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Using bee royal jelly on dogs.

To appreciate the nutritional value of royal jelly – for bees, at least – consider that all queen bees begin life as worker bees.

It is only because they are fed royal jelly and nothing else that they grow larger than worker bees and live far longer.

While the average worker bee lives for five to six weeks during summer, queens live for three to six years, laying 2,000 eggs per day.

The queen bee's longevity and fertility gave rise to royal jelly's reputation as a miraculous rejuvenator, fountain of youth, and energy enhancer.

Modern researchers have substantiated at least some of these claims, describing royal jelly as a metabolic catalyst, a substance that combats fatigue, increases energy, and supports the adrenal glands.

Some of royal jelly's components are natural antidepressants.

Royal jelly has become a popular supplement for humans and for some canine athletes and breeding dogs.

Organic royal jelly is available in natural foods markets.

Highly perishable, it requires refrigeration.

Most labels recommend taking small amounts, such as $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon once or twice per day between meals on an empty stomach.

Adjust the label dose for your dog's weight, dividing it in half for dogs weighing 30 - 40 kg.

Because of its slightly sharp, bitter, biting taste, dogs may not care for royal jelly.

Blends of royal jelly and honey, which are also popular, may be more to their liking.

Try mixing your own by blending 2 ounces (4 tablespoons) organic royal jelly with 6 ounces ($\frac{3}{4}$ cup) of local raw honey.

Keep refrigerated.

Give your dog $\frac{1}{2}$ to 1 teaspoon of this blend twice per day, morning and night.

Some manufacturers of human and canine grooming products add royal jelly to their shampoos and conditioners, claiming that it enhances hair color and increases volume.

Those claims have not been scientifically tested, but royal jelly is certainly a luxury ingredient.