



BEE FARMER IN THE DUBLIN MOUNTAINS



Propolis Tincture

WHAT'S A PROPOLIS TINCTURE?

Propolis tinctures are nature's antiseptic marvel. They have been used for centuries for their strong anti-viral, anti-bacterial and anti-microbial properties.

Propolis is a natural resin-like substance that is collected by honeybees from various plant sources, such as the buds of poplar trees and other cone bearing trees.

The bees use propolis to seal and protect their hives from external threats, such as bacteria, fungi, and viruses.

It contains a complex mixture of active compounds, including flavonoids, phenolic acids, and terpenoids, which exhibit antioxidant, anti-inflammatory, antimicrobial, and immunomodulatory properties.

HOW'S THE TINCTURE MADE?

As I'm working with the bees, I harvest little bits of it and collect in a bucket. It's then soaked with pure grain alcohol to extract the beneficial properties. After a month it's filtered to remove the bits of beeswax and other debris and bottled.

WHAT'S IT USED FOR?

It's used on open wounds and also can be ingested daily in small amounts. It's known to help boost the immune system, it's a natural antiseptic made by nature and supports overall health and wellness.

In recent years it's been used in the drinks industry in cocktails and different drink recipes.



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