

ROYAL JELLY IN A BEE HIVE: Royal Jelly is a natural product made by worker bees to feed to the Queen bee – in development and throughout her life. As a result of this exclusive diet, the Queen grows 60% larger & lives 30 times longer than worker bees. She lays up to 2000 eggs per day in springtime & is the mother of all bees in the hive. **ROYAL JELLY** is a creamy ivory substance, rich in vitamins, minerals, amino acids (& a mystery percentage of about 3-4%) which science is unable to identify. **WHY FRESH ROYAL JELLY:** Sometimes royal jelly is available only in freeze dried form. However, recent research has proved that this processing can degrade the quality of the amino acids, rendering the overall product less potent than fresh. In addition to enzymes, minerals & vitamins, the antiseptic qualities of Royal Jelly keep it hive fresh.

FRESH ROYAL JELLY CONTAINS:

Vitamin B1 (Thiamin)	Vitamin B7 (Inositol)	30 Amino Acids
Vitamin B2 (Riboflavin)	Vitamin B8 (Biotin)	Iron Potassium
Vitamin B3 (Niacin)	Vitamin B9 (Folic Acid)	Nickel Chromium
Vitamin B5 (Pantothenic Acid)	Vitamin B12 (Cobalamin)	Manganese Sodium
Vitamin B6 (Pyridoxine)		Vitamin C

USES OF ROYAL JELLY: Royal Jelly has been known to be an all-round excellent energy-giving tonic. It has been used for Psoriasis, Eczema, Arthritis, Recovery from Surgery, Cystitis, Varicose Veins, lowering Cholesterol and Stress.

STORAGE AND DOSAGE: Royal Jelly is frozen for transportation and storage to maintain its beneficial qualities. Beekeepers can raise Queen Bees using fresh-frozen Royal Jelly. It is recommended that it be kept frozen until you begin to take it – then keep it REFRIDGERATED. Take ¼ to ½ teaspoon per day. Best if taken first thing in the morning (empty stomach) – do not eat or drink (especially anything hot) for about 15 to 20 minutes – until it is absorbed. Put under your tongue for absorption direct into glands. Some people take it at bedtime for a good night's sleep. **NOT RECOMMENDED FOR PEOPLE WITH ASTHMA**