

### Uniqueness of Brazilian Bee Propolis

Brazilian Bee Propolis is a unique natural resource in Brazil and has been considered as the best propolis in the world. It contains high levels of flavonoids and phenolic compounds that increase your body resistance against diseases.<sup>[1]</sup>

Propolis from different origins displays different chemical composition, depending on the local flora and bees at the site of collection. The main botanical source of Brazilian propolis is *Baccharis dracunculifolia*, also called green or Alecrim propolis. It is a native plant from Brazil widely used in folk medicine for the treatment of inflammation, hepatic disorders and stomach ulcers.<sup>[1]</sup> Brazilian Propolis has gained its reputation as a health food with high purity and quality.

### Rich Source of Natural Minerals, Amino Acids and Multivitamins

Bee propolis contains the very best nutrients from bees and plants. Researches showed that propolis contains more than 300 types of active ingredients, including flavonoids and phenolic compounds, various essential minerals and amino acids, bioactive organic compounds like aromatic acid and tannins, provitamin A and vitamins C, E, and B-complex.<sup>[2,3]</sup>

Proteins extracted from propolis help inhibit undesirable viruses and bacteria and promote helpful bacteria in the body.<sup>[2,4,5]</sup> Propolis is a strong antioxidant to protect cells.<sup>[2]</sup> It also provides phytochemicals which stimulate regeneration of cells.<sup>[6]</sup>



Brazilian Propolis is rich in flavonoids and phenolic compounds. These active compounds, especially flavonoids, have high medical value. In the book *Chinese Herbal Medicine* (中華本草), Propolis has been stated as having skin nourishing and regeneration effect, and is helpful in relieving ulcers and various skin injuries and disorders such as burns.<sup>[3]</sup>

### Propolis may provide the following benefits:

- Improve response to infections<sup>[2,7]</sup>
- Keep nervous system healthy<sup>[8]</sup>
- Promote tissue regeneration<sup>[3,6]</sup>
- Improve heart & brain blood circulation<sup>[9]</sup>
- Maintain healthy eyes<sup>[10]</sup> and liver<sup>[2]</sup>
- Nourish joints<sup>[11]</sup>
- Antioxidant and improve skin tone<sup>[2,12]</sup>

### Recommended Daily Dose:

Adult: Take 1-2 softgel capsules daily or as directed by physicians.

### References:

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