

Anti-microbial Properties of Bee Propolis

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Honey bee propolis has been used as a folk remedy for over 2,000 years, mostly for its antimicrobial effects. Propolis is a complex mixture of compound produced by bees. Bees also use this to protect the hive from contamination and as a disinfectant.

There are many scientific citations that document the powerful antimicrobial properties of bee propolis against many pathogens. Some of those papers are cited below:

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