

“A Better World, One Drop At A Time”



Therapeutic Series:

These six types of honey are useful in combatting or preventing specific types of ailments. Read on to find out more about the potential health benefits they can bring you.

SPECIFICATION SHEET

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13 HONEY : THERAPEUTIC SERIES 250G - APPLE VINEGAR HONEY



Apple vinegar honey is a perfect blend of fermented apple juice and natural honey. Apple vinegar is widely known to bring a whole host of health benefits such as relieving constipation. Combined with honey, its taste evolves into one that's sweet and tart. It can act as a good alternative for fruit juices and is popular with young children and adults alike.

The most successful application of vinegar to date is in patients with type 2 diabetes, which is characterised by raised blood sugars, either in the context of insulin resistance or an inability to generate insulin. Elevated blood sugar can affect anybody and is believed to be a major cause of ageing and various chronic diseases. One of the most effective (and healthiest) ways to keep blood sugar levels balanced is to avoid refined carbs and sugar, but apple vinegar may also have a powerful effect.[14]

A study[15] also revealed that apple vinegar possibly lowers blood cholesterol and supports weight loss[16] because it keeps a person full longer. Also, due to the acetic acid[17] it contains, it supports our body's absorption of essential minerals from the food we eat. As such, it is perfect for all sorts of uses - direct consumption, cooking, salad dressing, etc.



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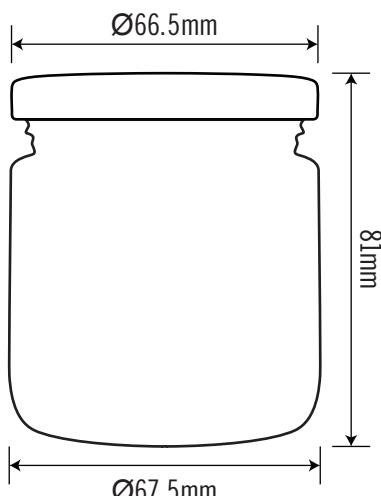
Health benefits include:

Anti-bacterial properties | Lowers blood sugar | Lowers cholesterol
 Anti-cancer properties | Helps with indigestion | Helps with weight loss
 Boosts energy | Helps with bad breath

Ingredients: Pure Honey and Apple Vinegar

Suggested servings: 2 Table spoons for adults, 1 Table spoon for children

Warning: Product may cause allergy.



NUTRITION INFORMATION	PER 100g	40g	20g
Energy	334 Kcal	133 Kcal	66 Kcal
Carbohydrate	83.4g	33.3g	16.6g
Protein	0.1g	0g	0g
Fat	0g	0g	0g

DIMENSION	MILLIMETER	WEIGHT	GRAM
Black cap outer diameter	Ø 66.5mm	Black cap only	10g
Bottle outer diameter	Ø 67.5mm	Empty bottle without cap	139g
Bottle inner opening diameter	Ø 53mm	Empty bottle with cap	149g
Bottle outer height	81mm	Honey only	250g±
		Bottled honey with cap	399g±

SPECIFICATION SHEET

13 HONEY : THERAPEUTIC SERIES 250G - BEE VENOM HONEY



Bee venom, also known as apitoxin, is extracted from a honey bee's sting. It is the poison that makes bee stings painful and is a bitter, colourless liquid comprising mainly of proteins, enzymes, and amino acids. On top of its many healing properties, which include but are not limited to treating arthritis, rheumatism, back pain, cancerous tumours, and skin diseases, its science is steadily developing and researchers are continuing to find new uses for it. That's a lot of power in one substance.

A bee stinger, when activated, releases more than just venom. Approximately 18 to 20 naturally occurring antibiotics and antivirals can be found in the ensuing concoction, along with anti-inflammatory and pain reduction substances.[3]

People suffering from arthritis would probably opt for regular ways to treat themselves such as consuming traditional medicine or making various lifestyle changes to ease their joint pain and stiffness. But there's also a sweet and natural option that offers positive effects[4] on such conditions - bee venom honey.



