Enjoy a feeling of youthfulness
مARNYS® ROYAL JELLY جيلي مناسب لجميع أفراد العائلة.

مARNYS® ROYAL JELLY جيلي نقي 100% - جودة مضمونة.

مARNYS® ROYAL JELLY جيلي غذاء ملكات النحل المتكامل.

تعت بالحيوية والشباب

لمض أمين

مهم لجسم الإنسان

المعدن مهم

كالسيوم، حديد

بوتاسيوم، زئبق

كنغريسيوم، فوسفور

فيتامينات

B1, B2, B3,

B6, A, D, E

& C

أحماض

دهنية

أساسية

Manufactured in Spain

Dies Walfarm

Tel. Office: 01143604490

www.walfarm.com

www.marnys.com

خلال من أي مواد محظله ورائيا
PURE ROYAL JELLY
(GLASS JAR)

“® MARNYS® Pure Royal Jelly in a supplement for periods of increased nutritional demand due to immune system weakness, convalescence or intensive physical or mental activity.”
PURE ROYAL JELLY
FOOD SUPPLEMENT

®️ MARNYS® ROYAL JELLY is a highly recommendable nutritional supplement for periods of increased nutritional demand due to immune system weakness, convalescence or intensive physical or mental activity.
1. BACKGROUND

2. DESCRIPTION / MAIN INGREDIENTS

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   ROYAL JELLY

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6. SCIENTIFIC REFERENCES (FULL TEXT)
1. BACKGROUND

Two factors have a key influence on human health: on the one hand hereditary characteristics (genes); on the other hand the lifestyle and the environment.

We can do nothing about our genetic inheritance. Nonetheless, we can indeed do a lot for our health choosing our lifestyle and habits. We can obviously lower the risk of getting ill or have an influence on sicknesses we already suffer from.

On the other hand, we all wish we got older slowly and with quality of life. It is here where diet and nutrition play a role with their calories, vitamins, minerals, amino acids, and essential fatty acids.

Diet has a closer relation to sicknesses and to the aging process as it was believed in the past.

It seems then obvious that nutrition is a perfect way to ensure a good health. It will always be easier to heal sicknesses in people with a good and well-nurtured immune system than working on somebody with an unbalanced and badly nourished one.

Summing up, what counts is to improve people’s health by better feeding each cell in our body. To do this we have to identify the best vitamin and mineral intake aimed at reaching the best possible health.

Nowadays we know how to use food and its components in order to influence the development of certain mental illnesses, ease their effects, contribute to its healing, alleviate insomnia and optimize learning processes and the mental function.

2. DESCRIPTION / MAIN INGREDIENTS

2.1 Royal jelly

The hypopharyngeal glands of bees synthesize 10-hydroxydecenoic acid, while mandibular glands produce a mixture of fatty acids, being 9-oxodecenoic acid the most important one, apart from synthesizing octanoic acid and other volatile acids.

Several studies have shown that mandibular glands also produce 10-hydroxydecenoic acid, although in small amount.

Royal jelly is formed mainly through the participation of these two glands. The food that bees eat is one of the key factors influencing the activity of these glands, being pollen the most important source of substances needed to synthesize these organic acids.

Another very important factor affecting the functioning of these glands is bee age.

In winter (temperatures below 14º C) glands become inactive and become active again in spring, during the blossoming period. Because of this latent period, the first portions of biosynthesized royal jelly are qualitatively less valuable. As glands get activated, the values of organic acids go up, and therefore royal jelly quality grows.

Applying plenty of identification techniques, different biochemical studies have revealed, the composition of royal jelly.

