



# WannaBee!



## Propolis - What's in it for me?

Resin - 50% - 70%

Wax - 30% - 50%

Pollen - 5% - 10% - rich in amino acids, vitamins, minerals and hormones. Pollen has 96 different nutrients.

Phenols - flavonoids, phenolic acids, tannins, stilbenes, curcuminoids, coumarins and quinines - all responsible for anti-oxidant, anti-carcinogenic, anti-mutagenic and anti-inflammatory properties of propolis.

Terpenes - Primary Metabolites - amino acids, simple sugars, nucleic acids and lipids.  
Secondary Metabolites - terpenes, alkaloids and phenolic compounds - terpenes also have anti-microbial and anti-fungal effects.

Hydrocarbons - Are the main components of propolis.

Minerals - traces of calcium, magnesium, carbon, iron, aluminum, manganese, nickel and zinc.

Carbohydrates - glucose, fructose and sucrose.

Vitamins - vitamins E, C, B1( Thiamine ), B2 ( Riboflavin ), B6 have been identified in propolis.