

## Benefits of royal jelly

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Namangan viloyati To'raqo'rg'on tumani 7-o'rta ta'lim maktabining biologiya fani o'qituvchisi

**Annotation:**In this article we can take information about benefits of royal jelly.

**Key words:** jelly, royal jelly, benefits, uses, effective sides, pollen.

Royal jelly is a milky secretion made by worker honeybees (*Apis mellifera*). It's rich in carbs, protein, amino acids, fatty acids, vitamins, and minerals.

Royal jelly gets its name because it is used as food for the queen bee. Its composition varies depending on geography and climate.

People use royal jelly for symptoms of menopause. It's also used for hay fever, diabetes, premenstrual syndrome (PMS), obesity, dry eye, and many other purposes, but there is no good scientific evidence to support these uses. Don't confuse royal jelly with bee pollen, beeswax, bee venom, honey, or propolis. Also don't confuse it with apitherapy. These are not the same.

**Uses Effectiveness.** Possibly Effective for

Symptoms of menopause. Taking royal jelly by mouth, alone or with other ingredients, seems to somewhat improve symptoms of menopause. But it's not clear if applying royal jelly to the skin helps.

Possibly Ineffective for

Hay fever. Taking royal jelly by mouth before and during pollen season doesn't seem to improve seasonal allergies.

Diabetes. Taking royal jelly by mouth doesn't seem to improve blood sugar levels in people with diabetes.

Physical performance in elderly adults. Taking royal jelly by mouth doesn't seem to improve hand grip strength, walking, or balance in elderly people living in a nursing home.

There is interest in using royal jelly for a number of other purposes, but there isn't enough reliable information to say whether it might be helpful.

**Side Effects**

When taken by mouth: Royal jelly is possibly safe when used short-term. Doses of up to 4.8 grams daily have been used safely for up to 1 year. It's usually well-tolerated. But people with asthma or allergies might experience an allergic reaction.

When applied to the skin: Royal jelly is possibly safe when used for up to 6 months. It might cause skin irritation and rash in some people. **Special Precautions and Warnings**

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When applied to the skin: Royal jelly is possibly safe when used for up to 6 months. It might cause skin irritation and rash in some people. **Pregnancy and breast-feeding:** There isn't enough reliable information to know if royal jelly is safe to use when pregnant or breast-feeding. Stay on the safe side and avoid use.

**Children:** Royal jelly is possibly safe when taken by mouth for up to 6 months in children 5-16 years of age.

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