

# ROLE OF MANUKA FOR GUT HEALTH



Honey has been used for thousands of years for its **natural health-giving benefits**.



The significant levels of **antimicrobial and anti-inflammatory bioactivity** found in high, medicinal grade manuka honey has the ability to markedly improve digestion and protect your gut health, making this **natural superfood** a significant probiotic.

Let's dive deeper into the impact this healing honey has on gut health and the associated conditions which may be exacerbated by a weakened gut.



## ROLE BEES PLAY IN DIGESTIVE HEALTH

Bees collect nectar and pollen from manuka flowers to make those distinct honeycombs containing our liquid gold manuka honey. However, not many people are aware of the unique way our busy Australian bees produce this remarkable honey.

Wild foraging bees gather nectar from flowering manuka blossoms by sucking it up through their long straw-like tongues (called a proboscis). The nectar is stored in their special honey stomachs for safe and secure delivery back to the hive.

This nectar is then passed mouth-to-mouth from the wild foraging bees to the honey-making bees. The "indoor" worker honey bees continue this process of passing the nectar from

mouth-to-mouth, from bee to bee, until its moisture level is reduced from 70% to 20%. This is where the healthy enzymes are added.

The honey is then stored in the honeycomb cells and the bees flap their wings to keep constant air flowing through the hive, to further reduce moisture in the honey, and to keep the colony dry.

After the nectar has lost most of its moisture content through this warming and "ripening" process, it becomes part of the grand honeycomb and is wax-sealed to keep it fresh for the winter months when food is scarce.



The manuka honey is now replete with bioactive compounds including antioxidants and probiotics - the very probiotics that play a crucial role in keeping your stomach and gut healthy and your digestive system working in top form.

While Manuka honey active at lower levels may prove effective for sore throats, and bacterial coughs, as it passes lower down the digestive system MGO levels would need to be of a much higher grade in order to withstand the damaging effects of stomach acid.

## MANUKA HONEY AND GUT HEALTH

Your digestive system is home to millions of bacteria, which affect the body's ability to work effectively and its overall health.

**A good bacterium acts like a probiotic protecting you from various ailments and making you feel good. A weak gut or abundance of bad microbes can affect your emotional state and mental wellbeing.**

In fact, a few studies have linked gut health with conditions such as anxiety and depression.

Certain foods (called prebiotics) help you maintain these probiotics in the body and allow them to flourish. Most of us are familiar with yogurt and fermented foods, but did you know manuka honey works just as well or even better?

According to [this research](#), Manuka works as a prebiotic as it contains fructo-oligosaccharides. This increases the growth of good bacteria while reducing harmful bacteria and viruses at the same time.

You can take a spoonful of manuka alone to reap the benefits or add bee pollen and Broccoli sprouts (microgreens) to make a stronger combo.

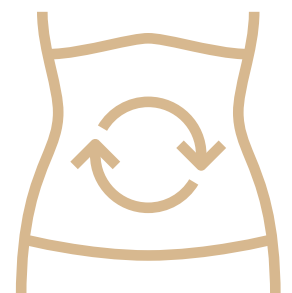
Microgreen, including broccoli, are basically shoots growing from germinating seeds. They contain 10x nutrients compared to the full grown greens and other vegetables. Adding them in powder or capsule form to honey can enhance the potency of your manuka.

## MANUKA HONEY FOR GASTRITIS

Honey including manuka is valued for its inflammation-reducing properties. Inflammation of the stomach lining, intestine or digestive tract is often the immune response to invading microorganisms including H. pylori, staph and E. coli.

Gastritis is an inflammation of the stomach lining which occurs among other reasons due to H.pylori. Regular intake of honey attacks the source of this inflammation and helps reduce associated digestive issues.

Manuka honey with a [higher level of methylglyoxal](#) has a stronger effect on the swelling and the bacteria causing it. Working as an immune stimulator, it encourages a faster response in dealing with gastritis, and similar conditions such as acid reflux.



# MANUKA HONEY FOR STOMACH ULCERS

Did you know that Manuka can kill over 50 kinds of infection-causing pathogens, chiefly those targeting your digestive system?

Stomach ulcers, colitis, and even IBS are caused by certain bacteria. Manuka's antibacterial compounds offer a natural way to cure these painful infections and improve digestion.

These stomach sores are caused by increased hydrochloric acid in the stomach and can be painful and can negatively affect your entire body. Honey destroys bacteria and reduces inflammation. Manuka helps in [faster healing of these lesions](#) while providing relief from pain.



## MEDICINAL MANUKA HONEY - MGO GRADES EXPLAINED

Premium medicinal Manuka honey is defined as high-grade MGO Manuka honey that is scientifically tested for its curative compounds such as antioxidants, bioflavonoids and immune boosting enzymes.



