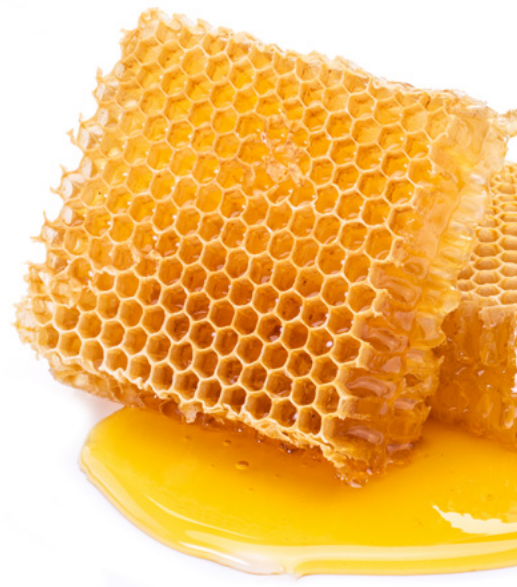


What's hot... Bee Products



Honey bees are best known for providing us with the delicious honey we spread on our toast or add to our morning porridge. However, the humble little bee provides a wide range of benefits to humans, they (along with other insects) are in fact responsible for the pollination of 84% of global food crops, they also produce a whole host of other products including Manuka honey, pollen, propolis, royal jelly and venom, which have been used throughout history for their healing and medicinal properties.

There has been a surge in the awareness and practice of Apitherapy (using bee products for health reasons) over the last few years, partly due to the great work done by bee and beekeeping charities in highlighting the decline of the global bee population and the impact it will have, as well as an increasing consumer awareness of the added benefits of Manuka honey.

Bee products have been shown to have antiviral, anti-fungal and anti-bacterial properties.

This means they are beneficial for wound healing, can help with problem or blemish prone skin and are especially useful during the winter months as they can help to stimulate the immune system and can soothe sore throats, coughs and colds. They also have additional health promoting properties, bee pollen for example, is often referred to as the 'only perfectly complete food' because it contains all the essential amino acids needed in the body.

Here are a few of our favourite bee products;



69155 – GFM Vitacomplex - Honey Pollen Royal Jelly & Propolis, 230g - **RSP £6.25**



41986 – Manuka Health Manuka Honey Mgo 400 (20+), 500g - **RSP £69.99**



90318 – Wedderspoon Honey on the go Manuka Honey Snap Packs, 120g - **RSP £18.99**



88389 – Natufood Pollen Grains, 225g - **RSP £9.36**



80260 – Bee Health Propolis 1000mg Capsules, 90s - **RSP £12.48**



71315 – Unbelievable Health Immune Support Max Capsules, 20s - **RSP £11.99**



86595 – Comvita Propolis Herbal Elixir, 200ml - **RSP £17.99**



90321 – Pure Manuka Honey Lozenges Lemon & Ginger, 8 Pack - **RSP £6.99**



74500 – Manuka Doctor Bee Venom Face Mask, 50g - **RSP £50.49**