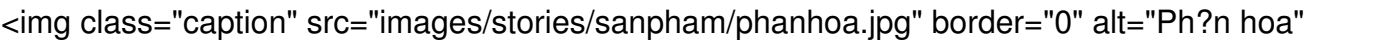


## Ph?n hoa

Written by DongNaiHoney

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 Ph?n hoa l?t? b? sinh s?n ??c c?a th?c v?t v?l?ngu?n th?c ?n ch?a nhi?u ??m, vitamin v?mu?i kho?g cho ong m?t. Ong m?t bay ??n nh?ng hoa c?ph?n nhi?u ( hoa m?c c?, hoa c?ph?n ) ch?ng r? hoa ?? c? h?t ph?n r?i b? v? th?, ch?ng d?ng 4 chi tr??c ?? vo c? h?t ph?n cho v? 2 gi? 2 b? ch? sau. Khi ??y gi?, ch?ng bay v? t?. ?? thu ho?ch ph?n hoa, ng??i nu? ong ??t l??i tho? ph?n tr??c c?a t?, ph? d??i g?n m?g ??ng ph?n, khi ong ?i l? vi?c v? chui qua l??i tho? ph?n, 2 h?t ph?n ? 2 b? ch? s? r?i xu?ng m?g. Ph?n hoa do ong mang v? th??ng ?m, c? th?h ph?n trong ph?n r?t d? l? men, ph? h?y v?h?ng. ?? b?o qu?n l?, ph?i s?y kh?ph? hoa thu ho?ch trong ng?.

**Th?h**  
Ph?:  
Protein: r?t phong ph? chi?m kho?ng 35%, ?a s? l?c? protein d? ti? h?.  
???ng: ph?n hoa chi?m t? l? 40% ???ng, ch? y?u l?Glucose.  
Vitamin: ph?n hoa ???c xem nh? l?ch?t c? ??c c?a h?u h?t c? vitamin nh? Vitamin C, B1, B3, B6, B12, D, E, K?  
C? nguy? t? vi l??ng: ph?n hoa gi? c? nguy? t? vi l??ng nh? K, Mg, Cu, Fe, Zn, v?mu?i kho?g.  
**T? D?ng C?a Ph?n Hoa:**  
Ph?n hoa c?t? d?ng t?ng l??ng h?ng c?u trong m?. D?ng ph?n hoa ch?a b?nh thi?u m?, ch?m l?n, c? x??ng v?k?h th?h th? ?n ? tr? nh?.  
Ph?n hoa c?t? d?ng trong ?i?u tr? b?nh vi? ru?t k?t v?t? b? m?n t?h.  
Ph?n hoa k?h th?h ti? h?, l? ?n ngon, t?ng d?ch v? v?t?ng kh? n?ng lao ??ng. Ngo? ra, c? ch?a b?nh m?t do thi?u vitamin A. Trong ph?n hoa c?Riboflavin, sinh t? n? c?n cho v?g m?c m?t c?t? d?ng l? xoa d?u m?t m?t m?i v?b?o v? nh? quan.  
**Li?u D?ng:**  
M?i l?n 2 mu?ng canh, d?ng tr??c 2 b?a ?n ch?h v?tr??c khi ?i ng?.  
**C? s?n ph?m kh?:**  

- [M?t Ong](index.php?option=com_content&view=category&layout=blog&id=81&Itemid=303)
- [M?t Ong S?a Ch?a](index.php?option=com_content&view=category&layout=blog&id=82&Itemid=304)
- [M?t Ong Ngh?](index.php?option=com_content&view=category&layout=blog&id=83&Itemid=305)
- [S? Ong](index.php?option=com_content&view=category&layout=blog&id=77&Itemid=307)
- [N?n S?](index.php?option=com_content&view=category&layout=blog&id=78&Itemid=308)
- [S?a Ong Ch?a](index.php?option=com_content&view=category&layout=blog&id=58&Itemid=309)
- [Bee's Food](index.php?option=com_content&view=category&layout=blog&id=59&Itemid=310)