

Fresh Royal Jelly Buyer's Checklist & Comparison Guide

SECTION 1: PRE-PURCHASE VERIFICATION CHECKLIST

- Seller provides lot-specific Certificate of Analysis (COA)
- 10-HDA percentage is clearly stated (not "proprietary blend")
- Harvest date or production window is listed on label
- Refrigerated shipping is confirmed (ice packs + insulation)
- Best-by date is realistic (under 18 months for fresh format)
- Single ingredient listed (royal jelly only, no honey fillers)
- Seller responds to quality questions within 48 hours

SECTION 2: COLD-CHAIN CONFIRMATION QUESTIONS

Ask the seller before checkout:

1. "How is the product packed for shipping?"
Expected: Insulated box + ice packs + expedited shipping
2. "What happens if delivery is delayed?"
Expected: Replacement guarantee or refund policy
3. "Can you share the most recent COA for this batch?"
Expected: PDF with matching lot number within 90 days

SECTION 3: FRESH VS. PROCESSED COMPARISON TABLE

CRITERIA	FRESH (JAR)	PROCESSED (CAPSULE/POWDER)
Storage Requirement	Refrigerated	Shelf-stable
10-HDA Verification	Batch-specific	Often averaged
Taste Assessment	Possible (tangy)	Not possible
Texture Check	Visible (creamy)	Not visible
Travel Convenience	Low	High
Price per Serving	Higher	Lower
Shelf Life	12-18 months	24-36 months

SECTION 4: RED FLAGS TO AVOID

- ⚠ No refrigeration mentioned for "fresh" product
- ⚠ COA is generic (no lot number or test date)
- ⚠ Best-by date exceeds 24 months for fresh format
- ⚠ Ingredients include honey, syrup, or "natural flavors"
- ⚠ Seller cannot explain cold-chain shipping process
- ⚠ Price is significantly below market average (\$0.50/g or less)

SECTION 5: FIRST-USE SAFETY CHECK

- No history of bee product allergies
- Asthma condition discussed with clinician
- Starting dose: pea-sized amount (approx. 0.5g)
- First dose taken with someone present
- Emergency contact available if reaction occurs

For educational purposes. Consult a healthcare provider before use if you have allergies or medical conditions.
