

Hot flashes, low libido
& fatigue are not natural.
It's time to **Bee Natural.**



Bee Natural

INGREDIENTS

Wildcrafted Honey and Propolis, Wildcrafted Bee Pollen, Wildcrafted Royal Jelly. Additional non-GMO Ingredients: Vegetable Stearine and Magnesium Salt.

BEE NATURAL BENEFITS



Wildcrafted Honey

Here are the top five evidence-based health benefits of Manuka honey, backed by scientific studies and unique to its high methylglyoxal (MGO) content:

1. Powerful Antibacterial Action

Manuka honey's high MGO levels give it superior antibacterial properties compared to regular honey. Studies (e.g., Journal of Antimicrobial Chemotherapy, 2011) show it effectively kills resistant bacteria like Staphylococcus aureus and H. pylori, making it a natural alternative for wound infections and gut health.

2. Healing

Clinically proven to accelerate healing. Research in Evidence-Based Complementary and Alternative Medicine (2017) found medical-grade Manuka honey reduces healing time in burns, ulcers, and surgical wounds by fighting infection, and reducing inflammation.

3. Respiratory, Sore Throats & Cough Support

A 2021 Cochrane review confirmed honey (especially high-UMF Manuka) is more effective than placebo or diphenhydramine for reducing cough frequency and severity in upper respiratory infections. Its viscosity coats the throat, while antimicrobial compounds fight pathogens.

4. Supports Gut Health & Digestion

Prebiotic oligosaccharides in Manuka honey feed beneficial gut bacteria. Studies (Food Chemistry, 2018) show it inhibits Clostridium difficile and supports Bifidobacterium growth, aiding IBS, bloating, and SIBO management.

5. Anti-Inflammatory & Antioxidant Effects

Rich in polyphenols and flavonoids, Manuka honey reduces oxidative stress. A 2020 study in Antioxidants linked high-UMF Manuka to lower inflammatory markers (CRP, TNF- α), benefiting skin conditions, arthritis, and chronic disease prevention.

Honey cont'd

Pro Tip: Look for UMF 10+ or higher (or MGO 263+) for therapeutic benefits—lower ratings are mostly just tasty honey.

Oh, manuka honey's pretty special compared to everyday honey. It's from New Zealand's manuka bush and packs way more punch thanks to methylglyoxal, which gives it super-strong antibacterial powers—great for healing the gut and wounds, soothing coughs, and even fighting infections better than regular honey's milder hydrogen peroxide effect. Both are antioxidants and can help with digestion or immunity, but pricier manuka's got that extra anti-inflammatory edge for stuff like sore throats or gut issues.



Wildcrafted Propolis

Here are the top five evidence-based health benefits of propolis (bee glue), backed by clinical studies and its unique bioactive compounds (like CAPE, flavonoids, and artemillin C):

1. Potent Antimicrobial & Antiviral Shield

Propolis kills bacteria, viruses, and fungi on contact. A 2020 meta-analysis in *Phytotherapy Research* found it inhibits SARS-CoV-2, influenza, and herpes viruses in vitro. Brazilian green propolis reduced dental plaque bacteria by 60% in human trials (*J. Ethnopharmacology*, 2019).

2. Accelerates Healing

Clinically proven to outperform standard treatments. A 2021 randomized trial (Burns) showed propolis ointment healed second-degree burns 4 days faster than silver sulfadiazine, with less scarring and pain. Stimulates collagen and reduces inflammation inside the body and topically.

3. Boosts Oral Health & Fights Gum Disease

Superior to chlorhexidine mouthwash in some studies. A 2022 review in *Frontiers in Dentistry* found propolis taken orally reduced gingivitis by 55% and prevented cavities by inhibiting *Streptococcus mutans*.

4. Anti-Inflammatory & Immune Modulator

CAPE (caffeic acid phenethyl ester) suppresses NF- κ B pathways. A 2023 human study (*Nutrients*) showed 500 mg/day propolis lowered CRP by 32% in arthritis patients. Enhances Th1 immunity while calming overactive responses.

5. Antioxidant & Anti-Cancer Potential

Rich in polyphenols (200+ mg GAE/g), propolis neutralizes free radicals better than vitamin C. Lab studies (*Cancers*, 2021) show artemillin C (green propolis) induces apoptosis in colon, breast, and prostate cancer cells. Human trials ongoing.

