Scientific References

1. Healthline - Bee Pollen Benefits and Side Effects

https://www.healthline.com/nutrition/bee-pollen-benefits

2. Medical News Today - Bee Pollen: Benefits, Side Effects, and Risks

https://www.medicalnewstoday.com/articles/325081

3. WebMD - Bee Pollen

https://www.webmd.com/vitamins/ai/ingredientmono-110/bee-pollen

4. National Institutes of Health (NIH) - Bee Pollen: Overview of Potential Benefits

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4997390/

5. Journal of Functional Foods - Various studies on the nutritional and health benefits of bee pollen

https://www.sciencedirect.com/science/article/pii/S1756464617301617

6. Mayo Clinic - Bee Pollen Supplements

https://www.mayoclinic.org/drugs-supplements-bee-pollen/art-20362259

7. PubMed - Research articles on bee pollen and its health effects

https://pubmed.ncbi.nlm.nih.gov/

8. Healthline - Royal Jelly: Uses, Benefits, and Side Effects

https://www.healthline.com/health/food-nutrition/royal-jelly

9. Medical News Today - Royal Jelly: Benefits, Side Effects, and More

https://www.medicalnewstoday.com/articles/321518

10. WebMD - Royal Jelly

https://www.webmd.com/vitamins/ai/ingredientmono-500/royal-jelly

11. National Institutes of Health (NIH) - Royal Jelly: Overview of Potential Benefits

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4910540/

12. Journal of Medicinal Food - Various studies on the health benefits of royal jelly

https://www.liebertpub.com/doi/10.1089/jmf.2016.3701

13. Mayo Clinic - Royal Jelly Supplements

https://www.mayoclinic.org/drugs-supplements-royal-jelly/art-20362278

14. PubMed - Research articles on royal jelly and its health effects

https://pubmed.ncbi.nlm.nih.gov/?term=royal+jelly