

# TO USE MANUKA HONEY FOR COLDS AND FLU



For thousands of years, people have relied on **natural ingredients and home remedies to combat minor illness and strengthen their immune systems.**



When it comes to a bout of cold or the seasonal flu, raw and organic honey has been at the forefront playing nutritional and healing roles. As an antioxidant and an antimicrobial agent, **it works alongside the immunity system to tackle seasonal triggers.**



Manuka honey stands out with **distinct curative properties and Methylglyoxal (MGO).** This bioactive compound fights infections caused by viruses and bacteria.



The Manuka honey we produce at Biosota has been **scientifically tested and classified** as high-grade due to the therapeutic levels of MGO in our honey.

## MANUKA HONEY BENEFITS FOR COLDS AND FLU

Viruses are responsible for the stuffy nose, chills, bouts of fever, and sore throat that you experience with changing weather.

These are not treatable with a course of antibiotics. You let it run its course using over-the-counter nasal drops and lozenges to ease the discomfort.

A safer and easier way to get cured and ward off future infections is to enlist the help of Manuka

honey. According to a [US study](#), Manuka was better than other therapeutic honey at obstructing the influenza virus from replicating.

The researchers concluded that using Manuka along with known antiviral drugs strengthened the body's defense mechanism. In fact, the WHO has recommended using honey to combat common colds and influenza.

## USING MANUKA HONEY TO RELIEVE SORE THROATS

With immune-boosting compounds and high MGO content, Manuka is in a class of its own. With nectar-based DHA turning into MGO during storage, its curative properties are enhanced

Sore throat is a viral illness while severe cases are likely caused by Strep bacteria. Throat lozenges provide temporary relief at best. In either case,

you end up reaching for painkillers and finally antibiotics.

Consuming [health grade Manuka honey](#) is an effective and healthier option (with antibiotic resistance becoming increasingly common).

Biosota's [Manuka Honey Range - MGO 300+ to 990+](#) takes care of persistent symptoms and provides relief to a scratchy and aching throat.

# MANUKA HONEY AND UPPER RESPIRATORY TRACT INFECTIONS

Painkillers and decongestants can only help so much for upper respiratory tract infections (URTI) including sinusitis and bronchitis.

As some of these URITs are caused by Staph bacteria, Manuka can work wonders by attacking the biofilm.

Medical practitioners from Oxford university [recommend honey](#) for superior care in treating infections that affect the nose, larynx, and sinus.

According to [this study](#), patients were given either Manuka honey or saline [nasal irrigation](#) over 30 days. High MGO honey derived from Manuka nectar provides better outcomes in terms of unclogging the nose and easing other symptoms.

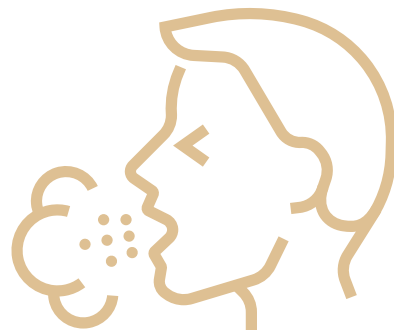
## EFFECT OF HONEY ON BACTERIAL COUGHS

Manuka honey may be a preferable method to ease cough and sleep difficulty in children with upper respiratory tract infections.

Both WHO and the American Academy of Pediatrics have endorsed the use of honey to combat bacterial coughs.

The aim was to see improvements in cough severity, cough frequency, and child-parent sleep. The results revealed that honey was significantly superior at reducing coughs and resulting discomfort. Parents also reported significantly better sleep compared to using cough medications like Benadryl.

In this [2010 study](#), 139 children were given three different cough treatments. A single dose of honey, cough suppressants like dextromethorphan (DM) and diphenhydramine (DPH), and one placebo was administered.



## HOW TO USE MANUKA HONEY FOR COLDS AND FLU, SORE THROATS, AND BACTERIAL COUGHS



**Keep a jar of medicinal-grade Manuka honey handy in the medicine cabinet for winters and flu season.**

Aim to use honey in the mid-to-high MGO or Non Peroxide Activity range. The higher the number, the greater the antibacterial bioactivity levels and the more potent the medicinal benefits.