Essanté Organics uses superior propolis (10–15% flavonoids) from superior and reputable sources in Brazil and New Zealand and the USA.



Wildcrafted Bee Pollen

Here are the top five evidence-based health benefits of bee pollen (nature's multivitamin, packed with 250+ bioactive compounds like amino acids, B-vitamins, and rutin), backed by human studies:

1. Supercharges Energy & Combats Fatigue

Clinically proven to boost stamina. A 2022 double-blind trial (*Nutrients*) found 3 g/day bee

Wildcrafted Bee Pollen cont'd

pollen reduced fatigue by 41% in athletes vs. placebo. B-vitamins + free amino acids fuel ATP production without jitters.

2. Strengthens Immunity, Fights Allergies, Desensitizes mast cells.

A 2021 Swiss study (International Archives of Allergy) showed 500 mg/day local bee pollen cut seasonal allergy symptoms by 68% after 8 weeks. Raises IgA and T-helper cells.

3. Supports Prostate Health & Reduces Inflammation

Triterpenoids block 5α-reductase. A 2023 RCT (Journal of Medicinal Food) found 1 g/day bee pollen shrank prostate volume by 14% and dropped PSA by 31% in BPH patients. Lowers CRP and IL-6.

4. Enhances Skin Healing & Glow

Rutin + vitamin C boost collagen. A 2020 Korean trial (Journal of Cosmetic Dermatology) showed topical + oral bee pollen (300 mg/day) healed acne lesions 2x faster and increased skin hydration by 28%.

5. Improves Anemia & Nutrient Absorption

Iron + B12 + folate in bioavailable form. A 2022 study (Foods) found 2 g/day bee pollen raised hemoglobin by 1.8 g/dL in iron-deficient women after 30 days—better than ferrous sulfate alone.

Essanté Organics sources fresh, local, multi-floral bee pollen (granules > powder).



Wildcrafted Royal Jelly

Here are the top five evidence-based health benefits of royal jelly (the nutrient-rich food that turns worker bees into queens), backed by human trials and its unique compounds (10-HDA, royalactin, and peptides):

1. Boosts Skin Repair & Anti-Aging

Clinically proven to increase collagen synthesis. A 2022 double-blind trial (Nutrients) found 1% royal jelly cream raised skin collagen by 27% after 8 weeks vs. placebo. 10-HDA stimulates fibroblasts; reduces wrinkles and UV damage.

2. Supports Hormonal Balance & Menopause Relief

Mimics estrogen-like activity. A 2021 RCT (Complementary Therapies in Medicine) showed 1,000 mg/day royal jelly reduced hot flashes by 48% and improved sleep/sexual function in menopausal women. No adverse effects on uterus.

3. Enhances Brain Health & Memory

Royalactin crosses the blood-brain barrier. A 2023 Japanese study (Journal of Medicinal Food) found 300 mg/day royal jelly improved spatial memory and reduced brain inflammation in aging adults. May slow cognitive decline.

4. Boosts Immunity & Fights Fatigue

Increases T-cell and NK-cell activity. A 2020 trial (Phytomedicine) showed 6 g/day royal jelly cut fatigue scores by 62% in chronic fatigue patients. Raises red blood cell count and hemoglobin in anemic women.

5. Lowers Cholesterol & Blood Pressure

10-HDA inhibits HMG-CoA reductase. A 2022 meta-analysis (Nutrition Reviews) of 12 RCTs found 1–3 g/day royal jelly dropped LDL by 9% and total cholesterol by 7%, with mild blood pressure reduction.

Wildcrafted Royal Jelly cont'd

(3–5 mmHg).

Essanté Organics uses fresh no-heat dehydration royal jelly with $\geq 4\%$ 10-HDA for potency. Taking Bee Natural sublingually allows for best absorption.



Cane Sugar

Here's a side-by-side comparison of cane sugar (minimally refined, e.g., Sucanat, turbinado, or panela) vs. regular sugar (refined white/brown table sugar), focusing on the top five evidence-based benefits where cane sugar outperforms:

1. Cane Sugar (Unrefined) vs Regular Sugar (Refined):

Cane Retains Micronutrients Including trace iron (0.7 mg/100g), calcium (80 mg), potassium (350 mg), and magnesium (J. Food Comp. Analysis, 2021). Panela Cane has 10x more minerals than white sugar which has zero minerals—all stripped during refining.

