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Beneficial Effect of Honeybee-collected Pollen Lump Extract on Benign Prostatic Hyperplasia (BPH) — A Double-blind, Placebo-controlled Clinical Trial —

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A double-blind, placebo-controlled clinical trial was performed to investigate the efficacy and safety of 12-week intake of honeybee-collected pollen lump extract (HPLE)-supplemented food in 47 patients with benign prostatic hyperplasia (BPH). The participants were randomly assigned to 3 study food trial groups: a placebo group (0 mg HPLE per day); a lower-dose group (160 mg HPLE per day); and a high-dose group (320 mg HPLE per day) (Groups P, L, and H, respectively). Outcome measures were the change during the 12-week intervention period in subjective symptom scores and 2 urodynamic parameters, maximum flow rate (Q_{max}) and residual urine volume. Q_{max} values were significantly increased in Group H ($P < 0.05$) but not in Groups L or P. While residual urine volume was significantly increased in Groups L and P ($P < 0.05$ each), the level in Group H decreased, although the difference between Groups H and P did not reach statistical significance ($P = 0.052$). No HPLE-related health hazards or laboratory abnormalities of clinical significance were encountered.

Keywords: [honeybee-collected pollen lump extract \(HPLE\)](#), [benign prostatic hyperplasia \(BPH\)](#), [lower urinary tract symptoms](#), [efficacy](#), [safety](#)

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