

HOW TO CHOOSE MĀNUKA HONEY

UMF 5+
MGO 83+

DAILY USE

Suitable for everyday use, immune support and general well-being. It can be consumed as a natural sweetener, added to teas or smoothies, or spread on toast.



UMF 10+
MGO 261+

EVERYDAY BOOST

Recommended used for maintaining digestive health, soothing sore throats, and supporting overall immune system function. It can be consumed directly, added to warm water with lemon, or used as a natural remedy for coughs and colds.



UMF 15+
MGO 514+

MAXIMUM STRENGTH

Its potent antibacterial properties make it effective in helping to treat cuts, burns, and skin infections. A great choice for natural support when you are actually feeling unwell.



It's the Gold standard of Mānuka Honey Certification. MGO (potency), Leptosperin Scoparium (authenticity), DHA (shelf life), and HMF (freshness). UMF grading ensures the honey meets all these quality markers, providing a complete QualityMark.

**FACTS WORTH
KNOWING**



ANTIBIOTIC FREE

In New Zealand, it is forbidden to use antibiotics as treatment of honey producing hives



Whilst honey has a very long shelf life (edible honey was found in Egyptian tombs) the activity of Mānuka will decrease over time. If packed under UMF, you are guaranteed that your honey will maintain its MGO content / potency until the last day of its shelf life.

ANTIBACTERIAL, ANTI-INFLAMMATORY, ANTIOXIDANT, ANTI-VIRAL, AND ANTIMICROBIAL PROPERTIES PERFECT FOR:



DIGESTIVE HEALTH

Reducing inflammation and improving digestive symptoms.



SORE THROAT RELIEF

Helping to soothe a sore throat and reducing inflammation in the throat.



WOUND HEALING

Soothing and healing minor burns, cuts and scrapes.



LIP BALM

Moisturizing and protecting your lips from dryness and cracking.



SKIN CONDITIONS

Can be used as a cleanser, toner, moisturizer, and face mask.



IMMUNE SYSTEM SUPPORT

Contains antioxidants that may help to support the immune system.