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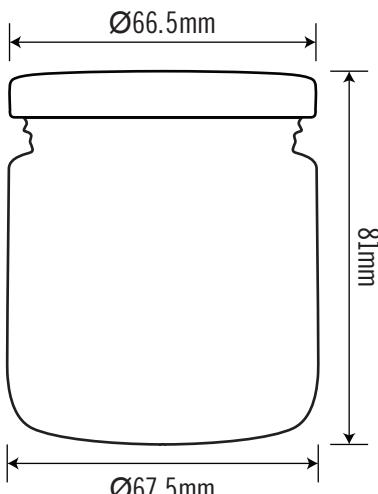
Health benefits include:

Anti-inflammatory | Helps multiple sclerosis | Helps arthritis
 Offers pain relief | Helps shingles | Treats burns | Helps tendinitis
 Helps infections | Helps acne | Helps skin scarring

Ingredients: Pure Honey and Bee Venom

Suggested servings: 2 Table spoons for adults, 1 Table spoon for children

Warning: Product may cause allergy.



NUTRITION INFORMATION	PER 100g	40g	20g
Energy	502 Kcal	200 Kcal	100 Kcal
Carbohydrate	124.7g	50g	25g
Protein	0.2g	0g	0g
Fat	0.3g	0g	0g

DIMENSION	MILLIMETER	WEIGHT	GRAM
Black cap outer diameter	Ø 66.5mm	Black cap only	10g
Bottle outer diameter	Ø 67.5mm	Empty bottle without cap	139g
Bottle inner opening diameter	Ø 53mm	Empty bottle with cap	149g
Bottle outer height	81mm	Honey only	250g±
		Bottled honey with cap	399g±

SPECIFICATION SHEET

13 HONEY : THERAPEUTIC SERIES 250G - HONEYDEW HONEY



Honeydew (not to be confused with the fruit) is a rich, sticky liquid secreted by aphids (plant lice) and some scale insects as they feed on plant sap. When their needle-like mouthparts penetrate the phloem of a plant, the pressurised sap shoots into their food canal, forcing the previously ingested sap out the other end. This secreted sap is then collected by the honey bees to be cultivated into honey.

With very high antibacterial potency, honeydew honey may partly destroy or prevent germs from developing even in dilutions of 1:64. Oligosaccharides from honeydew honey have prebiotic activity that contribute a lot to treating intestinal issues such as constipation.[8]

The high concentration of antioxidants in this honey variety also assists in the removal of free radicals and lessens the damage caused by them. Thus, the intake of honeydew honey supports general health and wellbeing.[9]



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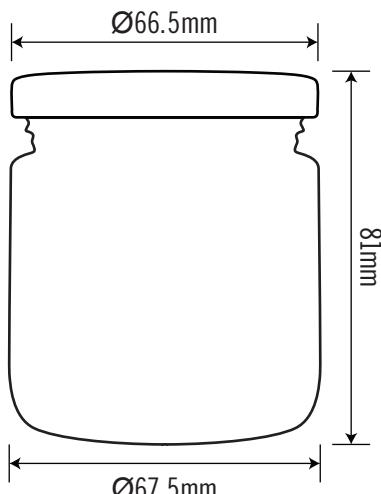
Health benefits include:

Powerful antioxidants | High anti-bacterial activity | High level of minerals
Antiseptic properties | Anti-inflammatory

Ingredients: Pure Honey and Honeydew

Suggested servings: 2 Table spoons for adults, 1 Table spoon for children

Warning: Product may cause allergy.



