



Pollen Support Healthy Honey

Pollen Support Healthy Honey is a simple, elevated way to bring seasonal support into your daily routine. Made with raw, unfiltered honey and infused with a small selection of traditionally used botanicals, this blend is designed for those who want something that feels both intentional and easy to use. It's a familiar staple, honey, but thoughtfully upgraded to fit into modern, everyday life.

We paired raw honey with elderberries, marshmallow root, astragalus root, and ginger root to create a smooth, balanced infusion. Each ingredient is chosen for its long history of traditional use and its ability to complement a consistent routine during times of seasonal change. The result is a rich, naturally sweet honey with subtle depth, something you can enjoy by the spoonful, stirred into tea, or drizzled over your favorite foods.

This is about more than just what you take; it's about what you'll actually stick with. Pollen Support Healthy Honey is easy to reach for, simple to enjoy, and fits seamlessly into your day. Whether paired with our Elderberry Plus Pollen Support blend or used on its own, it's a small, intentional upgrade that makes daily routines feel just a little more refined.

Ingredients:

Raw Unfiltered Honey, Elderberries, Marshmallow Root, Astragalus Root, Ginger Root

About Our Ingredients

- **Honey**, we use raw, local, and unfiltered—gathered straight from the hives near our family farm in Payson, Utah. Rich in nutrients, it contains trace minerals, vitamins, and antioxidants that have been linked to a reduced risk of heart disease and certain types of cancer. Because it is naturally anti-bacterial, anti-viral, and anti-fungal, this golden honey has long been valued for soothing coughs and sore throats. In fact, research shows that honey may even be more effective than some common cough medications.*
- **Elderberries** are rich in antioxidants that fight free radicals and inflammation. Studies support their antibacterial and antiviral benefits, including for symptoms of influenza.*

- **Marshmallow Root** soothes an inflamed throat and respiratory tissues, helping ease coughs and dryness.*
- **Astragalus Root** has shown effects of improved seasonal allergy symptoms. Though studies are limited, one study found astragalus to reduce sneezing and a runny nose in individuals with seasonal allergies. *(3)
- **Ginger Root** is one of the plant compounds that has anti-inflammatory, antioxidant, and immunomodulatory properties. The ameliorative (helpful) effects of this plant on allergic diseases have been identified to reduce the clinical symptoms of allergic diseases. * (4)
- **Vegetable Glycerin** makes it possible for our herbal blends to be alcohol-free. It tastes naturally sweet and is gentle for children and adults (even diabetic friendly!) Easy to take on the go without worrying about refrigeration until you get home from the day, making Pollen Support a simple daily addition during times of increased environmental exposure.

Research Sources:

(1) Elderberry

The American Botanical Council Clinical Guide to Elderberry

<https://www.herbalgram.org/media/13294/elderberry-scr.pdf>

(2) Herbal Reference

School of Natural Healing: 25th Anniversary Edition, Dr. John R. Christopher

(3) Astragalus Root

Astragalus: An Ancient Root With Health Benefits

<https://www.healthline.com/nutrition/astragalus#what-it-is>

(4) Ginger Root

Ameliorative Effects of Ginger on Allergic Diseases: An Updated Review

<https://onlinelibrary.wiley.com/doi/abs/10.1002/mnfr.202300899>

**** These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.***

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