



# 100% LOCAL BEE POLLEN

## INSTRUCTIONS:

Start with a pinch of granules the first day. The second day take 1/2 tsp. Increase amount by 1/2 tsp. per day until you reach 2 tsp. per day.

## USE:

You can chew bee pollen, eat it with peanut butter, drizzle with honey (our favorite way), or add to yogurt, smoothies, cold cereal, or ice cream.

## STORAGE:

Ideal storage is cool, dark, and dry. Frozen pollen can be stored up to two years. Room temperature pollen is best if consumed within 3 months.

## INGREDIENTS:

A blend of 100% pure bee pollen collected from wildflowers in the Auburn/Newcastle region of Placer County CA. Note: Pollen may contain small amounts of foreign matter.

## HARVESTED BY:

Miller Honey Farms

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[www.millerhoneyfarms.com](http://www.millerhoneyfarms.com)