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Royal Jelly May Improve Quality of Life for Menopausal Women



Estrogenic Activities of Fatty Acids and a Sterol Isolated from Royal Jelly

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We have previously reported that royal jelly (RJ) from honeybees (*Apis mellifera*) has weak estrogenic activity mediated by interaction with estrogen receptors that leads to changes in gene expression and cell proliferation.

In this study, we isolated four compounds from RJ that exhibit estrogenic activity as evaluated by a ligand-binding assay for the estrogen receptor (ER) β . These compounds were identified as 10-hydroxy-trans-2-decenoic acid, 10-hydroxydecanoic acid, trans-2-decenoic acid and 24-methylenecholesterol...

These findings provide evidence that these compounds contribute to the estrogenic effect of RJ...

In summary, we isolated and identified four compounds associated with the estrogenic effects of RJ. Further understanding of these compounds should provide a scientific basis for the development of better therapeutic applications of dietary supplement for the improvement of quality of life in menopausal women