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Proven by science.*

Recommendations for the consumption of royal jelly

Medex produces **products with royal jelly** for various purposes while **following the latest research and clinical studies**. Accordingly, the **daily dose of royal jelly**, the **duration of consumption**, and the accompanying **supportive ingredients** in the products are adjusted.

Strengthening the immune system - seasonal illnesses

If taking royal jelly to strengthen the immune system **during seasonal illnesses**, it is recommended to start taking it **2 weeks before the onset of the flu and cold season**, around the second half of August. Taking it is advisable throughout the season (September - April), and then consumption can be discontinued or **continued throughout the year** as desired.

Effect of royal jelly on other body systems

Recent studies show that **royal jelly has numerous beneficial effects**, direct or indirect, and also on other physiological functions – e.g. it strengthens the body's overall **resistance to stress**, both psychological and physical. At the same time, it has **anti-inflammatory** effects, beneficially affects the **lipid profile, blood count, cardiovascular and nervous system**, regulates **metabolism**, etc. Therefore, it is also recommended **for preventive purposes**, with clinical studies showing that when consumption is discontinued after two weeks, most of the investigated parameters begin to return to their original state. Therefore, **continuous consumption for a longer period** is recommended in preventive use, even for several years.

This is especially true when the royal jelly is taken to alleviate long-term symptoms, such as **menopause, chronic fatigue, weakened immune system, metabolic syndrome, and obesity**. Long-term consumption is also recommended for **healthy individuals**, as royal jelly stimulates mechanisms that prevent cell senescence, which is the **aging process of the body** that can prematurely lead to various chronic diseases.

Sources:

Kausar, S., & More, P. (2019). Determination of medium lethal dose (LD50 value) for oral acute toxicity of royal jelly. World Journal of Pharmacy and Pharmaceutical Sciences, 8, 475-481. 10.20959/wjpps20196-13954.

OECD/OCDE 423. OECD guideline for testing of chemicals. Acute oral toxicity - acute toxic class method, 2001; 17: 1-4.



Safety

Overall, **royal jelly is recognized as safe** (GRAS status by the FDA) even for long-term use. Based on the currently available data, oral consumption of 4.8 g daily for 1 year has shown **no toxic effects**. A certain acute oral LD50 in mice is >1616 mg/kg (calculated for humans 135 mg/kg) (Kausar et al., 2019). According to OECD guidelines, it belongs to category 5, among **non-toxic substances** (OECD, 2001).

Conclusion

Based on available scientific sources and our own research, we recommend continuous consumption of royal jelly for preventive purposes, in a dose of 1-2 g daily for adults and no more than 135 mg/kg/day for all age groups. For children, a dose of 10-15 mg of royal jelly/kg/day is recommended.

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Gelée royale – amazing food of queen bees, keeping the cells in balance

CHILDREN
3+

IMMUNITY &
PREVENTION

CLINICALLY
PROVEN
EFFECT



GELÉE ROYALE

		ACTION	SUITABLE FOR	RECOMMENDED DAILY ALLOWANCE	ROYALL JELLY DOSAGE/10-HDA DOSAGE IN ROYAL JELLY
BIO GELÉE ROYALE FORTE, VIALS, 10 X 9 ML		Immunity & prevention, Bio quality	adults & seniors	1 vial = 9 ml	1500 mg/ 21 mg
BIO GELÉE ROYALEFORTE CAPSULES, 30 PCS		Immunity & prevention, Bio quality	adults & seniors	1 capsule = 370 mg	1000 mg/ 14 mg
GELÉE ROYALE SUPER + D CAPSULES, 30 PCS		Immunity & prevention, with vitamin D3	teenagers & adults	1 capsule = 400 mg	1000 mg/ 14 mg
GELÉE ROYALE SUPER + D VIALS, 10 x 9 ML		Immunity & prevention, with vitamin D3	teenagers & adults	1 vial = 9 ml	1000 mg/ 14 mg
GELÉE ROYALE MEN CAPSULES, 30 PCS		Immunity & prevention, formula for men	adult men	1 capsule = 386 mg	350 mg/ 4 mg
GELÉE ROYALE JUNIOR VIALS, 10 X 9 ML		Immunity & prevention, formula for children	children 3+	1 vial = 9 ml	250 mg/ 3,5 mg
BEEHARMONY CAPSULES, 60 PCS		Relieves menopause and PMS symptoms	adult women	2 capsules	364 mg Royal balance™ (royal jelly + saffron extract)/ 14 mg

The quantity of **10 HDA** is an important quality factor for royal jelly. In Medex, we have **standardised the quantity of HDA** and thus provided **guaranteed & transparent quality**.



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