

## Probiotic effect of Lactic Acid Bacteria from fresh bee pollen

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In 1966 Pain and Maugenet discovered that bees collecting pollen leave the hive with nectar in their honey stomachs that contains Lactic Acid Bacteria (LAB). On their return, the pellets of pollen contain the same number of LAB as the nectar that was in their honey stomachs when they set out. The bees inoculate the pollen with the bacteria as they harvest it. Olofsson T.C. and Vasquez A. (2008) have identified the LAB in the honey stomachs of foraging bees. Our presentation aims to demonstrate that these LAB inhibit the growth in vitro of potentially pathogenic bacteria in the human intestinal flora such as salmonella and proteus vulgaris. This effect was compared to several commercial probiotics and the results show that due to these LAB fresh or frozen pollen has probiotic effects which suggest possible benefits for human health and well-being. An animal experiment has confirmed this hypothesis.