The main components found in dry residue are the following:

<table>
<thead>
<tr>
<th>Essential amino acids</th>
<th>Vitamins</th>
<th>Other amino acids</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arginine</td>
<td>Vitamin A</td>
<td>Alanine</td>
</tr>
<tr>
<td>Valine</td>
<td>Vitamin D</td>
<td>Valine</td>
</tr>
<tr>
<td>Tryptophan</td>
<td>Vitamin E</td>
<td>Glycine</td>
</tr>
<tr>
<td>Isoleucine</td>
<td>Vitamin B1</td>
<td>Serine</td>
</tr>
<tr>
<td>Leucine</td>
<td>Vitamin B2</td>
<td>Tyrosine</td>
</tr>
<tr>
<td>Lysine</td>
<td>Vitamin B6</td>
<td>Proline</td>
</tr>
<tr>
<td>Threonine</td>
<td>Vitamin B12</td>
<td>Carbohydrates</td>
</tr>
<tr>
<td>Histidine</td>
<td>Pantothenic acid</td>
<td>Fats</td>
</tr>
<tr>
<td>Methionine</td>
<td>Niacin</td>
<td>Minerals</td>
</tr>
<tr>
<td>Phenylalanine</td>
<td>Ascorbic acid</td>
<td></td>
</tr>
<tr>
<td>Aminobutyric acid</td>
<td>Folic acid</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Inositol</td>
<td></td>
</tr>
</tbody>
</table>
If we check the chart, we can see that royal jelly is highly nutritious, one of the best nutritional supplements that exist in nature.

Among its components there are minerals, amino acids, proteins, carbohydrates, lipids of high functional and physiological value and trace elements, among them potassium, iron, copper, silicon and magnesium.

Vitamins and trace elements have a protective role during the metabolic processes, whose right functioning is essential to staying healthy.

A small percentage of the dry residue cannot be analysed, as it contains extremely labile substances. These, together with the known constituents, play a decisive part in enhancing the properties of royal jelly.

This has been proved through latest research on the therapeutic applications of bee products, specially of royal jelly, carried out at the University of Tamagawa (Japan). This research has promoted its use in the health area, and the effects have reached the Central European countries, where the applications of royal jelly are being seriously studied.

By including this product in our diet we will find numerous nutritional, therapeutic and preventive advantages in the fight against different nutritional deficiencies.

3. ACTIONS / MAIN INGREDIENTS

Pure Royal jelly

3.1. Nutritional supplement.

Being so rich in essential elements, royal jelly is qualitatively very important due to the association of its constituents and their synergistic action. Therefore its administration is recommended in case of nutritional deficiency, specially in children, sports people and elderly people.

There exist a lot of experimental studies carried out on humans which show its harmlessness, its value as energy supplier and its nutritional and metabolic advantages.

Several studies on healthy individuals have given evidence of increased physical and intellectual performance when taking royal jelly.

Because of its content of essential amino acids, vitamins and minerals it helps compensate nutritional deficiencies. These properties are much more obvious in elderly people and children, although it is ideal for the whole family. Its usefulness has also been proved in case of appetite loss, convalescence, anemia and retarded growth.

3.2. Protecting action against cell aging.

Taking royal jelly postpones the effects of organic aging in general and of skin aging, due to its high content of vitamin B5 or pantothenic acid.

Pantothenic acid is a water-soluble vitamin necessary for maintaining life (essential nutrient). It is necessary for building coenzyme A and it is considered essential for carbohydrate, fat and protein metabolism and synthesis. Chemically, it is an amide between D-pantothenate and b-alanine. Its name comes from the Greek Pantothen, which means “of everywhere”.

It is therefore recommendable for fighting skin conditions in which keratolytic or seborrheic elements take part.

3.3. Antibacterial action.

10-hydroxydecenoic acid is an organic acid contained in royal jelly and its indicator of freshness and biological power.

Its antibacterial action depends on its concentration. It has been verified that the presence of this organic principle in royal jelly reaches its maximum during its production in the pharyngeal glands of nurse bees and decreases gradually afterwards.

It has been proved at pathological level that royal jelly has bacteriostatic action due to its content of the organic acids 10-hydroxydecanoic and 10-hydroxydecanoic acid, found in the lipid fraction.
3.4. Action against atherosclerosis.