NUTRITION INFORMATION	PER 100g	40g	20g
Energy	502 Kcal	200 Kcal	100 Kcal
DIMENSION	MILLIMETER	WEIGHT	
Carbohydrate	124.7g	50g	25g
Protein	0.2g	0g	0g
Fat	0.3g	0g	0g
Black cap outer diameter	Ø 66.5mm	Black cap only	10g
Bottle outer diameter	Ø 67.5mm	Empty bottle without cap	139g
Bottle inner opening diameter	Ø 53mm	Empty bottle with cap	149g
Bottle outer height	81mm	Honey only	250g±
		Bottled honey with cap	399g±

SPECIFICATION SHEET

13 HONEY : THERAPEUTIC SERIES 250G - PROPOLIS HONEY



Propolis, commonly known as "bee glue", is made from mixing bee saliva and beeswax with exudate gathered from tree buds, sap flows, or other botanical sources. It is used as a sealant for unwanted open spaces in the hive. There are two types of propolis, green and black. We use only the most natural, alcohol-free green propolis[10], which is higher in bioflavonoids content as compared to the other types.

Propolis is also being referred to as the "purple gold of beehives" because of its abundance of benefits.[11] Administering wounds with propolis has considerably improved healing throughout the centuries and this substance has been shown to have other healing properties as well. Propolis has demonstrated its ability to increase the effects of other antibiotics such as penicillin, and can also build up the immune system.

Studies are continually being done to see if propolis can become an effective treatment for certain types of cancer[12], including brain, skin, prostate, breast, colon, liver, and blood cancer.[13]



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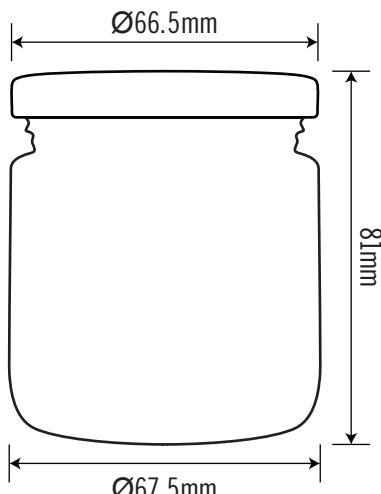
Health benefits include:

Natural antiseptic | Powerful antioxidants | Anti-fungal properties
 Anti-viral properties | Anti-bacteria properties | Anti-inflammatory properties
 Heals genital herpes and cold sores

Ingredients: Pure Honey and Propolis

Suggested servings: 2 Table spoons for adults, 1 Table spoon for children

Warning: Product may cause allergy.



NUTRITION INFORMATION		PER 100g	40g	20g
Energy	359 Kcal	144 Kcal	72 Kcal	
DIMENSION		MILLIMETER	WEIGHT	
Black cap outer diameter	Ø 66.5mm		Black cap only	10g
Bottle outer diameter	Ø 67.5mm		Empty bottle without cap	139g
Bottle inner opening diameter	Ø 53mm		Empty bottle with cap	149g
Bottle outer height	81mm		Honey only	250g±
			Bottled honey with cap	399g±

SPECIFICATION SHEET

13 HONEY : THERAPEUTIC SERIES 250G - ROYAL HONEY



Royal jelly is secreted from the glands in the heads of the worker bees and is fed to larvae and adult queen bees. One of the components of royal jelly is royalactin, which is a single protein that acts as the growth factor which polymorphs a larva into a queen bee.

There are signs that royal jelly may better short-term memory because it's demonstrated to have an advantageous role on neural functions. Because the brain tissue includes a load of unsaturated fatty acids that are especially vulnerable for free radical attacks, the antioxidant substances found in royal jelly can play a crucial role in the prevention and cure of neurodegenerative diseases such as Alzheimer's.[5]

As you may or may not know, the oxidation of our cells leads to greater instances of cancer, heart disease, and other degenerative conditions. One classic example of oxidation is a peeled banana or apple turning brown within minutes if left alone. This is what actually happens to our cells over our lifetime. But there are certain foods that include large quantities of antioxidants that can delay and even halt this process. Royal jelly is one of them.[6]

Your immune system also has a lot to benefit from the consumption of royal jelly because of its immunomodulatory effects[7], which may help counter allergic reactions.



