



Superfoods Fact Sheet

Bee Pollen



Bee pollen is considered to be one of nature's most nourishing foods, and is made by honeybees as the food for young bees. It contains almost all the nutrients needed by a human being and is one of the most complete superfoods in nature.

The pollen is the male seed of the flower and is collected from plants by the bees, which mix it with a little nectar and then place in it 'baskets' called corbiculae on their hind legs. It is taken back to the hive and packed into honeycomb cells and sealed in with a thin layer of honey.

It is a blend of sticky pollen granules, and each granule could contain up to five million pollen spores!

When being collected for commercial purposes a special pollen trap is placed at the entrance to the hive and returning bees have to push through this to get into the hive, losing part of their 'basket'. In this way pollen is collected without depriving the hive totally of a vital food source.

Pollen colour, shape, size and weight varies depending upon the plants it has been collected from.

It is considered to be both a spiritual and magical food and is the result of hours of hard work on the part of the bee. 1 teaspoon is said to take a bee a month of working 8 hours a day to gather. The amount collected from a single bee colony amounts to only 50 – 250 gm daily – representing hard work on the part of thousands and thousands of bees.

It has a sweet, slightly nutty flavour and is good sprinkled on fruit salads, cereals or any dish where you might use nuts. Many people like to eat it straight.

Health Benefits

Bee pollen is considered a high energy superfood, and it is used as a nutritive tonic in Chinese medicine. There are numerous health benefits that accrue from taking bee pollen. For those who are malnourished or recuperating from illness it is an ideal food supplement to take due to its complete nature and the bioavailability of much of its protein content.



It has powerful antibiotic, antifungal and antiviral properties.

It is said to be a potent aphrodisiac and has fertility-improving properties. It is also said to aid the prostate, help low blood pressure, increase strength, endurance, energy and speed, reduce production of histamine and help relieve type 2 diabetes, anaemia, constipation, colitis, sinusitis, asthma and bronchitis as well as improving allergies, being an excellent skin soother, good for the respiratory, immune, digestive and cardiovascular systems, aiding with weight loss and helping to heal addictions.

Like many natural foods and supplements, serious studies are patchy, but the following has been investigated.

Inflammation

Bee pollen has been compared very favourably to various anti-inflammatory drugs, and a 2010 study found great benefit when given to mice with acetaminophen-induced liver necrosis¹

Antioxidant Benefits

Studies have shown that the enzymatic hydrolysates from bee pollen are helpful to those suffering from illnesses such as cancer, heart disease, diabetes and hypertension. In a 2005 study the antioxidant properties were measured and found to have a remarkable effect in combating oxidative stress.²

Protection Against Toxicity

Findings published in 2010 suggest that bee pollen protects liver cells from oxidative stress and promotes the healing of liver damage caused by exposure to toxicity.³

Immune Booster

A 2014 study showed how bee pollen exhibited antimicrobial activity⁴ and a 2008 study investigated the part played by bee pollen on mast cell activation, which is central to various allergy problems. Bee pollen was shown to inhibit mast cell activation and therefore help allergic reactions.⁵

¹ Pharm Biol. 2010 Mar;48(3):253-9 In vivo activity assessment of a honey-bee pollen mix formulation.

² Z Naturforsch C 2005 Jan-Feb;60(1-2):133-8. Antioxidant activity and angiotension I-converting enzyme inhibition by enzymatic hydrolysates from bee bread

³ Evid Based Comp Alt Med 2013;461478.doi10.1155/2013/461478. Epub 22.10.13 Hepatoprotective potential of chestnut bee pollen on carbon tetrachloride-induced hepatic damage in rats

⁴ Food Chem Toxicol 2014 Jan;63:233-9 Epub 19.11.13 Biological activities of commercial bee pollens: antimicrobial, antimutagenic, antioxidant and anti-inflammatory

⁵ J Med Food 2008 Mar;11(1):14-20 Inhibitory effect of honeybee-collected pollen on mast cell degranulation in vivo and in vitro

Adrenal Tonic

Bee pollen is a good adrenal tonic and is one of the few foods that can help to correct reversed polarity, or pituitary gland problems.

Benefits as a Dietary Supplement

Studies have shown that bee pollen has actually lengthened the life span of experimental animals and shown higher Vitamin C and magnesium content in the thymus, heart muscle and skeletal muscles, as well as higher haemoglobin content and higher levels of red blood cells.

