



Flower Pollen Extract and its Effect on the Prostate

Pollen – an interesting raw-material

A pollen grain is very small. Of the ordinary kinds that are used in the production of Cernitin extracts, there is room for 100 grains in a row on one millimeter. There are, however, much smaller grains. Thus the grains from “Forget-me-not” are so small that there is room for 300 in a row on one millimeter.

Each flower has pollen grains characteristic for that particular plant. The size, weight, shape, number of hilums, germinal openings, ridges and hollows on the sheath makes it possible to differ pollen from different plants. Sometimes researchers refer to pollen grains as the plant's finger prints. Within the palynology this character has created the modern pollen analysis, where Swedish researchers such as Lennart von Post and Gunnar Erdtman are great names.

Palynologists can from a sample of soil sift off the pollen grains by treating the soil with strong acids, at which everything is dissolved except pollen grains, the sheath of which it is almost indestructible. Then the pollen grains are examined and it can be established what kinds of plants have grown where the sample was taken. If it is soil from an archaeological find it is thus possible to get a picture of the nature at that very time when the find was buried in the soil. If one knows what the vegetation was like in the past one can date the find rather exactly.

The palynologists have in detail described pollen grains from a large number of plants and this makes it possible or Cernelle to assort the pollen grains and then control the conformity to type. The conformity is received by treating the raw material in certain apparatus. Tests performed at the Palynological Laboratory in Bromma have shown that the conformity in the Cernelle pollen raw material is so high that foreign pollen grains in true to type material never exceed 1%. As a rule one can find a total conformity. If foreign particles are present they have only amounted to some pro mille consisting of some foreign pollen grains and perhaps also some grains of dust.

This conformity is necessary as the pollen is the raw material for a pharmaceutical product, Cernitin, which must be controlled as to its effect and any harmful effects that may occur. As it is well-known that the raw material pollen contains substances that can give rise to harmful effects of different kinds, such as e.g. allergies, one must be able to test the pollen from the used plants and compare their harmful effects with the effects of the Cernitin extracts produced in order to be sure that the Cernitin extracts are harmless and can be used regularly without risks for a very long time. This is very important and the absolutely first step to be taken in the production of products for human use.

We would like to point out the danger of using pollen *raw material* for human consumption. Pollen must be regarded as raw material that has to be refined before use, just as the sugar-beet is refined to sugar. The sugar-beet, however, is probably much more harmless to eat than pollen.

The reason for this indication is that material containing pollen has from of old been collected by apiarists to be given to weak bee-colonies in the spring and thereby saved them from destruction. Such bee-collected pollen has often been sold among bee-keepers and had a fixed market price. Today unscrupulous businessmen buy this raw material to have it pressed to tablets and thus sell bee-feed for human consumption, of course with a very good profit. Let us therefore see how the bee-keepers collect such bee-feed.

A grating is placed on the beehive entrance and when the bees pass it the collected lumps of pollen and plant fibers are scraped off and fall down in a box covered with a net so that the bees cannot take it back. When the box is filled, the apiarist empties it. The bee-collected pollen lumps contain rather a high percentage moist and make an excellent foundation for the growing of all kinds of bacteria and fungi. The

warm, moist air in the summer promotes the growing of microbes. Different insects search the pollen traps to lay their eggs there. The bee-collected pollen, marketed by people who do not care to investigate the product they are selling, is therefore not suitable for human consumption. The apiarists themselves grade the quality of their product by the content of worms, i.e. the content of worms each 100 g lumps of material containing pollen. The worms are larvae. The nutritive value of the material would be the beesaliva and the remainders of saps on the pollen grains. We have very few possibilities of

extracting any of the substances in the pollen grains. They are well protected by the resistant sheath, called exin.

Our health authorities and other authorities should demand control and analysis of such material to avoid the marketing of insanitary products. Also toxicity and other harmful effects should be controlled before the marketing.