



Royal Jelly	
Description	Royal Jelly is a milky-white substance produced by the salivary glands of worker bees as a food source for the queen bee. It is an essential food for the queen bee.
Function & Use	Supplements are thought to assist general well-being.
Commercial Availability & Dosage	Royal jelly is available in the form of tablets and capsules. The dose is not established. Dietary supplements provide 250-500 mg daily ¹ .
Precautions / Contra-Indications	Not to be taken by asthma sufferers or those allergic to bee stings.
Pregnancy & Breastfeeding¹	No problems reported, but there have not been sufficient studies to guarantee the safety of royal jelly in pregnancy and breast-feeding. Royal jelly is probably best avoided.
Adverse Effects¹	Allergic reactions, which can be severe.
Interactions	None reported
References	1. Mason, P. Dietary Supplements. Pharmaceutical Press, London, 2001.