



健康之選

蜂王漿月見草油丸

Healthy Bee Royal Jelly + EPO

Royal Jelly and EPO are beneficial for skin health, joints mobility, body performance and especially help women's mid-age disorders.

The Mystery of Queen Bee - Royal Jelly

Queen honey bees and worker bees are genetically indistinguishable. However, as they grow and develop, the queen bee grows much larger than worker bees, being highly reproductive and lives at least 20 times longer.^[1] Researchers believe reasons lay in the queen bee's diet. She is fed particularly on Royal Jelly - a potent mixture of pollen and special secretions from the glands of nurse bees. Royal jelly is the exclusive food to nourish queen bee larvae and adult while worker bees feed on pollen and nectar only. Royal jelly has long been consumed as a natural food around the world.

Nutritional profile of Royal Jelly

Royal Jelly consists of carbohydrates, free amino acids, multivitamins and minerals, antibacterial proteins and significant amounts of bioactive substances such as unsaturated fatty acids, e.g. 10-hydroxy-2-decenoic acid (10HDA) and sebacic acid.^[2,3] It also contains acetylcholine which is an essential chemical for neurotransduction.^[3]

In postmenopausal women, estrogen deficiency leads to decreased skin thickness and collagen content, together with increased dryness and wrinkling. The major fatty acid component of Royal Jelly, 10HDA, could promote collagen synthesis, protect skin cells against UVB and help maintain normal cell growth.^[2] 10HDA could also relieve symptoms of rheumatoid arthritis and joint destruction by slowing down the progress of cartilage degradation and bone loss while enhancing intestinal



calcium absorption.^[4,5] It has also been shown that flavonoids and vitamins in Royal Jelly have anti-oxidizing and free-radical scavenging ability which help alleviate lipid peroxidation, one of the prominent causes of aging and degenerative diseases.^[6,7]

Evening Primrose Oil (EPO)

EPO is a dietary source of essential fatty acids, which are fatty acids that cannot be synthesized by the body and must be obtained from diet. It contains high concentration of omega-6 fatty acid GLA (Gamma Linolenic Acid), which helps produce energy and form part of structural fats that comprise the brain, muscle, bone marrow and cell membrane.^[8] GLA is converted into prostaglandins in the body. Prostaglandins have anti-inflammatory and immunoregulatory properties, and are good for joint mobility and cartilage health.^[9]

Most GLA in the human body is taken in as linoleic acid and then metabolized to GLA. Some researchers have suggested that some people (such as those with diabetes or skin allergies) do not make enough GLA from linoleic acid and may therefore benefit from taking GLA supplements.^[10] EPO has been used since the 1930s for eczema (a condition in which the skin becomes inflamed, itchy, or scaly because of allergies or other irritation). It is also used for conditions affecting women's health, such as breast pain associated with the menstrual cycle, menopausal symptoms, and premenstrual syndrome.^[11]

Benefits of Royal Jelly + EPO:

- Increase vitality and energy^[12]
- Alleviate fatigue and relief stress^[12]
- Strong anti-oxidant^[6,7,13]
- Anti-aging^[6,7]
- Improve nutrient absorption^[5]
- Maintain liver and kidney health^[13,14]
- Increase joints mobility^[4,5,9]
- Improve dry, scaly or itchy skin^[2,11]
- Skin whitening effect^[15]
- Speed up wound healing^[16]
- Strengthen nail and hair^[12]
- Relieve menopausal symptoms^[11]



Recommended Dosage:

Adult : Take 1 to 2 softgel capsules daily, preferably with a meal.