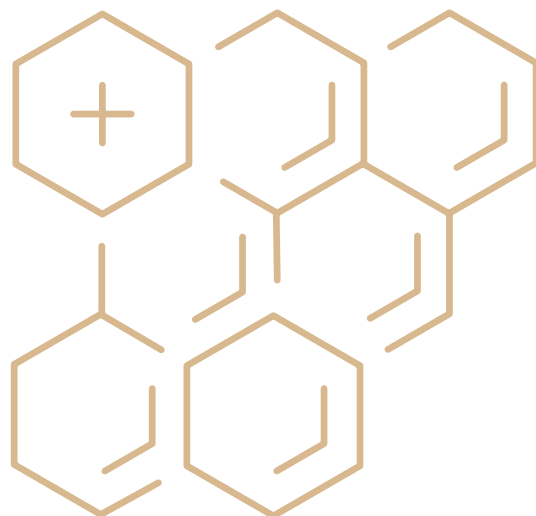
**This honey presents higher levels of MGO (Methylglyoxal) when compared to table-grade Manuka honey** and is

naturally bio-active with anti-bacterial, antimicrobial, antiseptic, and anti-inflammatory properties for the holistic prevention and treatment of various health ailments.

Commonly known uses include: burns, wounds, infection, oral care, ulcers, gut health, cold & flu, sore throat, cough, immunity building, general wellbeing, and beauty and skincare.

The higher the MGO number of the Manuka Honey, the stronger its antimicrobial bioactivity levels and the more potent the natural medicinal benefits.

The MGO levels of Biosota's high strength medicinal Manuka honey ranges are regularly tested and verified authentic by independent accredited laboratories both in Australia and New Zealand.



# ANTIBACTERIAL BIOACTIVITY & SUGGESTED USAGE

THIS CHART DISPLAYS THE SUGGESTED MEDICINAL USAGE FOR VARYING GRADES OF MANUKA HONEY. THE HIGHER THE MGO RATING, THE STRONGER AND MORE POTENT THE MANUKA HONEY AND ITS USES.

RANGE STRENGTH	MGO	NPA/ULF	SUGGESTED USE
<b>THE ULTIMATE STRENGTH</b> MGO 2100+ (LIMITED EDITION)	2100+	36+	MEDICAL GRADE USE BURNS WOUNDS ULCERS INFECTIONS GUT HEALTH ORAL CARE COLDS & FLU SORE THROATS COUGHS ----- WELLBEING IMMUNITY SKINCARE
	1717+	31+	
<b>SUPERIOR STRENGTH</b> MGO 1000+ TO 1900+ (RARE)	1443+	28+	
	1200+	25+	
<b>HIGH MEDICINAL STRENGTH</b> MGO 500+ TO 990+	880+	20+	
	550+	15+	
<b>MEDICINAL STRENGTH</b> MGO 300+ TO 490+ (MINIMAL BIOACTIVITY REQUIRED FOR MEDICINAL USE)	400+	12+	
	300+	11+	
<b>EVERYDAY STRENGTH</b> MGO 30+ TO 290+	260+	10+	
	150+	5+	
	30+	2+	

Statements made have not been evaluated by the TGA (Australian Therapeutic Goods Administration) or FDA (US Food & Drug Administration). Products sold are not intended to diagnose, treat, cure, or prevent any disease.

## HOW TO USE AND APPLY MEDICINAL MANUKA HONEY

Medicinal Manuka honey usage and dosage suggestions made are based on our own direct experience, from feedback received and collated from real customers, and from the latest published scientific journals and research papers.

**i** Dosage and individual results may vary. Please consult your healthcare provider before beginning any treatment and if symptoms persist. **(Allergy advice: honey should not be consumed by children under the age of 1 and people with allergies to honey and bee products).**

# FOR GUT HEALTH, STOMACH INFECTIONS & ULCERS

## [Try Superior Strength Medicinal Manuka Honey Range - MGO 1000+ to 1900+](#)

We recommend ingesting one to two teaspoons of superior or ultimate strength Manuka Honey twice daily at the peak of any digestive flare up or for stomach ulcers, slowly reducing to once per day as symptoms improve.

Continue with one teaspoon a day for ongoing probiotic support and to maintain healthy digestive

balance. Add to your favourite smoothies, acai, or muesli bowls. Or use Manuka honey to make protein energy balls or in other healthy no-bake recipes.

At Biosota Organics, our passion lies in the natural healing power of Manuka honey.

Our premium Australian Manuka Honey is cultivated by nature with a whole lot of science and love as our secret ingredients.



★★★★★

*"This is one of the best honey I had so far. I had constant bloating and irregular bowel movements. Having this honey twice a day for a month completely restored my gut health. Highly recommend it."*

**Shiv.**

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