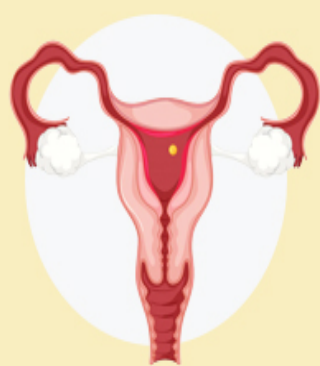


Bee Pollen

For Fertility And Its Side Effects

Bee pollen for fertility

Bee pollen is packed with nutrients and may nourish the body, improving the chance of conceiving.



It elevates estrogen levels. It also maintains the uterine lining and ovarian function, facilitating the release of eggs.

Bee pollen may help treat male infertility by increasing testosterone levels and sperm count.



Bee pollen side effects

Those allergic to bee stings, honey, and pollen may experience allergy symptoms due to bee pollen.



It may cause side effects in those on anticoagulant medication.

It may not suit those with asthma, stomach problems, joint pains, hay fever, and prostate problems.

