



## Australian MEDI Manuka Honey



**Cold Extracted Bio-Active**

## So What is Manuka Honey?

Regarded as the crown jewel of the honey industry, Manuka honey is made in Australia and New Zealand by European honey bees that forage the native Manuka (from the *Leptospermum* genus within the Myrtaceae Family) which grows uncultivated throughout New Zealand and South Eastern Australia. This process creates a raw organic honey that delivers a signature, robust and earthy taste, but still provides the distinct sweetness that honey lovers have come to expect.

The European Honey Bee was introduced to Australia in 1822, almost 20 years prior to the arrival of bees in New Zealand. With the largest number of native *Leptospermum* species in the world, Australia is home to 83 of the 87 known species. Only one species is found in New Zealand with the NZ species originating in Australia. Healthy and delicious Medi Bio Active Manuka Honey sourced by bees foraging on our local flora.

The specific activity of each batch of honey is determined by many compounds within the honey that act together using Synergy to provide the unique properties of our Active Manuka Honey.

Enjoy our Non-Peroxide Activity (NPA) that Manuka is famous for. Made by bees, packed by us, just for you.



## Some Statistics

Australian Medi Manuka Honey is cold-extracted, minimally processed and every batch is rigorously tested by independent laboratories and rated for its NPA, MGO, and TA levels.

The product is packaged RAW in order to preserve the natural health benefits of this special honey.

\* Medi Active Australian Manuka Honey, available in 250g, 500g or 1KG.

\* Activity levels are tested by independent Laboratories, and rated using both the NPA (Non-Peroxide Activity) activity scale & MGO content is also rated and guaranteed.

\* MGO30+ has methylglyoxal levels of > 30 ppm (Mg/Kg) and is a delicious blend of Manuka and other coastal honeys.

\* MGO100+ "NPA5+" has methylglyoxal levels of > 100 ppm (Mg/Kg) and is equivalent to "UMF 5+" or "ULF 5+" ratings.

\* MGO200+ "NPA8+" has methylglyoxal levels of > 200 ppm (Mg/Kg) and is equivalent to "UMF 8+" or "ULF 8+" ratings.

\* MGO263+ "NPA10+" has methylglyoxal levels of > 263 ppm (Mg/Kg) and is equivalent to "UMF 10+" or "ULF 10+" ratings.

\* MGO400+ "NPA13+" has methylglyoxal levels of > 400 ppm (Mg/Kg) and is equivalent to "UMF 13+" or "ULF 13+" ratings.

\* MGO514+ "NPA15+" has methylglyoxal levels of > 514 ppm (Mg/Kg) and is equivalent to "UMF 15+" or "ULF 15+" ratings.

\* All Medi Active Australian Manuka Honey is cold extracted and bottled RAW to preserve the natural health benefits it provides.

\* The primary active constituents are from *Leptospermum polygalifolium*, *Liversidgeii*, and *junipernium* sub-genus of the *Leptospermum* plants.

\* BIO-ACTIVE MANUKA HONEY is produced by bees foraging sustainably on Pristine Coastal Heath, collecting nectar and pollen from Native Australian *Leptospermum* plant species.

\* Bio-Active Honey may be stored at room temperature, and will naturally candy over time.

\* Methylglyoxal (MGO) – The most significant marker in Manuka Honey, MGO indicates the potency.

# The Grading System

Our grading system used is one of the most common, MGO (or methylglyoxal). MGO is a globally recognised measure of antibacterial activity. Another system you might see referred to on jars of honey is “UMF”, a scheme created in New Zealand.

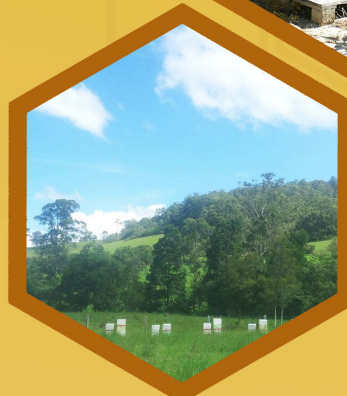
MGO (antibacterial)	NPA	UMF	%phenol
100+	5+	5+	5%
200+	8+	8+	8%
263+	10+	10+	10%
400+	13+	13+	13%
514+	15+	15+	15%

Australian Food Services use the proven MGO measurement methodology to grade our range of 100% Australian Manuka Honey and we verify the actual MGO levels for each batch through independent testing at the University of the Sunshine Coast by Dr Peter Brooks, a senior lecturer of Biological Chemistry and a Director of the Australian Manuka Honey Association.



Humans have used honey for thousands of years, tracing back some 5000 years with the ancient Egyptians using it for its healing properties. Scientists are now looking at Manuka honey as an option for treating antibiotic resistant superbugs with numerous scientific studies showing that Manuka honey stimulates wound healing and kills superbugs. Manuka honey can also disperse and kill bacteria resistant to antibiotics.

Manuka honey is a rich source of vitamins and minerals, containing enzymes and phytochemicals which contribute to its health benefits. Active Manuka honey is a broad spectrum anti-bacterial and anti -microbial. It's also anti-inflammatory and it's most notable attribute is the effect on wound management / healing and burns. It's a great cough medicine for children and can help reduce the duration of colds and upper respiratory infections.



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