

ROSITA BEE BREAD

Rosita Real Foods Bee Bread is a wild and raw superfood produced by Giant Rock bees (*Apis Dorsata*) from the lush green tropical forests and Himalayan foothills of India. Wild bees (not farmed) collect a diverse variety of pollens and store them in their hives. The bees add extra secretions and micro-organisms to the pollens, which undergo a natural lactic acid fermentation similar to that in yoghurt. This breaks down the pollens, transforming them into bee bread which has a characteristic sour taste.

Our bee bread is harvested by indigenous tribes, who ascend tall trees using hand-made ladders to reach the wild bee hives. Naturally occurring constituents of bee bread include, but are not limited to, vitamins, minerals, antioxidants, phytosterols, amino acids (including the essential ones), and omega-3s. The bees' specialised fermentation process generates probiotics which may help support a healthy digestive system.*

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



Genuine Paleo Food



Harvested By Honey Hunters



High Bioavailability



Free From Contaminants



Product Of India



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Best Before End
(Fridge/Freezer): see lid.



Wild BEE BREAD

Predigested Fermented Pollen

Lacto-fermented & enzyme rich
dietary supplement

Net Wt. 3.53 oz. (100 g)



BEE BREAD IS A
LACTO-FERMENTED
Hive Stored Pollen

WE SUGGEST

Adult Dose: 1 teaspoon per day (approx. 8 nuggets). Active adults can increase to one teaspoon twice per day.

Take 30 minutes before breakfast or meals. Chew or allow to dissolve in mouth.

Child Dose: Children 4 or more years of age, chew ½ teaspoon once per day (approx. 4 nuggets). Not recommended for children 3 or less years of age.

Storage: Best refrigerated or frozen.

SUPPLEMENT FACTS

Serving Size: 1 tsp. (approx. 3 g)
Servings Per Container: About 30

Amount Per Serving	% Daily Value	
Calories	15	
Vitamin E	0.5 IU	2.0%
Folate	8 mcg	2.0%
Iron	0.5 mg	3.0%
Magnesium	9 mg	2.0%
Zinc	0.4 mg	4.0%
Copper	40 mcg	4.0%
Manganese	0.3 mg	14%
Omega-3 fatty acids	60 mg	†
Omega-6 fatty acids	100 mg	†
Lactic Acid	86 mg	
Polyphenols	84 mg	†
Flavonoids	40 mg	†

† Daily Value not established

Ingredients: Bee Bread

Nutritional values are based on annual averages and may vary.

No artificial colours, flavours, preservatives. Gluten, dairy and GMO free. Nutrients 'occur naturally' and are never added.