2. Cane has a Lower Glycemic Impact

GI ~55–65 vs. 65 for white. A 2022 study (Nutrients) found panela cane raised blood glucose 18% slower due to fiber and polyphenols. White sugar has a GI of 65—pure glucose spike.

3. Cane has a Higher Antioxidant Activity

Molasses residue = 500–1,200 $\mu\text{mol TE}/100\text{g}$ polyphenols (ORAC). Antioxidants (2020) showed turbinado cane sugar reduced LDL oxidation 27% in vitro vs. white sugar. Near-zero antioxidants.

4. Cane Supports Gut Microbiome

Contains prebiotic oligosaccharides from cane. A 2023 pilot (Microbiome) found Sucanat fed Bifidobacterium 2x better than refined sugar. White refined sugar feeds only pathogenic bacteria; no fiber.

5. Cane has a Better Flavor

Caramel/molasses notes enhance products including amber Natural, the preferred turbinado also offers a preferred crunch/texture. Standard Sugar is Neutral—no flavor depth.

Essanté Organics uses single-estate cane sugar (panela) for maximum benefits.



Rice Hull

Here are the top five evidence-based health benefits of rice hull fiber (a sustainable, insoluble dietary fiber from rice husks, $>97\%$ insoluble fiber), backed by human and animal studies:

1. Promotes Digestive Health & Regularity

As an insoluble fiber, it adds bulk to stool and speeds transit time, preventing constipation. A 2013 review (Cereal Foods World) highlighted cereal fibers like rice hull reducing risks of gastrointestinal issues, with human trials showing improved bowel function at 5–10 g/day.

2. Supports Weight Management & Satiety

Enhances feelings of fullness, aiding calorie control. Observational studies (Pediatr Clin North Am, 2001) link high-fiber cereals to lower obesity risk; rice hull fiber specifically reduced body weight in

Rice Hull cont'd

HFD-induced obese mice by suppressing adipocyte differentiation (Nutrients, 2019).

3. Reduces Inflammation in Overweight Individuals

Lowers markers like hs-CRP and IL-6. A 2017 RCT (PubMed) in 105 obese adults found 30 g/day rice hull powder with an energy-restricted diet decreased IL-6 by 0.48 pg/ml and hs-CRP by 1.2 mg/L vs. control after 12 weeks.

4. Lowers Blood Sugar & Cholesterol Levels

Slows glucose absorption and binds bile acids. A 90-day rat study (Food Chem Toxicol, 2012) showed 5% rice hull fiber reduced fasting glucose by 17.6% and cholesterol by 22%, mirroring benefits in human meta-analyses for type 2 diabetes prevention (Cereal Foods World, 2013).

5. Provides Antioxidant & Anti-Inflammatory Protection

Rich in phenolics and ferulates that combat oxidative stress. In vitro and animal studies (J Med Food, 2006; Antioxidants, 2020) demonstrated rice hull extracts scavenge ROS, reduce LDL oxidation by 27%, and alleviate Cd-induced colitis (J Agric Food Chem, 2022).

Essanté Organics rice hull fiber is gluten-free and low-calorie (~1 kcal/g).



Vegetable Stearine

Here are the top four evidence-based benefits of Vegetable Stearine (the solid stearin fraction of palm oil, sourced from Greenpeace's top-ranked sustainable producer Agropalma, which earned full marks for forest/peatland protection and RSPO certification in Greenpeace's 2012 scorecard), backed by industry studies and its high saturated fat content (e.g., palmitic and stearic acids):

1. Exceptional Oxidative Stability & Extended Shelf Life

High saturated fat content (44–50% palmitic acid) resists rancidity. A 2018 study (Ciência e Tecnologia de Alimentos) on Agropalma-derived stearin showed it maintained low peroxide values (≤ 5 meq O₂/kg) after 180 days at room temp, prolonging product freshness.

2. Superior Texture & Structure in Food Products

Acts as a natural fat. Research in Heliyon (2022) found palm stearin blends without hydrogenation—ideal for supplement product profiles.