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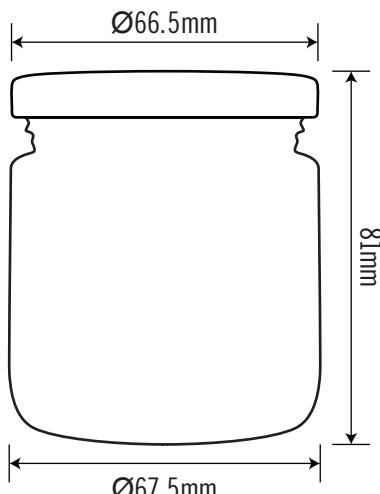
Health benefits include:

Assists cancer prevention | Lowers blood pressure | Relieves sexual infertility
 Lowers cholesterol levels | Protects the liver | Reduces inflammation
 Soothes digestive disorders | Helps premature ageing | Helps with weight loss

Ingredients: Pure Honey and Royal Jelly

Suggested servings: 2 Table spoons for adults, 1 Table spoon for children

Warning: Product may cause allergy.



NUTRITION INFORMATION	PER 100g	40g	20g
Energy	358 Kcal	144 Kcal	72 Kcal
Carbohydrate	89.6g	35.9g	17.9g
Protein	0g	0g	0g
Fat	0g	0g	0g
DIMENSION	MILLIMETER	WEIGHT	GRAM
Black cap outer diameter	Ø 66.5mm	Black cap only	10g
Bottle outer diameter	Ø 67.5mm	Empty bottle without cap	139g
Bottle inner opening diameter	Ø 53mm	Empty bottle with cap	149g
Bottle outer height	81mm	Honey only	250g±
		Bottled honey with cap	399g±

SPECIFICATION SHEET

13 HONEY : THERAPEUTIC SERIES 250G - STINGLESS BEE HONEY



There are close to 1,000 different species of stingless bees around tropical parts of the world. These bees have stingers but they are too small to be effective. They usually nest in open tree cavities, rock crevices, or underground openings and their honey is stored in resin pots, hence creating a special tangy taste. Stingless bees are known as Mother Medicine and there is an increasing number of traditional practitioners and researchers suggesting its consumption.

What makes stingless bee honey stand out is the fact that it is far more nutritious than regular honey. Stingless bees are tinier in size compared to regular bees and can therefore extract nectar deep within a flower's space. The result is honey that contains more vitamins and minerals.[1]

Being adopted in traditional medicine in Central and South America, and Africa, stingless bee honey has broad-spectrum antibacterial activity and can play a role as a medicinal agent as well.[2]



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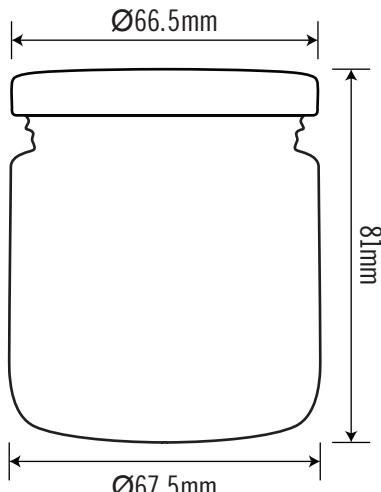
Health benefits include:

Anti-ageing | Anti-microbial | Anti-bacteria | Enhances immunity

Ingredients: Pure Stingless Bee Honey

Suggested servings: 2 Table spoons for adults, 1 Table spoon for children

Warning: Product may cause allergy.



NUTRITION INFORMATION	PER 100g	40g	20g
Energy	297 Kcal	119 Kcal	60 Kcal
Carbohydrate	71.3g	28.5g	14.3g
Protein	1.95g	0g	0g
Fat	0.4g	0g	0g

DIMENSION	MILLIMETER	WEIGHT	GRAM
Black cap outer diameter	Ø 66.5mm	Black cap only	10g
Bottle outer diameter	Ø 67.5mm	Empty bottle without cap	139g
Bottle inner opening diameter	Ø 53mm	Empty bottle with cap	149g
Bottle outer height	81mm	Honey only	250g±
		Bottled honey with cap	399g±

SPECIFICATION SHEET

13 HONEY : THERAPEUTIC SERIES 250G - REFERENCES

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