



Nutrition & Natural Weight Loss
11807 N. Gissner Dr.
Houston, TX 77064
(281)477-7456 or (218)794-4913

Royal Jelly

A milky white substance from the beehive, the benefits of **royal jelly** when taken as a nutritional supplement are far reaching.

Common associated benefits of royal jelly include:

- More energy*
- Healthier skin and hair, more youthful appearance*
- Strengthened immune system, more resilience to colds/flu and other* illnesses that attack the immune system.*
- Reduced feelings of stress or reaction to stress*

Royal Jelly is taken extensively to promote energy and health, it is considered by many to be a potent anti-oxidant. Produced in the beehive for the nourishment of the queen bee, it is a complex substance that cannot be recreated synthetically by man. When examining its properties and considering the source of its documented benefits, many conclude that it is its high amino acid content that may make it such a special and rejuvenating substance*

The chemical composition of Royal Jelly :- It contains approximately 12% protein with 5-6% lipids and 12-15% carbohydrates. It's B Vitamin content is high, it has 17 amino acids including all 8 essential amino acids. Royal Jelly also contains around 15% aspartic acid, which is important for tissue growth, muscle and cell regeneration*

The Vitamin Content of Royal Jelly :-

Vitamin B I (Thiamine) 1.5 to 7.4 mcg.
Vitamin B2 (Riboflavin) 5.3 to 10.0 mcg.
Vitamin B6 (Pyridoxine) 2.2 to 10.2 mcg.
Niacin (nicotinic acid) 91.0 to 149.0 mcg.
Pantothenic Acid 65.0 to 200.0 mcg.
Biotin 0.9 to 3.7 mcg.
Inositol 78.0 to 150.0 mcg.
Folic Acid 0.16 to 0.50mcg.
Vitamin C Trace