In addition studies have shown how bee pollen treatment increased the body weight, conception rate, milk yield and litter size of female rabbits, as well as biochemical blood profiles, and the survival rate of baby rabbits.⁶

Menopause Symptoms

A 2015 study showed that both honey and bee pollen helped improve menopause symptoms for women undergoing breast cancer hormonal treatment. It was also suggested that the flavonoids found in bee pollen are protective against breast cancer.⁷

Stress Relief

The properties of bee pollen make it an effective natural remedy for stress relief, helping to enhance mood and physical endurance. It also acts as a local analgesic, relieving pain from injury or stress.⁸



Healing Aid

Used as a topical ointment pollen is good as a home remedy for burn relief. Pollen includes the compound kaempferol which inhibits enzyme activity after a burn and helps to decrease inflammation and swelling. Pollen also increase blood circulation to an area and moistens the skin, as well as helping to prevent infection and platelet aggregation.⁹

⁶ J Anim Physiol Anim Nutr (berl) 2011 Jun;95(3):294-303. Epub 2010 Sep 29. Effects of bee pollen levels on productive, reproductive and blood trait of NZ rabbits

⁷ Mon Clin Oncol 2015 Jul;3(4):869-874 Epub: 4May 2015. Bee pollen and honey for the alleviation of hot flushes and other menopausal symptoms in breast cancer patients.

⁸ Evid Based Comp Alt Med 2015;2015:297425 E pub Mar 11 2015 Bee Pollen: chemical composition and therapeutic application

⁹ Evid Based Compl Alt Med 2015; 2015@297425 E pub Mar11 2015 Bee Pollen:chemical composition and therapeutic application

Other benefits include:

- weight loss as bee pollen helps to regulate hormones and increase metabolism by dissolving fat cells in the body
- anti-ageing as bee pollen is nutrient dense and helps keep skin looking younger, stimulating blood supply to the skin and helping to detoxify the body
- energy enhancer as its range of nutrients are a natural energy booster
- prostate aid for men suffering from enlarged prostate as bee pollen helps to reduce levels of inflammation
- infertility as bee pollen helps restore ovarian function as well as being a hormone booster

Those taking bee pollen can decrease their daily intake of food by 15 – 20%.

Nutritional Value

There are around 250 substances in the composition of bee pollen, including amino acids, lipids, vitamins, macro and micro-nutrients, enzymes, carotenoids and flavonoids. In fact, bee pollen is richer in proteins than any animal source, and around half of its proteins are free-form amino acids which are ready to be used directly by the body, making it highly bioavailable.

It's chemical composition is as follows:

- 30% digestible carbohydrates
- 26% sugars
- 23% protein
- 5% lipids
- 2% phenolic compounds
- 1.6% minerals
- 0.6% water soluble vitamins
- 0.1% fat soluble vitamins

Amongst the many vitamins and minerals it contains are:

Calcium, phosphorus, magnesium, sodium, potassium, iron, copper, zinc, manganese, silica, selenium, barium, boron, copper, gold, iodine, sulphur
Vitamins A, all the B vitamin except B12, C, E and D

In addition it is high in antioxidants, as well as rutin, carotenes, nucleic acids, RNA/DNA and lecithin.

It also contains Ormus elements. Ormus is a superconductor, and ormus elements resonate with the primal energy from which all life originate and is found not just in animals but in the air, soil, plants, stones and water. It is thought that our brains contain at least 5% ormus elements, and this can be increased by taking foods and water containing these elements. It is said that the higher the level we have of these, the more we are able to reach our highest potential.

How to Take Bee Pollen

Bee pollen can be found as granules or as already ground powder.

It can be taken from the spoon, added to smoothies, yoghurt, sprinkled on cereals or porridge and on salads.

Alternatively, you can let a few granules infuse in warm water before drinking it.

It acts faster and more effectively if it is taken at mealtimes.

If you are trying to help allergies or combat malnutrition take 1 tsp three times a day.

NOTE: it is safe to take bee pollen by mouth for 30 – 60 days. The only concern is that it might provoke an allergic reaction if you have problems with pollen. If this is the case start with very small doses and build up. If you notice itching, swelling, shortness of breath or light-headedness discontinue. It is also advised that pregnant women should be careful of bee pollen as there is some suggestion it might stimulate the uterus.

