



ROYAL JELLY

-ONE OF NATURES' MOST NUTRITIOUS FOODS



Royal Jelly is one of the most difficult of all foods to harvest. The amount produced by one hive in a whole year is very small. This makes it quite precious, because the bees cannot survive without it and enough must be left for them to rear their young. Royal jelly is known to contain protein (about 36%), amino acids, minerals and vitamin B complex. There are also traces of other nutritional elements, though these are so small they are difficult to quantify.

Over the years Royal Jelly has become quite a controversial health food because some people have made claims that imply Royal Jelly can do the same for humans as it does for the bees! Although this is certainly unfounded and highly unlikely, Royal Jelly is very useful to us as a dietary supplement.

Worker bees produce Royal Jelly from their salivary glands and they use it to feed their young in the very early stages of development. This is because it is rich in nutrients, especially protein, so one can compare it to the natural milk of a nursing mother. However, even more extraordinary is the fact that only the bees who are selected to become Queens who are continually fed on Royal Jelly throughout their lives, whilst the worker bees are fed on 'ordinary' honey and pollen. It is a known fact that the only difference between a worker bee and her Queen is their diet. This difference in diet is the reason why a Queen bee outlives 4-5 years, whereas a worker bee lives only 3-4 months. A Queen bee during her prolonged life, is mother to approximately a quarter of a million bees. She lays 2,000 eggs a day, which amounts to more than twice her own bodyweight!

Royal Jelly is such a miracle of nature that there has to be something in it for us. Many people have found Royal Jelly invaluable during periods of convalescence; for example, people who have undergone major surgery or suffered a stroke are unable to sustain a normal diet due to an impaired digestive system and loss of appetite. Those in such situations have found Royal Jelly useful as a supplement as it can be added to soups & broth, giving an invaluable boost of protein which aids recovery and repairs the body's natural immune system.

Royal Jelly is also good for body builders because of the high protein and top athletes use it because they burn off a lot of the nutrients they get from a normal diet. If you know you are going to be using a lot of energy, take a quarter spoonful of Royal Jelly one or two hours before the event to give your body an extra boost.

Menstruating women can also find Royal Jelly beneficial of the B vitamins it contains. It may help those who suffer irregularities in the cycle, but it is certainly good to take anyway as extra B-vitamins are known to be helpful to women in this category. Other benefits that have been reported are strengthening of the hair and nails – a lot of people suffer the annoyance of fragile hair & nails which can be remedied with an extra intake of protein and vitamins, so why not give it a try?

Flynn's Fresh Royal Jelly is not freeze-dried, which makes a difference in that the freeze-drying process destroys some of Royal Jelly's goodness & Flynn's Fresh Royal Jelly does not contain artificial preservatives.

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