

What is Melzest™?

Melzest is a novel, natural, convenient and complete throat and chest remedy. With Melzest™, HoneyLab have reinvented and improved on the classic “honey & lemon” that many people use for ills and chills, bringing it into the 21st century.

Where does the name come from?

“Mel” is Latin for honey, and the European honeybee’s scientific name is *Apis mellifera*.

What are the ingredients?

In each 250ml Melzest™ container there is:

- 146ml New Zealand honey
- 96ml glycerin
- Vitamin C (150mg/8ml)
- Zinc (30mg of the citrate=~5mg delivered zinc/8ml)
- Natural lemon oil flavour

What is the dosage?

The recommended dosage is as follows:

Adults - 4 pumps (8ml), 2-3 times per day

Older children (ages 9-18) - 3 pumps (6ml), 2-3 times per day

Younger children (ages 4-8) - 1 pump (2ml), 2-3 times per day. Do not exceed stated dose. Safe for the whole family down to the age of 4 years.

How do I take it?

To make a great tasting honey & lemon drink to sip, pump Melzest™ into a cup or glass and add warm water to taste. Alternatively, it can simply be pumped onto a spoon and eaten, which, again, tastes great.

Is it convenient?

Honey & lemon has been used for centuries, and for good reason - it makes people feel better. But the last thing you want to do when sick is go out and get the honey and the lemon. On top of this, you have to make sure you are taking the right amounts. As an extra, you may decide to buy and take vitamin C and zinc as these have also been shown to support winter ills. Melzest™ contains all of these in the correct dose you need, through a novel and accurate dispensing method. The Melzest™ pump means that the whole family can receive the exact dose they need for their age, and it tastes great if eaten or taken as a drink. Overall, Melzest™ makes it super-convenient to receive the full benefit of everything you want to take for your winter chills.

How is it a complete throat and chest remedy?

New Zealand honey is famous for its antibacterial properties.

Zinc supports the body’s defences and healing.

Vitamin C is commonly used to support recovery. If taken on a regular basis it may also support healthy immune system, especially if doing a lot of exercise or being exposed to very cold weather.

Lemon is loaded with vitamin C, which is known to support the body’s natural defences. Like the honey, it is also very acidic which can help to kill the germs.

Antioxidants are widely accepted to help support recovery and healing. The honey, vitamin C and lemon juice all provide lots of these antioxidants.

Is it safe?

Melzest™ is 100% natural. It is also safe for pregnant women and breastfeeding mothers. The unique dispensing pump makes it easy to measure the dose accurately.

Who are HoneyLab?

HoneyLab are a New Zealand pharmaceutical company with several platforms of clinical research, including dermatology, pain, and nutrition. HoneyLab are running the world’s largest programme of medical honey research. The research programme is directed by Dr. Shaun Holt. Shaun has both Pharmacy and Medical degrees from the UK, lectures at Victoria University of Wellington and is one of New Zealand’s most experienced clinical researchers.

Who can I contact for more information?

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