



## Flower Pollen Extract and its Effect on Nutrition

### The Use of Cernitin, an Extract of Organic Pollen, to Increase Body Weight and to Increase Resistance Toward Infections

#### BRIEF DESCRIPTION OF THE PRODUCT

For centuries the nutritional value of naturally occurring pollen has been recognized by scientists throughout the world. For the first time a commercial source of natural pollen has been made available by AB Cernelle of Vegeholm, Sweden, marketed under the trade name POLLITABS\*. These tablets contain Cernitin, a microbiological extract of pollen, which is organic, unadulterated, and free of contamination. Prior to the extraction of Cernitin, the pollen is collected by a patented process (not insect-gathered) from unsprayed plants on a large plantation far removed from industrial wastes or other air-borne contamination. During the preparation of Pollitabs, no synthetic active ingredients are added. These food tablets are completely free from side effects and even pollen-allergic persons have taken large doses without any unforward effects.

#### THE BACKGROUND OF THE STUDY

During the past two years, we have used Pollitabs in our practice for many diversified complaints and syndromes. Certain results have occurred predominately regardless of the purpose for which the tablet was prescribed. Foremost among these have been increased appetite, weight gain, increased vigor and sense of well being, and decreased susceptibility toward infections. Therefore, it was thought that a football team would make a good preliminary control study to more accurately determine two of these factors in an objective manner: i.e. weight gain and resistance to infection.

#### DESCRIPTION OF THE STUDY

A local high school football team, consisting of thirty active players were selected for this study. The team was divided into two groups; those receiving pollitabs and those receiveing a standard multiple vitamin preparation. The study covers a period of 15 weeks, the first three of

which neither Pollitabs nor multiple vitamins were used. It was during this initial 3 week period that each player lost excessive weight, in most cases, representing excess adipose tissue. Beginning at the end of the 3<sup>rd</sup> week, 15 players were started on two Pollitabs daily and the control group on the multiple vitamins daily. All medication was administered daily and individually by the coach. A record was kept of the players' weights at weekly intervals and the average weight for the group has been plotted on Graph 1. It can be noted that the group receiving the pollitabs regained their pre-season weight after taking the tablets for 7 1/2 weeks and 4 1/2 weeks later, at the end of the season, actually showed the Pollitabs group with a 5 1/2 pound average increase in weight over their pre-season level. The group taking the multi-vitamins remained generally constant from the third to fifteenth week, showing no further loss or gain. The opinion has been expressed by impartial former professional players, who have seen this report, that it is almost unheard of for a football player to weigh more at the end of the season than he did before practice started.

#### CONTRAST OF STUDY

Graph 2 shows a striking contrast between the two groups regarding the number of days lost from the common cold or influenza. Since the two groups were in close contact physically during the study period and since the selection of the players to take Pollitabs was made at random without regard to socio-economic or other factors, it is felt that the results are quite significant.

#### SUMMARY

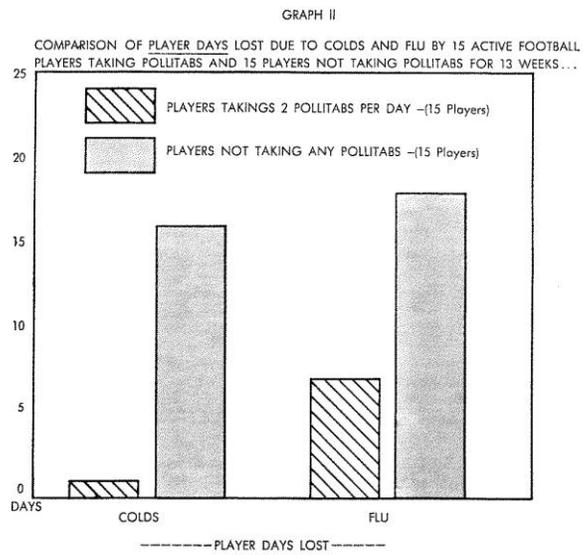
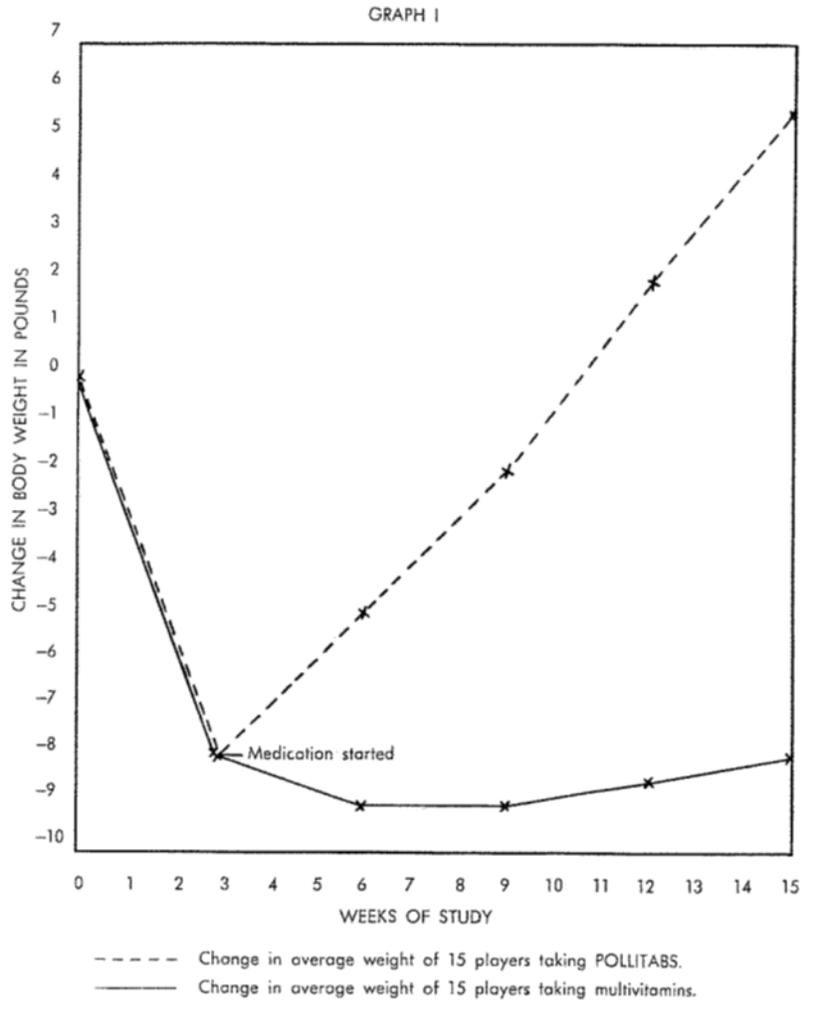
A preliminary control study was performed to determine the comparative weight-building properties and infection-resisting properties of a newly available product, Pollitabs, as compared to a standard multi-vitamin.

