

what about bee pollen?

Be aware of **the good**, **the bad** and **the unknown** before consuming bee pollen – and discuss with your health care provider.

the good

Bee pollen is loaded with things your body needs, including:

- Antioxidants and flavonoids
- Copper
- Nutrients
- Vitamins B1, B2 and B6



the bad

Bee pollen can cause some problems:

- Allergic reactions in people with bee or honey allergies
- Contraction of the uterus
- May interfere with blood-thinning medications
- Negative interaction with some medications
- Side effects such as muscle weakness, nausea, skin rash, swelling, trouble breathing

the unknown

Many claims about extraordinary healing power of bee pollen remain unproven and require further research:

- Cancer prevention
- Improve athletic performance
- Reduce allergies
- Weight loss



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