Precautions : If you are pregnant, nursing or taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

Reference:

- Spannhoff A, Kim YK, Raynal NJ, Gharibyan V, Su MB et al. Histone deacetylase inhibitor activity in royal jelly might facilitate caste switching in bees. *EMBO Rep.* 2011;12(3):238-43.
- Park HM, Cho MH, Cho Y, Kim SY. Royal jelly increases collagen production in rat skin after ovariectomy. *J Med Food.* 2012;15(6):568-75.
- Nagai T, Inoue R. Preparation and the functional properties of water extract and alkaline extract of royal jelly. *Food Chem.* 2004;84:181-6.
- Yang XY, Yang DS, Wei-Zhang, Wang JM, Li CY et al. 10-Hydroxy-2-decenoic acid from Royal jelly: a potential medicine for RA. *J Ethnopharmacol.* 2010; 128(2):314-21.
- Kafadar IH, Güney A, Türk CY, Oner M, Silici S. Royal jelly and bee pollen decrease bone loss due to osteoporosis in an oophorectomized rat model. *Eklemler Hastalıkları Cerrahisi.* 2012;23(2):100-5.
- Guo H, Ekusa A, Iwai K, Yonekura M, Takahata Y, Morimatsu F. Royal jelly peptides inhibit lipid peroxidation in vitro and in vivo. *J Nutr Sci Vitaminol (Tokyo).* 2008;54(3):191-5.
- Viuda-Martos M, Ruiz-Navajas Y, Fernández-López J, Pérez-Alvarez JA. Functional properties of honey, propolis, and royal jelly. *J Food Sci.* 2008; 73(9):R117-24.
- U.S. National Library of Medicine, National Institute of Health. Fat: MedlinePlus Medical Encyclopedia. Last update: 8 Feb 2011. Available at: <http://www.nlm.nih.gov/medlineplus/ency/article/002468.htm>.
- Furse RK, Rossetti RG, Seiler CM, Zurier RB. Oral administration of gammalinolenic acid, an unsaturated fatty acid with anti-inflammatory properties, modulates interleukin-1beta production by human monocytes. *J Clin Immunol.* 2002;22(2):83-91.
- American Cancer Society. Gamma Linolenic Acid. Last update: 13 May 2010. Available at: <http://www.cancer.org/Treatment/TreatmentsandSideEffects/ComplementaryandAlternativeMedicine/PharmacologicalandBiologicalTreatment/gamma-linolenic-acid>.
- National Center for Complementary and Alternative medicine, National Institutes of Health, U.S. Department of Health and Human Services. Herbs at a Glance: A Quick Guide to Herbal Supplements. Revised in June 2010. Available at : http://nccam.nih.gov/sites/nccam.nih.gov/files/herbs/NIH_Herbs_at_a_Glance.pdf.
- Food and Nutrition Board, Institute of Medicine. Dietary Reference Intakes for Thiamin, Riboflavin, Niacin, Vitamin B6, Folate, Vitamin B12, Pantothenic Acid, Biotin, and Choline. Washington, D.C.: National Academy Press, 1998. In Print.
- Karadeniz A, Simsek N, Karakus E, Yildirim S, Kara A et al. Royal jelly modulates oxidative stress and apoptosis in liver and kidneys of rats treated with cisplatin. *Oxid Med Cell Longev.* 2011;2011:981793.
- Kanbur M, Eraslan G, Beyaz L, Silici S, Liman BC et al. The effects of royal jelly on liver damage induced by paracetamol in mice. *Exp Toxicol Pathol.* 2009;61(2):123-32.
- Han SM, Yeo JH, Cho YH, Pak SC. Royal jelly reduces melanin synthesis through down-regulation of tyrosinase expression. *Am J Chin Med.* 2011; 39(6):1253-60.
- Fujii A, Kobayashi S, Kuboyama N, Furukawa Y, Kaneko Y et al. Augmentation of wound healing by royal jelly (RJ) in streptozotocin-diabetic rats. *Jpn J Pharmacol.* 1990;53(3):331-7.

Disclaimer : This product is not registered under the Pharmacy and Poisons Ordinance or the Chinese Medicine Ordinance. Any claim made for it has not been subject to evaluation for such registration. This product is not intended to diagnose, treat or prevent any disease.

免責聲明 : 此產品沒有根據《藥劑業及毒藥條例》或《中醫藥條例》註冊。為此產品作出的任何聲稱亦沒有為進行該等註冊而接受評核。此產品並不供作診斷、治療或預防任何疾病之用。