Seal the cracks in your immunity

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# Home

Propolis is a natural antibiotic used by bees to protect their hive from infection – and used by humans to boost their immune systems and fight infection.

With powerful ****antibacterial, antiviral, antiseptic and antifungal properties****, Propolis can be applied directly to the skin to sterilise minor cuts and wounds, used as a mouth spray to assist in good oral health, or taken in capsule or liquid form to assist in general immunity boosting.

Unlike conventional antibiotics, Propolis has also been found to be effective in assisting the body to fight viruses[[1]](#endnote-1). Propolis is nutritious, rich in amino acids and antioxidant bioflavonoids, high in vitamins, and contains 14 of the 15 minerals needed by our bodies for normal function[[2]](#endnote-2).

# What is Propolis?

Propolis is a dark resinous material produced by bees to seal and sterilise their hives – and used by humans **to strengthen and seal the “cracks” in their immune system.**

Each hive colony includes several specialist, Propolis-manufacturing bees, who forage for tree resin on warm days when the substance is soft and pliable. As the bee gathers the resin she blends it with beeswax, secreted from a gland in her abdomen, to create Propolis.

Also known as “bee glue” – thick and sticky when warm, setting hard when cool – Propolis acts like putty, filling gaps within the hive. Yet, with its powerful ****antibacterial, antiviral, antiseptic and antifungal properties,** Propolis** does much more than block drafts; it **protects the colony against disease.**

Natural Life™ has created a number of Propolis products, making it easy for you too, to benefit from the powerful properties of Propolis. In liquid form Propolis can be gargled with water to treat sore throats or mouth ulcers, or applied directly to the skin to help in the healing of minor cuts, sunburn or pimples. In lozenge-form Propolis can be sucked to sooth and heal a sore throat. Or, taken in capsule form, it will help to strengthen the immune system and fight off colds and flu.

As well as being a potent immune booster, this amazing bee product has been used for centuries as a wood sealant. The renowned violinmaker Antonio Stradivari reportedly used a Propolis varnish to polish his handcrafted musical instruments[[3]](#endnote-3).

Today, however, Propolis’s most powerful role is as a natural immune system booster – and its potent healing strength can be found in all Natural Life™ Propolis products.

# The benefits of Propolis

* Strengthen immune function
* Antioxidant
* Treat throat and mouth infections
* Heal abrasions, cuts and wounds

Propolis is a powerful, natural immunity booster with recognised antibacterial value.

Rich in amino acids – molecules that are critical to life and important for healthy immune system function – and high in vitamins (including vitamins A, B1, B2, B3 and B-complex vitamins), Propolis is also rich in bioflavonoid (vitamin P).

Bioflavonoids are the natural pigments that give many plants their bright orange and yellow colour. Bioflavonoids are known for their antioxidant abilities and are found in abundance in oranges; yet Propolis contains nearly 500 times more bioflavonoids than oranges.

Propolis also contains calcium, magnesium, potassium, phosphorus and albumin – a water-soluble protein found in egg whites.[[4]](#endnote-4) In fact, like other health-giving bee products such as Royal Jelly and honey, Propolis contains a vast, complex range of compounds that work in synergy to create a balanced and nutritious substance.

With such marvelous bacteria-fighting qualities, it is little wonder that humans have benefited from the use of Propolis for millennia. Ancient Egyptians, Greeks and Romans utilised Propolis for its healing properties, and Propolis preparations for the treatment of mouth and throat infections were recorded in the 12th century.[[5]](#endnote-5) As recently as 1600, Propolis was listed as a medicinal drug in England[[6]](#endnote-6).

Today, Natural Life™ has created a range of Propolis products in a variety of forms – including liquids, sprays, lozenges and capsules – giving you easy access to this powerful immunity booster.

# How is Propolis collected?

Each bee colony contains several Propolis-manufacturing, who forage for tree resin on warm days when the substance is soft and pliable.

As the bee gathers the resin she blends it with beeswax, secreted from a gland in her abdomen, to create Propolis. The Propolis is kneaded, or moulded, into tiny balls and placed into pollen “baskets” on her hind legs. The amazing worker bee can carry close to her own weight[[7]](#endnote-7) and may buzz about, gathering resin and turning it into Propolis, for an hour before returning to the hive with a full load[[8]](#endnote-8).

