

# HONEY NUTRITION

## **2% minerals, vitamins, pollen and protein.**

The vitamins present in honey are B6, thiamin, niacin, riboflavin, pantothenic acid and certain amino acids. The minerals found in honey include calcium, copper, iron, magnesium, manganese, phosphorus, potassium, sodium and zinc.

The 3 key health benefits of honey are related to the fact that:

1. Honey is nature's energy booster
2. Honey is a great immunity system builder
3. Honey is a natural remedy for many ailments

## **Nature's Energy Booster**

A great natural source of carbohydrates which provide strength and energy to our bodies, honey is known for its effectiveness in instantly boosting the performance, endurance and reduce muscle fatigue of athletes. Its natural sugars play an important role in preventing fatigue during exercise. The glucose in honey is absorbed by the body quickly and gives an immediate energy boost, while the fructose is absorbed more slowly providing sustained energy. It is known that honey has also been found to keep levels of blood sugar fairly constant compared to other types of sugar.

## **Immunity System Builder**

Amongst the many health benefits of honey, honey can be a powerful immune system booster. It's antioxidant and anti-bacterial properties can help improve digestive system and help you stay healthy and fight disease.

## **Amazing honey properties**

-- antimicrobial, antioxidant, and hygroscopic which all make honey a popular food as well as a medicine.

### **1. Honey is Hygroscopic**

Honey has a hygroscopic nature, which means when exposed to air, it naturally absorbs moisture in from the air. In treating open wounds, honey is useful as it could help prevent scarring by keeping the skin moist, encourage the growth of new tissues, and allow easy removal of any dressing by preventing dressing from becoming stuck to the skin. Honey's hygroscopic properties also make it an ideal ingredient in a lot of cosmetics as it helps keep skin hydrated and fresh and prevents drying. Thus, some people call honey a natural "humectant" as it attracts and retains moisture. When used in skin and hair treatments, honey traps and seals in the moisture leaving skin soft and supple, and hair glossy and healthy.

### **2. Honey is Antibacterial**

The effective antimicrobial agent in honey prohibits the growth of certain bacteria. It contains an enzyme that produces hydrogen peroxide which is believed to be the main reason for the antimicrobial activity of honey. As such, honey is a useful treatment for wounds and scalds. Cuts, abrasions and scalds can be covered in honey to prevent bacteria from entering the wound and promote healing.

### **3. Honey is a Source of Antioxidants**

Honey contains natural antioxidant properties that can destroy biologically destructive chemical agents. Studies also found that dark-color honeys seem to possess more antioxidants than light-color varieties.

**[ See more Honey Nutrition information on page 2 ]**

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement.*

**1 cup** (about 16 tablespoons, or about 48 teaspoons):

<b>Nutrition Facts</b>	
Serving Size 339 g (1 Cup)	
Amount Per Serving	
Calories 1031	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 14mg	1%
Total Carbohydrate 279g	93%
Dietary Fiber 1g	3%
Sugars 278g	
Protein 1g	
Vitamin B6 4%	Vitamin C 3%
Riboflavin 8%	Folate 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Minerals		
Amounts Per Serving	Serving Size 339 g (1 Cup)	%DV
Calcium	20.3 mg	2%
Iron	1.4 mg	8%
Magnesium	6.8 mg	2%
Phosphorus	13.6 mg	1%
Potassium	176 mg	5%
Sodium	13.6 mg	1%
Zinc	0.7 mg	5%
Copper	0.1 mg	6%
Manganese	0.3 mg	14%
Selenium	2.7 mcg	4%
Fluoride	23.7 mcg	

**1 tablespoon** (3 teaspoons):

<b>Nutrition Facts</b>	
Serving Size 1 Tbsp (21 g)	
Amount Per Serving	
Calories 64	
% Daily Value*	
Total Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrate 17g	6%
Sugars 16g	