



Blossom Pollen

Extra quality

Good to know:

Pollen has been highly valued for its properties since time immemorial. Industrious bees collect grains and bind them into golden-yellow clumps to form pollen. One bee has to visit about 80 flowers to collect one single load of pollen. On good, sunny days, a swarm of bees can bring up to 150 grammes of pollen to the hive.

Flower pollen tastes delicious in muesli, yoghurt or milk. As a natural vital substance combination consisting amongst other things of carbohydrates, dietary fibres and plant protein, pollen makes a major contribution towards our well-being, and as a supplement to our nutrition.

Ingredients: 100 % flower pollen.

Average nutritional values:	Per daily dose (= 5 g)	per 100 g
Energy value	80 kJ/19 kcal	1601 kJ/381 kcal
Fat	0,5 g	10 g
- of which saturated fatty acids	0,2 g	4 g
Carbohydrate	2,5 g	50 g
- of which sugars	1,75 g	35 g
Dietary fibres	0,55 g	11 g
Protein	0,85 g	17 g
Salt	0 g	0 g

Recommended use: Eat up to 2 teaspoons (approx. 5 g) per day. Flower pollen tastes delicious in muesli, yoghurt or milk.

Note: Not suitable for children and toddlers.

Pollen is a natural product. Variations in appearance, colour and taste are natural and do not represent an impairment in quality.

Store in a cool and dry place.

Contents 300 g

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