

Literature data on how to use jelly vary depending on whether it is a pharmaceutical institutions or „lowprofitable“ beekeepers.

Pharmaceutical companies believe that royal jelly is best for use in the form of powder. The method of converting the royal jelly to powder is called freeze-drying (lyophilization). However, beekeepers and apitherapists agree that fresh royal jelly placed under the tongue is the best way of consuming. Approximately one match all, and that is that royal jelly is very sensitive and needs a lot of effort not to lose its medicinal properties.

We recommend that you consume fresh royal jelly under tongue and wait a few minutes (5 - 10) until the jelly melt. In this way royal jelly is directly absorbed into the blood what gives the best effect.

We do not recommend that the royal jelly immediately be swallowed, because in this case, the digestive system function significantly reduces the medicinal effects of royal jelly, and it has very unpleasant taste if consumed immediately.

Unfortunately, most products made today what can be found on the market are just consuming this way, whether on tablets, royal jelly in honey or other preparations that contain a small percentage of royal jelly.

After 15 to 30 days of taking royal jelly in continuity it is necessary to make a break for the same time period because of antibacterial property of jelly what can make disorder in normal flora of digestive system. The recommended dosage is 1 gram per day for adults. For children (over 5 years) recommended maximum dose of 0.5 grams, and for infants dose is determined by weight (0.01 g per kilogram of body weight).

Always read the instructions that you get with our products before the use!

Often question by customers is: How much royal jelly do I need?

Depending on the purpose, if Royal Jelly is taken preventively or for some diseases, responds are different.

Sick people can start by taking throw period of some 15 days, if they feel the improvement of their health status, they should continue taking, but after 30 days of taking to make at least 15-odd days break before re-use. Sick people can really expect improvement after taking jelly throw continuous period of 15 days.

As to prevention, consuming after a period of 30 days (or 15), it is needed to make a break in the same period before re-use.

The answer to both groups would be: As much as you can afford.

The maximum annual dose is 180 grams (20 bottles). Scheduled 30 days after taking a gram per day, with a mandatory break in the same period.

For people who want to take Royal Jelly as prevention, we recommend an annual dose of 110 grams (12 bottles), one bottle per month. Daily dose of 1 gram throw 10 days with the break until the end of the month.

Royal Jelly can be taken once daily, preferably in the morning after getting up, although it is better if you can do this twice a day, in the morning and afternoon. It is not recommended intake of royal jelly in the evening because it raises the energy in the body and can cause insomnia. It is important to take royal jelly in continuity, which is required self-discipline.