



NATURE'S SUNSHINE

Bee Pollen

Kosher

Non-GMO

GOOD FOR

Immune System

Digestive System

Blood

SIZE **100 Capsules**

ITEM # **70**

SERVING **2**

SUPPLY **25 days**

DIRECTIONS FOR USE Take 2 capsules with a meal twice daily.

— How the Key Ingredients Work

Bee pollen is one of nature's most nutrient-dense foods — a blend of flower pollen, nectar, and bee-made enzymes packed with antioxidants, natural compounds, and nourishing goodness. Every serving brings together a wide spectrum of plant-based nutrients that work together to support your body from the inside out.

Bee Pollen – Antioxidant Support — Bee pollen is loaded with natural plant compounds — including flavonoids, polyphenols, and carotenoids — that help your body fight everyday oxidative stress. Think of these as your body's cleanup crew, helping to neutralize the free radicals that can wear cells down over time. This is one of the most well-studied benefits of bee pollen across many different floral sources.

Bee Pollen – Heart & Arterial Wellness — The natural polyphenols in bee pollen have been studied for their ability to support healthy arteries. Research in animal models shows these compounds may help reduce markers associated with arterial stress and support overall circulatory health. Traditional apitherapy — the practice of using bee-made products for wellness — has long valued bee pollen for heart and circulation support, and even the German Federal Board of Health has recognized its use in this area.

Bee Pollen – Healthy Blood Pressure — Bee pollen contains natural peptides and polyphenols that researchers believe may help support healthy blood pressure levels already within a normal range. In one lab study, fermented bee pollen was found to raise levels of certain beneficial acids — lactic and acetic acid — both of which are associated with supporting healthy blood pressure. Traditional use for circulatory balance has a long history in natural wellness practices.

Bee Pollen – Blood Sugar Balance — Bee pollen's natural flavonoids and polyphenols may help support balanced blood sugar by slowing the breakdown of carbohydrates during digestion. A small human study in people with type 2 diabetes showed a meaningful reduction in HbA1c levels — a key marker of long-term blood sugar balance. Animal studies have also shown strong results, making this one of the more exciting areas of bee pollen research.

Bee Pollen – Rich Natural Nutrition — Beyond its specific studied benefits, bee pollen is celebrated as one of nature's most complete whole foods. It naturally contains proteins, amino acids, vitamins, minerals, and a broad array of plant-based compounds — all delivered in a form that bees have carefully crafted from hundreds of different flowering plants. It's a true gift from the hive.

Bee Pollen – Enzymatic Richness — Part of what makes bee pollen so unique is how it's made. Honeybees add their own digestive secretions and enzymes to raw flower pollen as they collect it, transforming it into something far more bioavailable and complex than plain pollen alone. This natural enzymatic process is part of what gives bee pollen its remarkable nutritional depth.

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