

*On a per calorie basis, bee pollen has been found to have more beneficial effects than fruits and vegetables alone. Bee pollen as a muscle building supplement promotes the effective flow of oxygen throughout the body. With protein being the most essential nutrient in muscle building, the bee pollen muscle building supplement contains twice the amount of muscle building protein found in beef.*

*A remarkable amount of antioxidant vitamins such as Vitamins A, C and E are also contained in the bee pollen muscle building supplement. In fact, bee pollen has been found to include the maximum amounts of Vitamin A than every known food except tomatoes. The bee pollen muscle building supplement also hold three essential forms of Vitamin B including thiamin and niacin.*

*Studies carried out in 1992 showed results of bee pollen being an excellent source of calcium. A high level of dietary calcium is necessary for the development of strong and sturdy bones. As skeletal muscles need to be stimulated for successful muscle building, it goes without saying that the bee pollen muscle building supplement is beneficial for this endeavor.*

*It is by far too broad and expanse to discuss the particular ingredients of bee pollen in augmenting the development of muscle mass. It is interesting to note, however, that the bee pollen muscle building supplement contains the highest level of folic acid than any of today's common foods. Folic acid has an indispensable function in cell generation and prostate gland support.*

*In increasing stamina and energy levels in athletic performances, the bee pollen muscle building supplement also performs a vital role. Muscle building supplements are taken to boost muscle size, increase the rate of fat loss, improve joint health and to prevent potential nutrient deficiencies. Scientific consensus supports the effectiveness of only a small number of commercially available muscle building supplements when the consumer is healthy and physically active.*

*When resorting to the bee pollen muscle building supplement a barrage of other supplements need not be taken as it is complete in itself.*