



Welcome to the world of Honey Bee Power

Natural solutions for athletes – energy,
endurance, and recovery at any moment.

Honey Bee Power - Strength from nature for active individuals

Honey Bee Power is a brand of natural products designed for energy, hydration, and recovery. Created in 2022 in Poland, it combines the rich tradition of beekeeping with innovation in sports nutrition.

Our mission is to support athletes and active individuals by using 100% natural ingredients - honey, freeze-dried fruit, and guarana - to help them achieve their goals and push their limits.

What makes us special?

🌿 **100% Natural:** Our products contain no artificial additives - they're based on natural ingredients like honey and freeze-dried fruit.

🐝 **Local Production:** The honey comes from our own beehives in the Lublin region, and the freeze-dried fruit is sourced from local growers who have been working with us for over 30 years.

💪 **Athlete-Focused:** Our products are designed for active individuals and professional athletes who need support before, during, and after physical exertion.

Vision and Values

Natural support for athletes: We help athletes of all levels reach their full potential by harnessing the power of nature.

Sustainability and quality: Every product is carefully formulated to ensure the highest quality and sustainability - with no compromises.

Energy from nature: Honey, the foundation of all our products, represents a natural source of energy, while other ingredients provide balance, strength, and recovery.

Honey Bee Power is more than just a brand - it's an ally for athletes and active individuals in their everyday challenges. With nature as the foundation of our products, we provide energy and support that comes straight from the heart of nature.



PPH M. MARCINKOWSKA BARANÓW

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PRODUCTS

Our natural products are designed to provide top-level support for your athletic goals. Honey Bee Power is a 100% natural product, made without any artificial additives. Our energy gels, proteins, and isotonic drinks support the body before, during, and after physical activity - supplying essential minerals, delivering energy, and aiding in recovery.

What makes Honey Bee Power special?

It's all about the carefully selected natural ingredients that offer optimal support for your body:

- Honey: A healthy source of energy with antibacterial and anti-inflammatory properties, helping to strengthen the immune system and support recovery.
- Freeze-dried fruit: The freeze-drying process preserves all the health benefits of fruit, including vitamins, fiber, and natural flavor.
- Sea salt: A natural source of macro- and microelements with anti-inflammatory effects, improving circulation and metabolism while replenishing lost electrolytes.
- Guarana: Helps reduce fatigue, improves memory, focus, and endurance, and provides an extra energy boost during intense effort.

Honey Bee Power offers the perfect combination of natural ingredients for energy, hydration, and recovery - supporting you every step of the way in reaching your athletic goals.



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Honey Bee Power Energy Gels

Honey Bee Power energy gels are designed to provide immediate and reliable support for athletes during intense activity. Made with natural multifloral honey, guarana, and freeze-dried fruit, our gels deliver a fast-acting energy boost in the moments when you need it most. They are ideal for use before, during, or after a workout, offering a perfect combination of natural carbohydrates and extra power. Available in refreshing lemon, orange, and raspberry flavors, their convenient packaging makes them the perfect companion for any athletic challenge.



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HONEY BEE POWER GEL - ORANGE



95,5 % Multifloral honey

3 % Freeze-dried orange

1 % Guarana

0,5 % Sea salt

Average nutritional values per 1 serving (40 g)

Energy	532 kJ / 127 kcal
Fats	0 g
of which saturated fatty acids	0 g
Carbohydrates	31,2 g
of which sugars:	30 g
Fiber	0 g
Protein	0 g
Salt	0,1 g

The natural sugars from honey and orange provide instant energy when you need it most, while sea salt helps replenish lost electrolytes and maintain fluid balance in the body. Guarana boosts endurance and reduces fatigue, supporting you through even the most demanding activities. This product also contributes to faster muscle recovery after exertion, giving your body the support it needs to regenerate. Thanks to its convenient packaging, it's always ready to use - before, during, or after activity, whenever you need an extra boost.

HONEY
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HONEY BEE POWER GEL - LIMUN



94,5 % Multifloral honey

4 % Freeze-dried lemon

1 % Guarana

0,5 % Sea salt

Average nutritional values per 1 serving (40 g)

Energy	532 kJ / 125 kcal
Fats	0 g
of which saturated fatty acids	0 g
Carbohydrates	29 g
of which sugars:	24 g
Fiber	0 g
Protein	0 g
Salt	0,1 g

The natural sugars from honey and lemon provide instant energy, giving you strength for every challenge, while sea salt helps replenish lost electrolytes and maintain optimal hydration and balance in the body. Lemon adds a natural dose of vitamin C and a refreshing sensation that supports your vitality and recovery. With the addition of guarana, the product boosts endurance and reduces fatigue, making it the ideal companion for any intense workout or demanding activity. Thanks to its convenient packaging, it's easily accessible when you need it most - before, during, or after physical activity.

