



POLLEN PLUS ENERGY

Tapping into bee power

Why am I always so tired? Why don't I have any energy? Environmental pollution, stress, not enough sleep, eating on the run – these factors can make us feel run down, tired and increasingly susceptible to nasty viruses that can lay us out for days. As we get older we become more aware of how the polluted environment, combined with a hectic lifestyle, can compromise our health.

If you just don't have the same energy and zest once taken for granted, why not take advantage of bee power? The energetic bees have been providing us with nutrient-dense foods for thousands of years – foods we can tap into for better health. Substances like bee pollen and propolis are being used to increase stamina, ward off infection and help us keep the spring in our step.

Natural Factors Pollen Plus Energy combines the best of the bee with standardized extracts of exceptional herbs that promote energy, enhance immunity and help us better adapt to an increasingly polluted environment.

NUTRIENT-DENSE BEE POLLEN

Bee pollen has a remarkably positive effect on a number of body systems including the nervous, immune and respiratory systems. It contains all the amino acids, over a dozen vitamins, 28 minerals, 11 enzymes and coenzymes and 14 fatty acids. Although bee pollen contains 25 percent protein, it can be considered a low calorie food, with only about 90 calories per ounce or 45 calories per tablespoon, but there is more. Pollen is rich in rutin, a glucoside “that increases the resistance of the capillary walls to infectious poisons... It cuts down the time of bleeding so there is better healing and coagulation of the blood and will reinforce the contraction of the heart and regulate its rhythm, which is most beneficial for heart health. Pollen rutin helps control hypertension by regulating the blood flow and soothing the nervous system”(Wade).

Many highly praise this nutrient-dense food for a variety of reasons: athletes use it to increase their energy and endurance; some take pollen to ward off the inevitable cold season and respiratory ailments; others find it a superior source of protein because it contains more amino acids than eggs, cheese or beef of equal weight. Bee pollen might also be helpful for those exposed to radiation. Another benefit of pollen is its ability to help protect against the adverse effects of x-ray. Evidence of a radioprotective effect of ingested pollen comes from studies of both animals and humans. Mice irradiated with more than a usual lethal dose

of x-rays were fed either diet plus pollen or diet alone. The mice fed diet plus pollen suffered much less damage to their spleens and thymus glands and had much lower death rates than those not fed pollen.

The positive effects of dietary pollen in the medical regimen of cancer patients undergoing radiation treatment has been reported by Hernuss, *et al* (1975). In their study, 15 women with cervical carcinoma were given pollen and 10 controls were treated the same except pollen was omitted. Overall the pollen-fed patients subjectively reported feeling less treatment effects and clinically were found to have suffered fewer side effects as measured by changes in their blood chemistry (Graham). As with all Natural Factors ingredients, the high quality bee pollen in this formula uses advanced screening and filtering methods, is tested regularly and is free of contaminants.

POLLEN PLUS ENERGY MADE BETTER WITH PROPOLIS

The researchers at Natural Factors concluded that propolis would greatly enhance this excellent formula. Why? Propolis is another bee product that is definitely good for people too, providing powerful but gentle nutrient protection in our uncertain age of superbugs, increased pollution, environmental degradation and compromised health.

Propolis is a type of glue made by bees from the resins of trees, such as poplar, birch and horse chestnut. Bees gather the resins, mix it with a nectar they secrete and take it back to the hive, where it is used to sterilize the hive and seal it from invaders. Bee propolis decontaminates the hive, making the vulnerable bees resistant to viruses and bacteria that cause infection and disease.

It has been valued since ancient times, from the time of the Roman scholar, Pliny, to as recently as the Second World War, when the Russians used it against their most tenacious battle wounds. It has justifiably earned its title as the Russian penicillin. It is regarded as the strongest and most powerful natural antibiotic. Not only does propolis contain all the known vitamins (with the exception of vitamin K), it contains 500 times more flavonoids than oranges.

The flavonoids in propolis contribute to its well-documented antimicrobial activity. The flavonoid pinocembrin is active against a wide variety of bacteria, fungi and molds. “Quercetin is a propolis flavone with both antiviral activity and capillary strengthening properties. Other flavones and flavanones in propolis exhibit anti-inflammatory activity,

topical anesthesia and spasmolytic activity (inhibition of smooth muscle contractions in the digestive system). Propolis phenolics exhibit various activities: caffeic acid is anti-inflammatory, the phenethyl ester of caffeic acid selectively inhibits melanoma and carcinoma tumour cells, and pterostilbene has antidiabetic activity” (Graham).

