



The Royal Jelly Biohacker's Starter Kit

Phase 1: The "No-Scam" Purchase Checklist

Before you buy, verify these 4 pillars on the label or manufacturer website:

- **Lyophilized (Freeze-Dried):** Confirmed (No heat processing).
- **10-HDA Concentration:** Minimum 5% to 6% explicitly stated.
- **Purity:** No magnesium stearate, artificial fillers, or dyes.
- **Safety Check:** I do not have asthma or a known bee-sting allergy.

Phase 2: 7-Day Performance Log

Instructions: Take your baseline dose (500mg) with breakfast. Rate your energy from 1–10.

Day	Dosage	Time	Energy (1-10)	Focus/Mood	Physical Notes (Skin/Stomach)
1	500mg				
2	500mg				
3	500mg				
4	500mg				
5	1000mg*				<i>Increase only if no stomach upset</i>



6	1000mg				
7	1000mg				

Pro Tip: If you feel a "jittery" buzz similar to caffeine, scale back to 500mg. The goal is steady endurance, not a heart-racing spike.