



# RAW WILD-CRAFTED SPANISH BEE POLLEN

GIVE SMOOTHIES & RECIPES  
A SUPERFOOD BOOST

- ✓ NON-GMO
- ✓ RAW
- ✓ GLUTEN-FREE
- ✓ KOSHER
- ✓ BEE-FRIENDLY



NET WT. 8oz (227g)

### Wild-crafted Spanish Bee Pollen

Pollen are tiny, dust-sized granules found on the stamen of all flower blossoms. As honey bees travel from flower to flower looking for nectar, the pollen collects into little clumps on their legs, and is deposited into a collection vessel.

As a low volume and high intensity superfood, bee pollen is an excellent source of vitamin A and also has B vitamins, magnesium, iron and zinc – not to mention being a complete protein source!

### The Sunfood Difference™

Our wild-crafted Bee Pollen is harvested in the Spanish countryside by beekeepers that treat their bees and plants with the highest respect and regard.


Pure and unadulterated, our Bee Pollen is dried using a unique low temperature process, which maintains the live enzymatic activity and keeps vitamins and minerals intact.

### Suggested Recipe

#### BEE-LICIOUS YOGURT

- 1 cup yogurt of choice
- 1 tsp Spanish Bee Pollen
- 1/4 cup fresh or dried fruit



 Sprinkle bee pollen and fruit on top of yogurt. Mix together. **Enjoy!**

For more recipes, visit [sunfood.com/recipes](http://sunfood.com/recipes)

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### Nutrition Facts

Serving Size: 1 tbsp (15g)  
Servings Per Container: Approx. 15

#### Amounts Per Serving

**Calories** 48      Calories from Fat 6

**% Daily Value\***

**Total Fat** 0g      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 0mg      **0%**

**Potassium** 0mg      **0%**

**Total Carbohydrate** 5g      **2%**

Dietary Fiber 1.5g      **6%**

Sugars 6g

**Protein** 3g

Vitamin A 51% • Vitamin C 6%

Calcium 0% • Iron 6%

Vitamin B1 9% • Vitamin B2 3%

Vitamin B3 6% • Magnesium 3%

Zinc 6%

\*Percent Daily Values are based on a 2,000 calorie diet.

**Ingredients:** Wild-crafted raw Spanish bee pollen

**Suggested Use:** Start by adding a few granules up to 1 tsp in a smoothie, yogurt, or on top of salads daily. To avoid allergic reactions, gradually work up to the recommended serving of 1 tbsp per day.

**Storage:** Store in a cool, dry place, away from direct sunlight. Refrigeration is optional.

**Caution / Allergen Statement:** For those with allergies to pollen or bees, we recommend consulting your health care professional before consuming bee pollen.

Packaged in a gluten-free facility. May contain traces of tree nuts and peanuts.

May contain a desiccant pack. Do not eat.



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