



CERTIFIED

Mānuka Honey

New Zealand's
Natural Functional Food

The most powerful honey for your health

The Unique Mānuka Factor (UMF™) quality rating system has certified mānuka honey for over 25 years so consumers can confidently purchase products with bioactive benefits backed by rigorous testing and quality control ensuring potency, freshness & traceability.

Benefits

Honey has been used for its therapeutic benefits for centuries. New Zealand Mānuka is distinguished as the most effective medicinal honey globally.



Cold & Cough Remedy

Mānuka honey is a powerful natural remedy that soothes sore throats and calms coughs.



Immune Function

A sweet way to boost antioxidants and reduce inflammation is an emerging area of Mānuka honey research.



Digestive Health

Prebiotics (oligosaccharides) work synergistically with other compounds in mānuka honey to benefit the gut microbiome.



Wound Care

Health professionals have been using medical-grade mānuka honey with unique antibacterial benefits to treat wounds for decades.

Bioactives

Elevated concentrations of phenolic plant compounds, enzymes, organic acids and more than 2000+ bioactive properties, make mānuka honey a powerful functional food.



Antioxidant

Powerful scavenging of free radicals, reducing inflammation and supporting overall health.



Antibacterial

Effective against antibiotic-resistant bacteria (e.g., *H. pylori*), thanks to high methylglyoxal (MGO) content.



Anti-inflammatory

Helps reduce swelling, promote wound healing, soothe sore throats, and improve skin conditions due to its high MGO content.

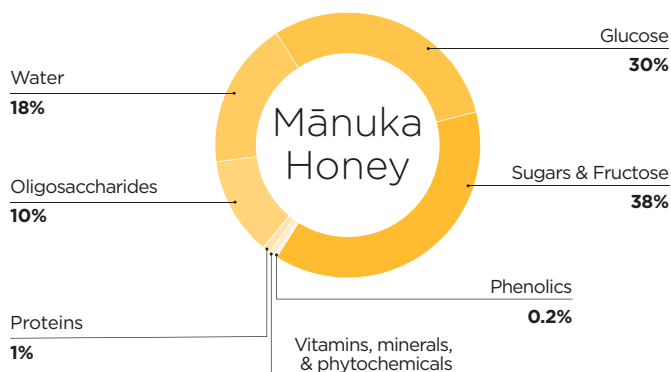


Emerging Areas

Immunomodulatory.

Mānuka Honey Nutrition

Honey is composed mostly (70%) of sugar (fructose, glucose), water, protein (enzymes), minerals, vitamins & bioactive components. Medicinal properties of honey vary based on the floral source. Mānuka honey is a monofloral honey derived from the mānuka myrtle tree. Its antibacterial and antioxidant properties are attributed to high concentrations of methylglyoxal and interactions with other bioactive compounds unique to mānuka honey. With a lower glycemic index, mānuka honey may be a more favorable choice than table sugar when managing blood sugar levels.



Become a Mānuka Master!

Register for the Mānuka Mastery Course at umf.org.nz/mānuka-mastery-course



The UMF™ Guarantee

UMF™ certified Mānuka honey is 100% New Zealand made, traceable, and rigorously tested to ensure purity, quality, and authenticity.



What the UMF™ Rating Means & How to Use It for Everyday Well-Being



MGO for Potency

Methylglyoxal (MGO) gives Mānuka honey its unique antibacterial properties. Higher MGO means greater potency. The UMF™ mark ensures the honey contains this special activity.



Leptosperin for Authenticity

Leptosperin, unique to Mānuka nectar, ensures honey authenticity. Its anti-inflammatory properties increase with the UMF™ scale.



DHA for Shelf-Life

Dihydroxyacetone (DHA) converts to MGO in honey. Higher DHA extends MGO's potency, requiring 70+ mg/kg for UMF™ certification.



HMF for Freshness

Hydroxymethylfurfural (HMF) testing ensures Mānuka honey hasn't been overheated or stored too long, preserving its unique properties.

Using The UMF™ Rating System

The 4 Quality Factors

MGO (Methylglyoxal)
—Potency

Leptosperin
—Authenticity

DHA (Dihydroxyacetone)
—Shelf life

HMF (Hydroxymethylfurfural)
—Quality

	UMF™ 5+	UMF™ 10+	UMF™ 15+	UMF™ 20+	UMF™ 25+
	WHICH UMF™ RATING IS FOR YOU?				
CHOOSE 5-10+ UMF™ WHEN >	< CHOOSE 10-20+ UMF™ WHEN > When you are looking for a more potent product to support everyday health and wellness.				
	< CHOOSE 20-25+ UMF™ WHEN > When you are looking for a higher level of potency for additional nutritional support.				
	83 mg/kg	261 mg/kg	512 mg/kg	826 mg/kg	1197 mg/kg
	>100 mg/kg	>150 mg/kg	>200 mg/kg	>200 mg/kg	>200 mg/kg
	>150 mg/kg	>250 mg/kg	>400 mg/kg	>500 mg/kg	>500 mg/kg
	<40 mg/kg	<40 mg/kg	<40 mg/kg	<40 mg/kg	<40 mg/kg

Identifying Authentic Mānuka

Look for the following to make sure you are purchasing authentic New Zealand Mānuka honey.

- 1 UMF™ Quality Mark = Certification
- 2 UMF™ Rating – the only independent measurement of multiple health and quality factors
- 3 Product of New Zealand – Genuine, packed & sealed in New Zealand
- 4 Verify the authenticity by searching the UMF™ licence number, found on the label, via the UMF website.



Become a Mānuka master at umf.org.nz/mānuka-mastery-course



A Spoonful of Benefits Everyday

- > Consume Mānuka honey like other bioactive foods, avoiding high heat to maximize the benefits
- > 3 Easy Ways Everyday:
 - Spoonful
 - Beverages (warm tea or coffee & smoothies)
 - Topping or drizzle

Disclaimer: The information included in this brochure is intended for informational purposes only and not as medical advice. Please consult your healthcare provider for medical advice and personalized health recommendations.

umf.org.nz

