

Nutritional Value & Medicinal Benefits of Edible Bird's Nest

Scientific researches have found that the main ingredients of edible bird's nest are water-soluble protein, carbohydrate, trace elements of calcium, phosphorus, iron, sodium, potassium, iodine and 18 types of amino acids that promote growth and development of the body.

The special protein in edible bird's nest contains bioactive molecules which aid the growth and development of tissues, boost the immune system and protect the body against diseases. Carbohydrate is a source of energy, and when combined with protein, enables its other properties to function more effectively; it can also promote the metabolism of fats.



The epidermal growth factor contained in edible bird's nest and water soluble protein can directly stimulate cell division, regeneration and tissue reconstruction, bringing about significant nourishing effects which aid healing. Researchers have also discovered that edible bird's nest improves immunity, slows down ageing, and prolongs life expectancy. Overall, the nutritional and health benefits are immense.

As a natural nourishing supplement, it can be consumed by both men and women of all ages. Women for instance, will find their skin smoother and firmer. For men, long-term consumption will rejuvenate and restore energy, boost immunity and enhance strength generally. Besides that, consuming edible bird's nest during pregnancy helps to make the baby strong besides enhancing its complexion and boosting its immunity. For old folks with digestion problems, are frail or suffering from osteoporosis, arthritis, etc., consuming edible bird's nest will help strengthen the lungs, prevent coughs and regulate imbalances in the body. Children and those who are weak or recovering from an illness as well as those working long hours will find that edible bird's nest is the best natural health supplement.