Pine trees provide us with an adaptogenic miracle every Spring season, when the male catkins on the end of the pine’s branches drop their pollen, and blanket the grounds with their yellow powder. You may be familiar with these yellow particles that tend to magnetize themselves to your car every spring.

Welcome, Pine Pollen.
One may have never guessed, that these fertile microscopic dustings given off by our population of Pine trees all around the world would be so nutritionally dense.

www.tatwellness.com
We have been on the earth as a human species for a million-or-some-odd years, in one form or another. Humans have been using the pine trees and their Pollen as medicine since the beginning.

Pine Pollen is a tonic medicine, meaning that it can be used over a course of time, without it having toxic effects on your body. It is also adaptogenic so it will cater to exactly what your body needs and treat any areas of distress. As a nutritive, Pine Pollen can be consumed in large amounts to derive any of the wide range of vitamins and minerals it contains, such as Vitamins A B-Carotene, B1, B2, B3, B6, Folic Acid, Vitamin D, and Vitamin E. Its host of minerals include Calcium, Copper, Iron, Manganese, Magnesium, Molybdenum, Phosphorous, Potassium, Selenium, Silicon, Sodium, and Zinc. Oh, and another plus: Pine Pollen contains over twenty amino acids and all eight essential amino acids! Do you know what this means? It is a complete protein!

Not only is Pine Pollen ultra-rich in vitamins and minerals, while also being a medicine you can take on an on-going basis, but Pine Pollen enhances an array of bodily functions while assisting in preventing degenerative conditions as well. Pine Pollen has the potential to increase immune and endocrine function, reduce sensitivity to pain, lower cholesterol, stimulate liver regeneration; it is an anti-inflammatory, anti-arthritis, and anti-tumor.

Another potent function of Pine Pollen which has brought a significant amount of attention to it, is that it is an androgen. The fact that Pine Pollen is an androgen means that it has the ability to raise testosterone levels effectively, making it a naturally derived source of testosterone! This is a huge discovery, as sources of testosterone in nature are few and far between. Pine Pollen raises the testosterone levels in the blood and balances the ratio of androgens to estrogen. What it is in the Pine Pollen that has this effect on the hormonal levels, are the sterols. The sterols are basically plant steroids, which benefit us, though also help the pines grow and develop!
Pine Pollen can help to reduce size and regulate the prostate, when dealing with one that is enlarged. Pine Pollen’s adaptogenic effects come into play here, as using it will reduce the size of a prostate that is enlarged, and increase its size or prevent atrophy if it is too small. Pine Pollen also contains a steroid that is active against breast and prostate cancer. It inhibits and halts cancer cell growth and multiplication.

Because Pine Pollen is an androgen, it has developed a stigma around it that it caters strictly to the male population. This is untrue. Pine Pollen contains phenylalanine, which is associated with neurotransmitters in the brain. Phenylalanine stimulates dopamine levels in the brain and is a L-dopa precursor. L-dopa has been known to specifically treat a woman’s inability to have an orgasm. Pine Pollen contains arginine, which improves fertility in women and men, as well as, increases growth hormone release.

The dogma that only men need to supplement testosterone is also a myth. Women can become testosterone deficient, leading to a host of ailments such as lack of libido, fatigue, decline in mood/well-being, unexplained bodily changes, sleep disturbances, etc. It is important for women to maintain healthy levels of testosterone. This becomes even more important, as women enter their menopausal years.

The menopausal years bring on a serious decline in women’s testosterone levels, which is generally why women tend to lack a sex drive and go through, you could say, “mid-life crises” as their moods are frequently shifting. Pine Pollen could be a perfect supplement for women going through their menopausal years, to aid the likely symptoms they could experience and decrease the discomfort that menopause can bring.

Pine Pollen can also be used externally, to successfully treat skin conditions of all kinds. It can be made into a cream to apply directly to the skin when battling eczema, acne, impetigo, and diaper rash. The arginine in Pine Pollen also caters to the improvement of skin challenges.

Pine Pollen can be consumed in various methods. When harvested, it is in its original powder form. This can be taken orally, or used as an addition to meals, blended drinks, and so on. Here at SurThri-val, we offer the Pine Pollen powder in its loose form or in capsules. Another method of use for Pine Pollen for men, is to use it in its tincture form.

When it is tinctured, the testosterone becomes more readily available for the body to assimilate. The androgens are still present in the powder form, though not quite as bio-available. We also offer a tincture of the Pine Pollen, in two different strengths. A 1:1 extract (Pine Pollen Gold) and a 1:4 extract (Pine Pollen Silver). It would be beneficial to use the more potent strength tincture, the Gold 1:1, in the case that you are treating specific ailment. For maintenance, the Silver 1:4 extract would suffice.

Pine Pollen is a whole food source and a tonic medicine. This piece of writing is only a mere glance at the realm of health and healing that Pine Pollen can provide. For both men and women, Pine Pollen has successfully elevated sexual/libido and general vitality, decreased impacts from aging, increased energy levels, and mental integrity.
Through whichever method you choose for your consumption of Pine Pollen, you will quickly learn that this is an important Meta-Food to bring into your Elite nutrition regimen!

- Promotes longevity with specific anti-aging compounds;
- Dramatically improves your vitality and stamina;
- Raises low testosterone in men;
- Increases male fertility by raising sperm count;
- Combats and reverses the effects of Andropause;
- Balances the Estrogen to Testosterone ratio in Women and Men;
- Increases energy unlike any other food or supplement can;
- Improves muscle tone;
- Eliminates sexual dysfunction due to low androgen levels;
- Aids in weight management and promotes weight loss;
- Improves overall health, greatly promoting immune function;
- Easier and quicker time getting back into shape;
- Burns off brain fog and increases attention span and brain function;
- Improves skin elasticity (anti-aging);
- Clears acne;
- Dissolves and removes age spots on skin and in the body.

Only a food containing such potent doses of so many nutrients can so thoroughly improve your health. Only Raw Pine Pollen contains such potent nutrients.

Raw Pine Pollen is by far the post potent form of Pine Pollen, and is the product recommended to everyone. In the raw form, all of the vitamins, minerals, and the phyto-nutrients like MSM, SOD, the phyto-androgens (Androstenedione, Testosterone, Dehydroepiandrosterone (DHEA), & Androsterone) and the living enzymes and co-enzymes, stay intact. Because Pine Pollen works synergistically, consuming the pure, raw powder delivers the most profound health benefits and effects.

Our Raw Pine Pollen is over 99% digestible, ensuring that you absorb and experience all the health benefits of Pine Pollen. In comparison, bee pollen is estimated at 5% digestibility.

Visit us here to order your Pine Pollen Today!