

Propolis contains more than 55% of plant resins, 10% of essential oils, 5% of pollen, and the remaining 30% are balm, enzymes, wax and other ingredients.

Propolis contains a large amount of minerals: manganese, zinc, barium, titanium, copper, tin, nickel, cobalt, vanadium, chromium, calcium, phosphorus, potassium, sulfur, sodium, iron, magnesium, molybdenum, aluminum, selenium, fluoride, mercury and antimony.

Vitamins that are present in propolis are: B1, B2, B6, A, C, E, RR, nicotin, pantothenic acid etc. In addition, propolis is rich in carotene - pro-vitamin A.

50 substances that trigger the biological centers of the body were identified in propolis. For example, zinc, manganese and copper activates the process of growth, development and reproduction, participate in the creation of blood (with cobalt), regulate the process of exchange of goods, have a positive effect on the function of sexual glands. In addition, zinc prolongs the effect of pancreatic hormones – insulin.

Nitrogen materials in propolis are proteins, amides, amines and amino acids. General quantity of nitrogen is about 0.7%. It is composed of amino acids such as aspartic, glutamic, tryptophan, phenylalanine, leucine, cystine, methionine, valine, serine, histidine, arginine, proline, tyrosine, threonine, alanine and lysine.

Though many components are extracted from propolis, yet a large number remained unknown. Mostly components soluble in water or organic solvents are known till now.