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HONEY BEE POWER GEL - MALINA



91 % Multifloral honey

8 % Freeze-dried raspberry

1 % Guarana

Average nutritional values per 1 serving (40 g)

Energy	523 kJ / 125 kcal
Fats	0 g
of which saturated fatty acids	0 g
Carbohydrates	30,1 g
of which sugars:	25,3 g
Fiber	0 g
Protein	0 g
Salt	0 g

The natural sugars from honey and raspberry provide instant energy and help maintain energy levels throughout activity. Guarana delivers extra strength and supports endurance, making this product perfect for intense effort and demanding workouts. Freeze-dried raspberry brings a natural, rich flavor and a wealth of antioxidants that support the body's recovery and muscle regeneration. Thanks to its convenient packaging, this product is easily accessible when you need it most - before, during, or after physical activity.

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Honey Bee Power Isotonic Drinks

Honey Bee Power isotonic drinks are designed to provide reliable support for athletes during every training session or competition. With natural multifloral honey, pure glucose, fiber- and vitamin-rich freeze-dried fruit, and sea salt, our drinks ensure optimal hydration, replenish lost electrolytes, and deliver the energy needed to maintain performance. They are ideal for use before, during, or after physical activity, offering the perfect blend of hydration, natural sugars, fiber, and vitamins (A, B, and C) to revitalize the body. Available in refreshing lemon and orange flavors, their easy preparation makes them an essential part of any sports routine.



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HONEY BEE ISOTONIC DRINK - ORANGE



Available in: PET 500 g and 15 g sachets

Average Nutritional Values	100 g	per serving = 15 g
Energy	1540 kJ / 363 kcal	231 kJ / 54 kcal
Fats	0 g	0 g
of which saturated	0 g	0 g
Carbohydrates	90 g	13,5 g
of which sugars	5,5 g	0,83 g
Protein	0,40 g	0,06 g
Salt	0,1 g	0 g
Magnesium	27,1 mg	4,07 mg
Potassium	31,3 mg	4,70 mg
Sodium	14,6 mg	2,19 mg

The perfect solution for anyone looking to maintain high levels of energy and hydration before, during, and after exercise.

Thanks to its natural formula without artificial additives, this isotonic drink:

- Replenishes electrolytes and helps maintain fluid balance in the body.
- Provides essential carbohydrates to support strength and endurance.
- Enriched with vitamins (A and B group) that offer additional support to the body.
- Naturally rich in fiber from freeze-dried orange, contributing to digestive health.
- Contains pure glucose and multifloral honey, which are quickly absorbed and provide an instant energy boost.
- Sediment is a natural occurrence, confirming its original, unprocessed formula.

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HONEY BEE ISOTONIC DRINK - LEMON



Available in: PET 500 g and 15 g sachets

Average Nutritional Values	100 g	per serving = 15 g
Energy	1550 kJ / 364 kcal	233 kJ / 55 kcal
Fats	0 g	0 g
of which saturated	0 g	0 g
Carbohydrates	90 g	13,5 g
of which sugars	5,5 g	0,83 g
Protein	0,43 g	0,06 g
Salt	0,1 g	0 g
Magnesium	34,1 mg	5,12 mg
Potassium	45,5 mg	6,83 mg
Sodium	7,6 mg	1,14 mg

The perfect solution for anyone looking to maintain high levels of energy and hydration before, during, and after exercise. Thanks to its natural formula without artificial additives, this isotonic drink:

- **Replenishes electrolytes** and helps maintain fluid balance in the body.
- **Provides essential carbohydrates** to preserve strength and endurance.
- **Enriched with vitamins (A and C)** that offer additional support to the body.
- **Naturally rich in fiber** from freeze-dried lemon, contributing to digestive health.
- **Contains pure glucose and multifloral honey**, which are quickly absorbed and deliver an instant energy boost.
- **Sediment** is a natural occurrence, confirming its original, unprocessed formula.

