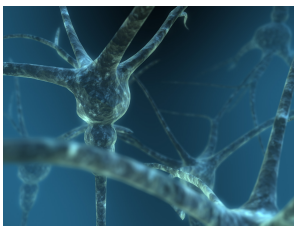




Royal jelly is highly nutritious material, rich in various vitamins, proteins and amino acids.

It contains vitamins A, B complex, C, D and E, with a particularly high concentration of vitamin B5 (pantothenic acid) and vitamin B6. Total amount of vitamins in one gram of jelly is 336 to 351 milligrams.



Royal jelly is the only natural source of acetylcholine in pure form. It is a neurotransmitter that allows the transfer of impulses between nerve cells in the body.

It contains various minerals, enzymes, 18 types of amino acids as well as many substances that prevent the development and propagation of bacteria and viruses. Royal jelly contains antibiotic substances, and a certain amount so far unknown ingredients.

The composition of royal jelly can vary depending on the conditions of the season, physiological state of the bees, strength of bee society and the conditions under which it is kept.

The following table refers to the marginal value of the basic constituents of royal jelly.

Ingredient	%
Water	60 - 70
Dry material	30 - 40

Proteins	10 -18
Carbohydrates	9 - 15
Fat	1,5 - 7
Inorganic material	0,7 - 1,5
Unkonwn material	2,84

Royal jelly proteins contain most of the amino acids in which is eight indispensable or essential - valine, leucine, isoleucine, threonine, methionine, phenylalanine, tryptophan and lysine.

The representatives of the sugar in royal jelly are glucose and fructose. They fall into the category of reduction sugar that cells can directly receive and used as energy supplies.