Atherosclerosis consists of a thickening of the inner wall of the main blood vessels, specially arteries. As a result, blood vessels become narrower, blood flow decreases and the artery becomes less elastic. All studies carried out on the relation between royal jelly, lipid level in blood and atherosclerosis show a reduction of lipid and cholesterol levels in the blood of rats and rabbits after royal jelly administration, as well as a delay in forming aortic atheromas in rabbits subjected to a hyperlipidemic diet. A normalization of HDL and LDL levels and a decrease of b- and a-lipoproteins were also observed. Royal jelly doses of around 50-100 mg per day induced a cholesterol level reduction of approx. 14% and a total 10% lipid level decrease.
**4. TECHNICAL SHEET**

**PRODUCT IDENTIFICATION:**

<table>
<thead>
<tr>
<th>MARNYS® Royal Jelly</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 g jar</td>
</tr>
</tbody>
</table>

**INGREDIENTS**

Royal Jelly

**COMPOSITION per jar**

Royal Jelly 10 g

**ORGANOLEPTIC PARAMETERS**

<table>
<thead>
<tr>
<th>Parameter</th>
<th>Specifications</th>
<th>Method of analysis</th>
</tr>
</thead>
<tbody>
<tr>
<td>Appearance</td>
<td>Yellow viscous paste</td>
<td>SOP L068</td>
</tr>
<tr>
<td>Odour and taste</td>
<td>Characteristic</td>
<td>SOP L068</td>
</tr>
</tbody>
</table>

**PHYSICOCHEMICAL PARAMETERS**

<table>
<thead>
<tr>
<th>Parameter</th>
<th>Specifications</th>
<th>Method of analysis</th>
</tr>
</thead>
<tbody>
<tr>
<td>Humidity (%)</td>
<td>&gt; 60</td>
<td>SOP L010</td>
</tr>
<tr>
<td>pH</td>
<td>3.5 - 4.3</td>
<td>SOP L 009</td>
</tr>
<tr>
<td><strong>Nutritional information</strong></td>
<td>Per 1 g</td>
<td>Per 100 g</td>
</tr>
<tr>
<td>Proteins</td>
<td>0.125 g</td>
<td>12.5 g</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>0.170 g</td>
<td>17.0 g</td>
</tr>
<tr>
<td>Fat</td>
<td>0.025 g</td>
<td>2.5 g</td>
</tr>
<tr>
<td>Energy</td>
<td>1.4 kcal (5.9 kJ)</td>
<td>140.5 kcal (587.29 kJ)</td>
</tr>
</tbody>
</table>

* Calculated on the basis of the nutritional values of the product ingredients or, given the case, applying the indicated analysis methods.

**MICROBIOLOGICAL PARAMETERS**

<table>
<thead>
<tr>
<th>Parameter</th>
<th>Specifications</th>
<th>Method of analysis</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aerobic mesophilic microorganisms</td>
<td>&lt; 10000 cfu / g</td>
<td>SOP L014</td>
</tr>
<tr>
<td>Moulds and yeasts</td>
<td>&lt; 300 cfu / g</td>
<td>SOP L018</td>
</tr>
<tr>
<td>Coliforms</td>
<td>Absence / 0.1 g</td>
<td>SOP L020</td>
</tr>
<tr>
<td>Escherichia coli</td>
<td>Absence / g</td>
<td>SOP L020</td>
</tr>
<tr>
<td>Staphylococcus aureus</td>
<td>Absence / 0.1 g</td>
<td>SOP L017</td>
</tr>
<tr>
<td>Salmonella spp.</td>
<td>Absence / 30 g</td>
<td>SOP L015</td>
</tr>
</tbody>
</table>

The above specifications are those established by the Spanish Ministry of Health, Social Services and Equality.
5. SCIENTIFIC REFERENCES