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Honey Bee Power Proteins

Honey Bee Power proteins are the first on the European market sweetened with dried honey and stevia — a combination that offers a natural and healthy alternative to traditional protein shakes. These high-quality whey proteins (91-92%) are designed for athletes and active individuals who want to support recovery, muscle growth, and a healthy lifestyle.

Available in three irresistible flavors:

- Hazelnut Chocolate
- Strawberry with Cream
- Vanilla Banana

Unique ingredients that make the difference:

- **Dried Honey (6%)** - A natural sweetener rich in nutrients, providing energy and supporting the immune system.
- **Stevia** - A calorie-free natural sweetener that helps reduce hunger, regulate blood pressure, and support oral health; ideal for diabetics and those looking to lose weight.
- **Acacia Gum** - A natural thickener rich in polysaccharides and glycoproteins, known for its anti-inflammatory, digestive, and antimicrobial benefits.

Benefits of Honey Bee Power proteins:

- Contain high-quality whey protein to support recovery and muscle growth.
- Natural sweeteners provide a healthier option with no artificial additives.
- Suitable for active individuals, diabetics, and anyone focused on health and fitness.

Honey Bee Power proteins are more than just a supplement - they are a fusion of innovation, nature, and wellness, created to help you achieve your fitness goals with outstanding taste.



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HONEY BEE POWER PROTEIN - CHOCOLATE/HAZELNUT



Available in: PET 700 g and 33 g sachets

Average Nutritional Values	100 g	per serving (33 g)
Energy	1660.49 kJ / 398.59 kcal	547,96 kJ / 131,53 kcal
Fat	7,10 g	2,34 g
of which saturated fat	4,55 g	1,50 g
Carbohydrates	16,26 g	5,36 g
of which sugars	5,79 g	1,96 g
Fiber	0,06 g	0,02 g
Protein	67,07 g	22,13 g
Salt	0,61 g	0,2 g

Chocolate-Hazelnut Honey Bee Power Whey Protein

The perfect solution for anyone looking to support muscle recovery and growth after training - with a premium chocolate and hazelnut flavor. Thanks to its natural formula free from artificial additives, this protein offers:

- 91-92% high-quality whey protein, ideal for recovery and muscle development.
- Enriched with dried honey, a natural source of energy and nutrients.
- Sweetened with stevia, a calorie-free natural sweetener that helps regulate appetite and supports oral health.
- Contains acacia gum, which promotes digestive health and has anti-inflammatory properties.
- Free from sucralose and artificial additives, making it a natural and healthy choice.

Enjoy the rich taste of chocolate and hazelnut while giving your body the essential nutrients it needs to reach your fitness goals.

HONEY
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HONEY BEE POWER PROTEIN - BANANA/VANILLA



Available in: PET 700 g and 33 g sachets

Average Nutritional Values	100 g	per serving (33 g)
Energy	1660.49 kJ / 398.59 kcal	547,96 kJ / 131,53 kcal
Fat	7,10 g	2,34 g
of which saturated fat	4,55 g	1,50 g
Carbohydrates	16,26 g	5,36 g
of which sugars	5,79 g	1,96 g
Fiber	0,06 g	0,02 g
Protein	67,07 g	22,13 g
Salt	0,61 g	0,2 g

Banana-Vanilla Honey Bee Power Whey Protein

The perfect solution for anyone aiming to support muscle recovery and growth after training - with a premium banana and vanilla flavor. Thanks to its natural formula without artificial additives, this protein offers:

- 91-92% high-quality whey protein, ideal for recovery and muscle development.
- Enriched with dried honey, a natural source of energy and nutrients.
- Sweetened with stevia, a calorie-free natural sweetener that helps regulate appetite and supports oral health.
- Contains acacia gum, which promotes digestive health and offers anti-inflammatory benefits.
- Free from sucralose and artificial additives, making it a natural and healthy choice.

Enjoy the rich taste of banana and vanilla while giving your body the essential nutrients needed to achieve your fitness goals.

