

Bee Pollen

Like shark cartilage, bee pollen is obviously not an herb. However, it is a popular supplement purported to treat numerous ailments.

Miscellaneous:

- Scientific evidence does not support the use of bee pollen.
- Lack of human studies discredits the integrity of this product's endorsement.
- Variation in the effectiveness among pollen products could be largely due to which plant/plants the bees collected pollen from.

Uses:

Traditionally purported for a wide variety of medicinal purposes including immunostimulation and an increaser of stamina. A study (2 yr., double-blind) performed at Louisiana State University on swim team members showed no greater benefits for those athletes taking bee pollen than those consuming placebo when directly comparing a number of different areas.¹

Mechanism:

Quantification validated non-beneficial constituents: the percentage composition included 55% carbohydrates and 30% protein.¹ Less costly and more efficacious forms of both these components can be readily attained.

Contraindications/Side effects:

Pregnancy/breastfeeding, anaphylaxis in patients with pollen allergies.

Citation References:

1. Pierce, A., The American Pharmaceutical Association: *Practical Guide to Natural Medicines*: 1999, pp. 69-71.

General References:

1. Pierce, A., The American Pharmaceutical Association: *Practical Guide to Natural Medicines*: 1999, pp. 69-71.
2. Facts And Comparisons: *Guide To Popular Natural Products*: 1999, pp. 20-21.
3. Publications International, LTD., In Consultation with the American Association of Naturopathic Physicians.: *Nature's Pharmacy*: 2001, pp. 264.