**For use in health products, Propolis is scraped from wooden hive parts or gathered on specially designed collection mats. Beeswax and other impurities are removed and the raw product is processed for use in a variety of Propolis products.**

The Natural Life™Propolis range of products includes****:****

Natural Life™ Propolis Liquid (alcohol free, 25ml)

Natural Life™ Propolis and Manuka Honey spray (peppermint flavour, 30ml)

Natural Life™Propolis capsules (60 or 365 caps)

Natural Life™Propolis soap with Manuka Honey, Tea Tree oil and Eucalyptus oil

Natural Life™Propolis toothpaste

Natural Life™Propicol and Manuka Honey lozenges (24 pack)

All Natural Life™Propolis and Natural Life™Royal Jelly products are selected from only the purest beehives – free from chemical or antibiotic sprays.

# **Is Propolis safe?**

For the majority of people Propolis, and other bee products such as Royal Jelly, are completely safe.

However, Propolis has been reported to cause allergic reactions in rare cases and is not suitable for use by women who are pregnant or breastfeeding.

If irritation of the mouth or throat occurs after taking Propolis, please discontinue use.

Natural Life™ Propolis and Natural Life™ Royal Jelly products are selected from the purest beehives – free from chemical or antibiotic sprays.

All Natural Life™ products are listed with the Australian Therapeutic Goods Administration (TGA) and manufactured in compliance with the Australian Code of Good Manufacturing Practice (GMP) for medicinal products.

# **Buy Natural Life™ Propolis online**

You can purchase Natural Life™ Propolis products online or from one of our trusted suppliers.

Liquids and sprays

* Natural Life™ Propolis Liquid (20% and 40% strength, 25ml, alcohol free)
* Natural Life™ Propolis and Manuka Honey spray (20% strength, 30ml)

Softgel capsules

* Natural Life™Propolis capsules (500mg, BSE-free gelatin softgel capsules, 60 or 365 packs)

Soaps and toothpaste

* Natural Life™Propolis soap with Manuka Honey, Tea Tree and Eucalyptus oils
* Natural Life™Propolis Toothpaste (110gm)

Lozenges

* Natural Life™Propicol and Manuka Honey lozenges (24 pack)

All Natural Life™ Propolis products are:

# High in bioﬂavonoids

# Chloramphenicol free

# GMO free

# Safety tested for heavy metals

# Free from artiﬁcial ﬂavours or preservatives

# Selected from the beehives free from chemical or antibiotic sprays

The Natural Life™ Propolis range has an Active Propolis Factor (APF) of 6% raw material guaranteed bioﬂavonoid content.

All Natural Life™ products are listed with the Australian Therapeutic Goods Administration (TGA) and manufactured in compliance with the Australian Code of Good Manufacturing Practice (GMP) for medicinal products.

The Natural Life™ brand is proudly brought to you by Lifetime Health Products –supplying quality health products from Australia to the world, for more than a decade.

Warning: Propolis may cause allergic reactions. If irritation of the mouth or throat occurs discontinue use. Pregnant women and nursing mothers should avoid taking propolis.

Endnotes

1. www.alternativehealthtips.com/alternative-natural-health/natural-health-from-the-hive-royal-jelly-bee-pollen-propolis-and-honey [↑](#endnote-ref-1)
2. www.alternativehealthtips.com/alternative-natural-health/natural-health-from-the-hive-royal-jelly-bee-pollen-propolis-and-honey [↑](#endnote-ref-2)
3. www.bees-online.com/Propolis.htm [↑](#endnote-ref-3)
4. <http://ezinearticles.com/?Health-Benefits-of-Propolis&id=450530> [↑](#endnote-ref-4)
5. http://allnutritionals.com/bee\_products/bee\_products-02.php [↑](#endnote-ref-5)
6. Propolis research1.doc [↑](#endnote-ref-6)
7. <http://honeybee.org.au/index.php?option=com_content&view=article&id=60&Itemid=70> [↑](#endnote-ref-7)
8. www.bees-online.com/Propolis.htm [↑](#endnote-ref-8)