

Bee Pollen

- **Amino Acids**

- Lysine
- Arginine
- Proline
- Valine
- Cystine
- Isoleucine
- Serine
- Glutamic Acid
- Phenylalanine
- Aspartic Acid
- Histidine
- Tryptophan

- **Vitamins**

- Vitamin C
- Vitamin A
- Vitamin K
- Vitamin D
- Vitamin E
- Rutin
- Choline
- Biotin
- Inositol
- Folic Acid
- All the B vitamins, including B-12, B-1 Thiamine, B-6 Pyridoxine, B-3 Niacin, B-2 Riboflavin

- **Minerals**

- phosphorus
- manganese
- iodine
- titanium
- silicon
- sulfur
- magnesium
- chlorine
- sodium
- copper
- zinc
- boron
- molybdenum

- **Antioxidants**

- Give the immune system a boost
- Aids in detoxification of the liver
- Helps to reduce the risk of cancer
- Works to prevent premature aging from occurring