Rather than treat sickness, it is much more preferable to prevent it before it occurs. Propolis is the ideal nutrient to protect and boost our immune systems especially in view of what we are facing. Says author Rita Elkins: “Because new, stronger and less treatable viruses and bacterial infections are evolving, taking propolis is more important today than ever before. The widespread over-prescription of synthetic antibiotic drugs may leave us facing a future epidemic which some scientists have referred to as the coming ‘modern day black plague.’ Our only option is to fortify ourselves against such infections. Propolis has an impressive tract record for doing just that and should be taken as a complementary supplement to a good nutritious diet” (Elkins).

SIBERIAN GINSENG (ELEUTHEROCOCCUS SENTICOSUS)

History abounds with claims almost miraculous, and certainly many too good to be true about the virtues of Siberian ginseng. When fact is separated from fiction, a truly remarkable adaptogen emerges. An adaptogen is any substance that increases the ability of the body to adapt to stress, that works only when needed and is protective against mental and physical fatigue. Russians are so convinced of Siberian ginseng’s ability to modulate stress that they give it to their Olympic athletes and cosmonauts. In Russia, Professor Brekhman and his team studied ginseng for over 20 years. Study after study in different population groups reveals that Siberian ginseng has a positive effect on numerous conditions with almost no side effects.

Siberian ginseng extract has been administered to more than 2,100

healthy human subjects in clinical trials for the purpose of evaluating its adaptogenic effects. These studies indicated that Siberian ginseng:

- Increased the ability of humans to withstand many adverse physical conditions (i.e. heat, noise, motion, workload increase, exercise and decompression)
- Increased mental alertness and work output
- Improved the quality of work produced under stressful conditions as well as athletic performance (Murray).

The German Commission E recommends Siberian ginseng as a tonic for invigouration and fortification in times of fatigue and debility or declining capacity for work and concentration, also during convalescence. In Pollen Plus Energy, Siberian ginseng is standardized to 0.8% eleutherosides, ensuring consistent amounts of the actives in every capsule.

GREEN TEA (CAMELLIA SINENSIS)

Why include green tea in Pollen Plus Energy? In this formula, green tea provides the antioxidant punch needed to combat the free radicals that can play havoc with our immune systems. Antioxidants can provide our bodies powerful support to cope with environmental pollutants. “Green tea polyphenols are potent antioxidant compounds that have demonstrated greater protection than vitamins C and E in most but not all experimental studies. In addition to exerting antioxidant activity on its own, green tea may increase the activity of antioxidant enzymes in the small intestine, liver and lungs. The ability of green tea extract to protect against oxidative damage to LDL cholesterol indicates that it may protect against atherosclerosis and heart disease” (Murray).

DOSAGE

The recommended dosage of one to two capsules of Pollen Plus Energy daily (preferably taken on an empty stomach) can do wonders for your well-being.

SAFETY

Although risks are minimal with this natural tonic, consult a health care practitioner if you are taking anti-hypertensives, antipsychotics, blood thinning medications, antibiotics and/or undergoing therapy for diabetes.

This product is contraindicated for those with known sensitivities to propolis, balsam, poplar bud exudates or other tree resin gums, or those who have severe reactions to bee products.

As the effects of Pollen Plus Energy during pregnancy and lactation have not been evaluated, it should not be used during these times.

SYNERGY OF CLASSIC NUTRIENTS

Pollen Plus Energy is an exciting combination of bee products and herbs. Singly, each ingredient is highly regarded. The combined effect of these classic nutrients and herbs that provide “bee power” can help to restore your energy, vitality and immune function. It may just be the nutritional tonic you need to successfully cope with the demands and stress of daily living.

KEY REFERENCES

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Graham J.M., “The Hive and the Honey Bee”, *Dadant & Sons*, revised ed; 1992

Murray M., N.D., “The Pill Book Guide to Natural Medicines”, *Bantam*; 2002

Wade C., “Health From the Hive”, *Keats Publishing*; 1992