gradually build up, especially if you have allergies. Begin with 2 to 3 beads. Over time add more, stopping at a dose that relieves some or all of your allergy symptoms. Most people take anywhere from 1/2 teaspoon to 2 tablespoons. Stir in juice; mix with fruit, yogurt, protein drinks, milk, or shakes. Sprinkle on cereal, salads or toast - be creative. Do not cook bee pollen as the nutrients are diminished by heat. Dosages are recommendations only and it is always a good idea to discuss your supplemental goals with your health care professional.