

Science Journal

MANUKA HONEY FOR NATURAL FERTILITY SUPPORT



Honey has been regarded as **a natural fertility booster** for generations.



Some believe the origins of 'honeymoon' are derived from the ancient practice of consuming honey as newlyweds to **aid conception**.



Honey was revered by the Ancient Egyptians for its natural aphrodisiac properties as a **symbol of fertility**.



Packed with nutrients and antioxidants, many soon-to-be families are **incorporating this fertility-boosting superfood in their pre-conception preparations**.

MANUKA HONEY AND STRONG IMMUNE SYSTEM



Manuka honey is known for its immunity-boosting effects. High-quality Manuka contains a compound called methylglyoxal (MGO) which is vital in supporting a strong immune system. By ingesting Manuka honey throughout your conception phase, you can help ward off sickness and things that may impede your chances of falling pregnant.

As an excellent source of glucose and energy, Manuka also helps to maintain the nutrition levels your body relies on to conceive.

When pregnant, the body's immune system lowers to support new life. Unfortunately, this can invite coughs, colds, and other ailments. So taking a daily dose of Manuka honey is a great way to support your immune system throughout pregnancy as well!

BRIMMING WITH FERTILITY-BOOSTING MINERALS



Manuka honey is rich in minerals, vitamins, and amino acids – all of which nourish the reproductive system and stimulate ovarian function.

Manuka contains vitamin B, iron, magnesium, calcium, and zinc (just to name a few!). This makes it the perfect holistic supplement to complement your fertility journey.

Vitamin B in particular is an essential substance for the production of testosterone and research has found links between honey intake and testosterone concentration.

Emerging scientific research has also deduced amino acids may play a central role in the making of proteins found in the placenta, uterus, and foetus.

Ingesting honey daily has been shown to increase nitric oxide levels in the blood by up to 50 percent.

Nitric oxide is one of the most important molecules for blood vessel health as it increases blood flow and lowers blood pressure – both important factors in healthy conception and pregnancy. An increase in nitric oxide has also been shown to improve erectile dysfunction.

MANUKA HONEY PACKED WITH ANTIOXIDANTS



Antioxidants are found organically in Manuka honey and research has found it to improve fertility in both males and females.

Antioxidants fight oxidative stress, a condition caused by too many waste substances in the body.

Research has found that antioxidants may both prevent sperm damage and increase sperm health. Some medical trials have also found that antioxidants may improve fertility and pregnancy rates in women.

Manuka honey is the perfect complementary superfood to your fertility journey. With health and vitality benefits for both males and females, it works with your body to ensure your immunity and nutrient levels are functioning at their best.

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, & 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 OF MANUKA HONEY & 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
THE ULTIMATE STRENGTH MGO 2100+ (LIMITED EDITION)	2100+	36+	MEDICAL GRADE USE
	1717+	31+	
SUPERIOR STRENGTH MGO 1000+ TO 1900+ (RARE)	1443+	28+	MEDICAL GRADE USE
	1200+	25+	
HIGH MEDICINAL STRENGTH MGO 500+ TO 990+	880+	20+	THERAPEUTIC GRADE USE
	550+	15+	
MEDICINAL STRENGTH MGO 300+ TO 490+ (MINIMAL BIOACTIVITY REQUIRED FOR MEDICINAL USE)	400+	12+	THERAPEUTIC GRADE USE
	300+	11+	
EVERYDAY STRENGTH MGO 30+ TO 290+	260+	10+	TABLE GRADE USE
	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.

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.

At Biosota, our high-grade MGO honey is packed with benefits – the higher the MGO rating, the greater the purity and potency of the products.

FOR BOOSTING FERTILITY

We recommend you ingest a tablespoon of Manuka honey daily to support fertility.

You can take it straight from the spoon, spread it on toast, combine it with herbal teas, or mix into warm milk (a traditional Ayurvedic practice).

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.



THE ABSOLUTE BEST MANUKA HONEY ON THE MARKET!

I've tried many high-end Manuka honeys, and this one is by far the best. It's one of the most potent Manuka honeys that money can buy, yet has a very complex and delicate taste without being overly sweet. Additionally it's certified to be free of glyphosates, which is very important. It's expensive, yes, but I think if consumed moderately, it's 100% worth it.

Aaron
MGO 1717+



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