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HONEY BEE POWER PROTEIN - STRAWBERRY/CREAM



Available in: PET 700 g and 33 g sachets

Average Nutritional Values	100 g	per serving (33 g)
Energy	1666.36 kJ / 400.05 kcal	549,89 kJ / 132,01 kcal
Fat	6,70 g	2,21 g
of which saturated fat	4,31 g	0,01 g
Carbohydrates	16,43 g	5,42 g
of which sugars	5,95 g	1,96 g
Fiber	0,04 g	0,01 g
Protein	68,69 g	22,66 g
Salt	0,61 g	0,2 g

Strawberry-Cream Honey Bee Power Whey Protein

The perfect solution for anyone looking to support muscle recovery and growth after training - with a delicious strawberry and cream flavor. Thanks to its natural formula free from artificial additives, this protein offers:

- 91-92% high-quality whey protein, ideal for recovery and muscle development.
- Enriched with dried honey, a natural source of energy and nutrients.
- Sweetened with stevia, a calorie-free natural sweetener that helps regulate appetite and supports oral health.
- Contains acacia gum, which supports digestive health and has anti-inflammatory properties.
- Free from sucralose and artificial additives, making it a natural and healthy choice.

Enjoy the premium taste of strawberry and cream while fueling your body with the essential nutrients needed to achieve your fitness goals.

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Why are dietary supplements important for athletes?



NUTRITION - THE FOUNDATION OF ATHLETIC PERFORMANCE

Proper nutrition is key to athletic success:

- ▶ Intensive training increases the body's metabolic, physical, and mental demands.
- ▶ Energy intake must match expenditure to maintain balance.

Core elements of sports nutrition:

- ▶ Carbohydrates: The main source of energy, helping to maintain steady blood glucose levels.
- ▶ Proteins: Essential for muscle recovery and growth.
- ▶ Vitamins and minerals: Support vital bodily functions and help prevent fatigue.
- ▶ Hydration: Crucial for physical endurance and recovery.



KEY NUTRIENTS FOR OPTIMAL ENDURANCE

Vitamins and minerals - Essential for athlete health:

- ▶ **Vitamin C:** An antioxidant that boosts immunity and reduces fatigue.
- ▶ **Vitamin D:** Important for bone health and muscle recovery.
- ▶ **Magnesium:** Prevents cramps and supports heart function.
- ▶ **Iron:** Crucial for oxygen transport and muscle regeneration.
- ▶ **Potassium and sodium:** Help maintain fluid balance and prevent dehydration.



ENERGY AND HYDRATION - THE KEY TO SUCCESS

Energy for peak performance:

- ▶ Carbohydrates are the main source of energy during physical activity.
- ▶ Short-chain sugars provide fast-acting fuel.
- ▶ Stable blood glucose levels allow for sustained endurance during longer efforts.

Why is hydration important?

- ▶ During training, we lose fluids and electrolytes.
- ▶ Proper hydration prevents fatigue, cramps, and dehydration.
- ▶ Adequate hydration improves cognitive function and focus during activity.



WHAT HAPPENS WHEN KEY NUTRIENTS ARE MISSING?

Signs of deficiency:

- ▶ Fatigue and trouble concentrating
- ▶ Slow recovery and frequent injuries
- ▶ Weakened immune system and increased risk of illness
- ▶ Muscle loss and reduced strength due to protein deficiency
- ▶ Frequent inflammation and impaired muscle tissue regeneration

How to prevent deficiencies:

- ▶ Balanced intake of all essential nutrients
- ▶ Proper supplementation to maintain health and performance
- ▶ Regular monitoring of vitamin and mineral levels (e.g. iron, magnesium, vitamin D)
- ▶ Use of natural dietary supplements that replenish lost electrolytes and provide energy



STRENGTH FROM NATURE FOR SPORTING SUCCESS

Why choose natural?

- ▶ Better absorption and utilization of nutrients Fewer side effects compared to synthetic supplements
- ▶ Supports health through natural sources of vitamins, minerals, and antioxidants
- ▶ More environmentally friendly products without artificial additives

Honey Bee Power products:

- ▶ Natural sources of energy - honey and fruit, with no artificial additives or preservatives
- ▶ Hydration and balance with sea salt and guarana, naturally rich in minerals and antioxidants
- ▶ A unique combination of ingredients that support muscle recovery, boost endurance, and reduce fatigue
- ▶ 100% natural ingredients, carefully selected from ecological sources for premium quality
- ▶ Practical packaging tailored to the needs of active individuals and athletes, with a focus on ease and speed of use
- ▶ Free from synthetic sweeteners - sweetened with natural honey and stevia for better taste and health



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Try Honey Bee Power today!

Request samples, a personalized offer, or more information.

Planet Bio, service-based small business

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