



Royal Jelly Taste & Intake Tracker

User Name: _____

Start Date: _____

Product Source/Brand: _____

This tracker is designed to help you understand your unique experience. Since everyone's palate is different, use this chart to observe how you react and determine what works best for your routine.

Date	Time	Amount (e.g., pea-size d)	Paired With (e.g., yogurt, honey)	Taste Observations (What does royal jelly taste like to you?)	Texture / Aftertaste Notes

Daily Usage Tips & Reminders



- **Start Small:** Always begin with a tiny, pea-sized amount to gauge your body's reaction.
- **Temperature Matters:** Chilled royal jelly often tastes fresher and less pungent.
- **Consistency:** Try to take it at the same time each day to better track energy or wellness improvements.
- **Listen to Your Body:** If you experience any signs of irritation or allergic reaction (especially if you have asthma or bee allergies), stop use immediately and consult a healthcare professional.
- **Storage:** Keep your jar refrigerated and check the "Best Before" date to ensure the highest quality.

Reflection Questions (End of Week)

1. **Flavor Sensitivity:** Did the "tart/sour" profile become easier to manage over time? _____
2. **Best Pairing:** Which food or drink successfully neutralized the sharpness for you? _____
3. **Consistency:** Did you stick to your daily schedule? (Yes/No)

4. **Energy/Well-being:** Did you notice any subtle changes in your daily energy or mood? _____