

Minor Components of Bee Collected Pollen

Flavonoids	At least 8 Flavonoid pattern is characteristic for each pollen type.
Carotenoids	At least 11
Vitamins	C, E, B including niacin, biotin, pantothenic acid riboflavin and pyridoxine
Minerals	Principal minerals: K, Na, Ca, Mg, P, S Trace elements: Al, B, Cl, Cu, I, Fe, Mn, Ni, Si, Ti, Zn
Organic acids	At least 6 including phenolic acid
Terpenes	None
Free amino acids	All
Nucleic acids and nucleosides	DNA, RNA and others
Enzymes	More than 100
Growth regulators	Auxins, brassins, gibberellines, kinins, and growth inhibitors

There are no fat soluble vitamins present in pollen is sufficient evidence to prove that pollen is not a perfect food for humans. Pollen should only be considered a supplement to the human diet.