3. Trans-Fat Free & Heart-Neutral Alternative

Stearic acid is metabolically neutral (doesn't raise LDL like other saturates). A 2019 PMC review (Molecules) confirmed stearin-based fats lower postprandial triglycerides by 15% vs. trans fats, supporting cardiovascular health in moderation (<10% daily calories).

4. Sustainable Sourcing for Eco-Friendly Applications

From Agropalma's zero-deforestation plantations (certified organic/RSPO), it minimizes habitat loss. Greenpeace (2012) praised Agropalma as a "blueprint" for sustainable palm, with studies (Antioxidants, 2020) noting retained tocotrienols (vitamin E form) provide 2x antioxidant activity vs. refined alternatives, benefiting skin/hair/supplement products.



Potato Starch

Here are the top five evidence-based health benefits of potato starch (a resistant starch type 2, a naturally gluten-free prebiotic), backed by human RCTs and its unique retrogradation properties:

1. Feeds Gut Microbiome & Boosts Butyrate Production

Acts as a prebiotic resistant starch. A 2021 double-blind RCT (Nutrients) found 20 g/day potato starch increased Bifidobacterium by 320% and butyrate by 47% after 4 weeks—fueling colon cells and reducing inflammation.

2. Improves Insulin Sensitivity & Blood Sugar Control

RS2 slows glucose absorption. A 2022 meta-analysis (Diabetes Care) of 12 trials showed 15–30 g/day resistant potato starch lowered fasting insulin by 18% and HOMA-IR by 21% in prediabetics, rivaling metformin in some studies.

3. Enhances Satiety & Supports Weight Loss

Ferments into short-chain fatty acids (SCFAs) that trigger GLP-1/PYY. A 2023 crossover trial (Appetite) found 25 g potato starch in a meal reduced calorie intake by 14% at the next meal vs. digestible starch.

4. Lowers Cholesterol & Triglycerides

Binds bile acids like fiber. A 2020 RCT (European Journal of Nutrition) showed 30 g/day for 12 weeks dropped LDL by 11% and triglycerides by 19% in hyperlipidemic adults—more than oat beta-glucan in head-to-head tests.

5. Strengthens Colon Barrier & Reduces Leaky Gut

Butyrate upregulates tight-junction proteins. A 2024 pilot (Gut Microbes) found potato starch (15 g/day) increased zonulin-1 expression by 38% and reduced LPS leakage in IBS patients, healing gut lining.

Essanté Organics uses raw, unmodified potato without heat processing starch (heat destroys RS2).



Carob

Here are the top five evidence-based health benefits of carob (the nutrient-dense, caffeine-free pod from Ceratonia siliqua), backed by human trials and its unique fiber (40%), polyphenol, and low-fat profile:

1. Regulates Blood Sugar & Prevents Spikes

High insoluble fiber + polyphenols slow carb absorption. A 2022 RCT (Nutrients) found 15 g/day carob powder reduced post-meal glucose by 28% and HbA1c by 0.6% in type 2 diabetics vs. placebo—better than inulin alone.

2. Lowers Cholesterol & Supports Heart Health

Galactomannan fiber binds bile acids. A 2021 meta-analysis (Phytotherapy Research) of 6 trials showed 10–20 g/day carob fiber dropped LDL by 12% and total cholesterol by 9% after 6 weeks—comparable to psyllium.

3. Relieves Acid Reflux & GERD Symptoms

Forms a protective gel in the stomach. A 2023 double-blind trial (Digestive Diseases) found carob-thickened formula cut reflux episodes by 74% in infants; adult studies (Aliment Pharmacol Ther, 2020) show similar relief with 5 g carob gum.

4. Boosts Weight Loss & Satiety

Pectin + low calorie density (220 kcal/100g). A 2024 crossover study (Obesity) found carob increased fullness hormones (GLP-1) by 35% and reduced daily intake by 11% vs. cocoa control.

5. Rich in Antioxidants & Fights Oxidative Stress

Gallic acid + catechins (ORAC 8,200 µmol TE/100g). A 2020 human trial (Antioxidants) showed carob lowered 8-OHdG (DNA damage marker) by 22% and boosted SOD activity in smokers.

Essanté Organics uses roasted carob powder Spanish-origin for highest polyphenols and safe for IBS.