

Non-scientific claims and reports of benefits, cures, or improvements derived from the use of bee collected pollen.

Improvements	Cures or benefits
Athletic performance	Cancer in animals
Digestive assimilation	Colds
Rejuvenation	Acne
General vitality	Male Sterility
Skin Vitality	Anemia
Appetite	High Blood Pressure
Hemoglobin content	Nervous and endocrine disorders
Sexual Prowess	Ulcers
Race horse performance	

The ONLY medical effects of pollen that have been proven (in Western medicine) are in allergies and prostrate problems (ex. infections, swelling and cancer).

The average composition of dried pollen

	Bee collected %	Hand collected %
Water	7-11	.10
Crude Protein	20	20
Ash	3	4
Ether extracts	5	5
Carbohydrates:		
Reducing sugars	26-36	3
Non-reducing sugars	1-3	8
Starch	3	8
Undetermined	28-29	43