The results show a marked ability of the Cernitin Pollitabs to produce better weight gain and increased resistance toward infections. It is felt that further studies are definitely indicated and these are being planned.

\* The Pollitabs used in this study were furnished by POLL-N-CO., INC., Maitland, Florida.

This study was performed at the Winter Park High School and under the strict personal supervision of Coach Mosher, and under the direction of Charles E. Noyes, M.D.

**Charles E. Noyes, Jr. M.D.**



NAME	POS	NO. POLLITABS												WEIGHT with POLLITABS												Days Lost From Colds	Days Lost from FLU	Days Lost INJURIES	Games Missed w/c of Injury	Quarters Played out of 40									
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24						25	26	27	28	29	30	31	32	33
1. Gene Mooney	G	822	892	95	912	919	924	103	17	24	31	117	19	21	28	125	154	151	145	146	148	151	149	150	152	156	154	153	154	154	1	2	6*	0	37				
2. John Cash	E	161	158	152	155	156	156	158	159	161	163	164	165	167	169	170	165	161	158	155	156	156	158	159	161	163	164	165	167	169	170	0	0	0	0	40			
3. Max Morris	G	145	139	135	135	136	137	139	139	140	141	143	145	146	149	151	143	139	135	136	136	137	139	139	140	141	143	145	146	149	151	0	2	0	0	36			
4. Roy Myers	FB	155	154	152	151	153	155	157	157	158	161	161	161	164	165	157	157	157	157	158	161	161	161	161	161	161	161	164	165	0	0	5**	1	36					
5. Dewey Ramsby	QB	150	146	146	146	147	147	147	147	147	149	152	151	151	153	153	147	147	147	147	147	147	149	152	151	151	153	153	0	0	0	0	34						
6. Chan Muller	G	169	165	162	164	166	166	170	172	171	170	172	175	177	177	177	166	166	166	166	166	166	170	172	171	170	172	175	177	177	0	0	0	0	36				
7. Frank Ferguson	T	225	215	210	210	212	211	213	215	220	221	224	228	227	224	226	210	212	210	212	211	213	215	220	221	224	228	227	224	226	0	2	8***	0	39				
8. Gregg Holland	HB	161	155	156	156	160	161	160	160	163	163	162	161	165	165	168	155	156	156	160	161	160	160	163	163	162	161	165	165	168	0	0	0	0	40				
9. Tim Hartung	T	186	179	171	176	175	178	181	180	182	182	185	188	189	189	171	176	175	178	181	180	182	182	185	188	189	189	0	0	12****	2	32							
10. Chas. Coyll	HB	149	141	138	141	141	142	144	144	144	147	149	152	155	156	157	138	141	141	142	144	144	144	147	149	152	155	156	157	0	0	5 (A)	1	36					
11. Bill Collier	QB	145	141	140	141	142	143	146	146	145	145	147	145	145	144	146	141	140	141	142	143	146	146	145	145	147	145	145	144	146	0	0	0	0	40				
12. Julius Mullins	T	184	180	176	175	176	178	181	180	180	179	180	182	182	180	184	176	175	176	178	181	180	180	179	180	182	182	180	184	0	1	0	0	40					
13. Dick Thomas	C	150	148	143	146	145	145	146	145	144	146	149	152	154	156	156	143	146	145	145	145	144	146	149	152	154	156	156	0	0	0	0	30						
14. Mike Born	E	168	161	159	156	157	157	160	163	163	165	166	167	169	170	173	159	156	157	157	160	163	163	165	166	167	169	170	173	0	0	5 (B)	1	36					
15. Ned Whiner	FB	180	179	172	176	176	178	177	176	178	177	180	186	185	189	188	172	176	176	178	177	176	178	177	180	186	185	189	188	0	0	20 (C)	4	22					

Weights taken weekly.

Boys took 2 Pollitabs per day  
 \* Bruised Shoulder  
 \*\* Sprained Ankle  
 \*\*\* Bruised Shoulder  
 \*\*\*\* Twisted Knee

(A) Sprained Back  
 (B) Broken Neck  
 (C) Broken Collarbone

15 boys did NOT take Pollitabs —  
 Their record: 16 days lost because of COLDS  
 18 days lost because of FLU.  
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