

Discover the benefits of royal jelly for growing children

Royal jelly for adolescents is an important source of nutrients to improve their body, as well as their physical and mental performance. It is a food supplement with great benefits for this vital stage, in which the body is in full development and the physical and mental requirements faced by boys and girls are so great.

Advantages of royal jelly for growing children.

Royal jelly has a high concentration of beneficial nutrients for the organism of adolescents and helps to avoid deficiency states.

Improves physical performance and endurance

Royal jelly provides a series of nutrients that help the general health and optimal functioning of the organism, improve physical resistance and, in this way, help to improve physical performance.

- ✓ During the adolescent stage, physical wear and tear is usually very relevant because the body is in full development and growth in many cases. In addition, adolescents regularly engage in sports and leisure activities with high physical demands. And all this added to hormonal changes and lack of sleep. As a result, the adolescent body is physically strained.

In addition, in some cases, poor lifestyle habits such as poor diet or abuse of stimulant drinks also contribute to physical exhaustion. **That is why the benefits of royal jelly to improve physical performance and endurance are so important. Helps to improve intellectual performance and mental abilities**

In general, adolescence is a time of great mental effort. Intellectually, studies and exams are intellectually demanding. But also social pressure, emotional changes, hormonal changes and stress challenge the mind.

The benefits of royal jelly for adolescents are very important, as they help to improve intellectual performance, increase the feeling of energy and

vitality, combat tiredness and mental fatigue. In addition, its benefits on the brain and nervous system help to improve cognitive development, increasing attention span and concentration and thus improving learning ability.

Royal jelly for children supports the immune system

Royal jelly strengthens the body's defense system and this contributes to a lower risk of infections, contagions and a better response to diseases.

In this vital stage, exposure to pathogens is frequent due to high socialization. For example, certain sports activities, the use of communal showers at school, summer camps or extracurricular sports. Lack of sleep, stress and poor nutrition also contribute to weakening the immune system. Hence the importance of taking royal jelly as a supplement to strengthen the body's defenses.

Royal jelly in adolescence is an excellent energetic reconstitute.

During adolescence it is common to go through stages of physical and mental exhaustion, in which the lack of energy and vitality leave the body and mind weakened. They are usually related to the so-called **“growth spurts”** or growth phases of the body, **hormonal changes** and the first menstrual periods in girls, stress and demanding mental activity in times such as exams and lack of sleep, among other reasons.

Royal jelly is a natural energy restorative due to its high concentration of nutrients such as B vitamins and amino acids, because it effectively combats physical and mental fatigue and stimulates the metabolism, as well as **increasing cerebral oxygenation and the optimal functioning of the hormonal system.**

Royal jelly improves your mood Fatigue, physical and mental tiredness, social and academic pressure and emotional problems are some of the factors that affect mood during adolescence. Royal jelly contributes to regulate the production of cortisol, which helps to reduce stress contributing to more

energy and less fatigue, as well as to feel good, as it helps to elevate mood.

It supports optimal hormone function At the puberty stage, hormones play a key role in physical, sexual and emotional development, optimal metabolism and energy production. Sleep improves hormonal health. **It is key to the production of growth hormone, sex hormones and the endocrine system in general.**

Royal jelly is one of the most beneficial food supplements for children. The most relevant for the health, well-being and development of children over 3 years old who are not allergic to products derived from bees.

Most relevant properties of royal jelly for children

1- Improves defenses and acts as a natural anti-inflammatory

2- Royal jelly helps stimulate children's appetite

A child that lacks appetite suffers from many problems derived from a poor diet. The most important have to do with the deficit of nutrients they present and their difficulty in growing and developing properly. But this problem can also lead to a harmful relationship with eating that in the long-term turns into serious eating disorders.

Among the properties of royal jelly for children is the appetite stimulation. Key so they can eat well, develop properly, and maintain a healthy relationship with food in his adult life.

3- The benefits of royal jelly for children include the **prevention of anemia**

And not only because of the aforementioned appetite stimulus, especially because of the contribution of vitamins, minerals and **trace elements** that provides royal jelly for the little ones. It is a totally natural food.

4- Helps improve vitality, energy level and performance of children

Children need to keep a high level of energy and vitality to perform on an intellectual level, stay

active, play, play sports, grow. The physical and mental activity that is necessary during childhood is impressive. Especially in some moments such as the arrival of the cold, the time of exams, sports competitions and when hitting the stretch, among others.

Properties of royal jelly for children contribute to improve your intellectual and physical performance. It helps provide the energy that children and adolescents need to face the daily challenges of their life and helps them feel more vital, reducing the feeling of tiredness or fatigue that would prevent them from continuing with normal activities.

5- Helps to improve concentration and memory

At the level of intellectual performance, concentration and memory are two key capabilities. Between the **benefits of royal jelly for the infant stage**, there is the improvement of concentration and memory, thus allowing them to perform better in school with less effort and without suffering that feeling of fatigue that makes it difficult to continue. That is why it is especially recommended during back to school

and in exam seasons, in which the intellectual effort is greater.

6- Improves and regulates the digestive system

In this way, royal jelly helps the little ones to stay healthy and avoid digestive problems. Something that, added to the fact that it whets their appetite, will give you this double advantage. You can make them eat more and healthier without affecting their intestinal transit, rather, quite the opposite!

7- Helps the growth and maintenance of children's health

- ✓ **Did you know** royal jelly is rich in B vitamins? **This vitamin is essential to help the growth of bones and muscles. In addition, these vitamins help the nervous and cardiovascular systems to be kept in good condition in addition to** formation of red blood cells.

Due to seasonal changes, the beginning of the nursery, school or institute, in addition to the extra effort required by extracurricular sports activities, it

is normal for children to suffer a decrease in their defenses and energy reserves.

To revitalize your body and to carry out your daily activities normally, strong and healthy, there are certain food supplements that are highly recommended. This is the case, for example, of royal jelly for children. Prepared by worker bees to feed the larvae during their first 3 days of life and to the bee queen throughout its life. While queen bees live for an average of 5 years, worker bees live only 45 days. Its secret is precisely its food, the only one of the whole hive that feeds exclusively with royal jelly. This also makes it larger and has a very fruitful life.

BENEFITS OF ROYAL JELLY FOR CHILDREN

Royal jelly has a toning, stimulating and rebalancing effect on the nervous system.

- . It provides extra energy, so necessary for children and adolescents in full growth stage and for the development of their school activities, especially in times of exams and sports competition.**

. **Royal jelly for children is a great activator of the immune system since it helps fight infections and has to revitalize properties, increasing the body's resistance to effort.**

. **It has antimicrobial properties, so it helps prevent mild colds, reinforcing the immune system of the groups at greatest risk, which are the elderly, children and people with fragile health.**