And oral use of high-grade honey will provide faster relief from nasal and chest congestion or prevent it from getting worse.

Enjoy as-is or make warm honey tea with lemon, ginger or immune-boosting herbs and spices.

Just be sure to avoid overheating our medicinal Manuka as high temperatures can destroy essential enzymes, particularly MGO.

# DOSAGE AND 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.

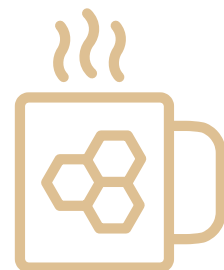
Dosage and individual results may vary. Please consult your healthcare provider before beginning any treatment and if symptoms persist. (Allergy advice: honey should not be consumed by children under the age of 1 and people with allergies to honey or bee products).

## MANUKA HONEY BENEFITS FOR COLDS AND DRY COUGH

[Try Biosota's Medicinal Manuka Honey Range - MGO 300+ to 990+](#)

As with most oral uses, we recommend starting on a higher dose of Manuka honey at the peak of the cold or infection: ingest one to two teaspoons twice daily, reducing to one teaspoon per day as symptoms improve.

Continue with an [Everyday Strength Manuka honey](#) to regenerate and maintain health and to rebuild immunity.

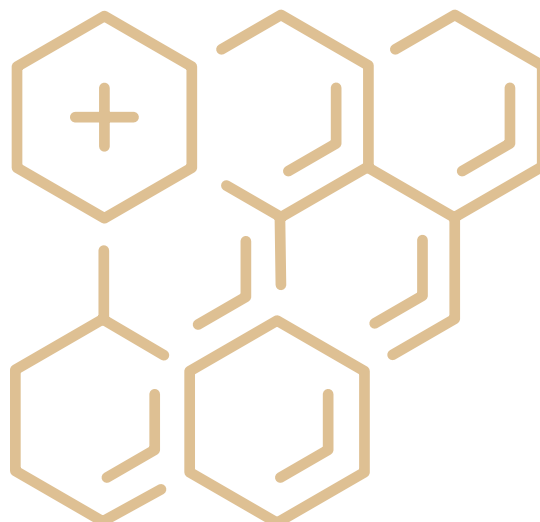


## MANUKA HONEY BENEFITS FOR SORE THROATS

Dissolve a spoonful of Manuka honey in a glass of warm water. Add a squeeze of lemon juice, stir, let cool, and gargle. Repeat 1-2 times a day.

## MANUKA HONEY BENEFITS FOR CONGESTION OR SINUS INFECTION

For congestion or sinus infection, try adding a few drops of pure Manuka honey to a warm steam vaporiser or to saline nose rinses.



# 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 2000+ (LIMITED EDITION)	2000+	34+	HOSPITAL GRADE USE
	1717+	31+	
<b>SUPERIOR STRENGTH</b> MGO 1000+ TO 1900+ (RARE)	1443+	28+	HOSPITAL GRADE USE
	1200+	25+	
<b>HIGH MEDICINAL STRENGTH</b> MGO 500+ TO 990+	880+	20+	MEDICAL GRADE USE
	550+	15+	
<b>MEDICINAL STRENGTH</b> MGO 300+ TO 490+ (MINIMAL BIOACTIVITY REQUIRED FOR MEDICINAL USE)	400+	12+	MEDICAL GRADE USE
	300+	11+	
<b>EVERYDAY STRENGTH</b> MGO 30+ TO 290+	260+	10+	TABLE GRADE USE
	150+	5+	
	30+	2+	

**\*ULF is the Australian equivalent to the New Zealand UMF rating system.**

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

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Dosage and individual results may vary. Please consult your healthcare provider before beginning any treatment and if symptoms persist.

**i** (Allergy advice: honey should not be consumed by children under the age of 1 and people with allergies to honey and bee products).



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*“The taste and smell of honey is very pleasant. Australian Manuka Honey has medicinal properties, so the sore throat went away very quickly. I am delighted with the purchase!”*

**Oliver B.**

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