



NEW ZEALAND MANUKA HONEY

For thousands of years honey of all kinds has been known to have healing properties. It has also been traditionally recognized that honey from some plants in some areas is more effective than other honeys. Most honeys have antibacterial activity due to the enzyme, glucose oxidase, which gives rise to hydrogen peroxide, a proven antiseptic with antibacterial properties.

What is Manuka Honey?

Manuka Honey is sourced from New Zealand's remote, pollution free native forests and is world renowned for its unique flavour. It is collected from a plant that is unique to New Zealand – Leptospermum Scoparium. Because of its long isolation from the rest of the world and its island biogeography, New Zealand has extraordinary flora and fauna. About 80% of the flora occurs only in New Zealand, one being the Manuka plant (Leptospermum Scoparium) a unique evergreen tree, native to New Zealand.

Manuka honey is a uni-floral honey. The white flowers appear in spring and are much loved by the honey bees. Manuka flowers have a strong, aromatic fragrance and are full of the nectar which provides this dark, creamy honey.

Manuka Honey from New Zealand is fast becoming famous around the world for its extra natural healing properties. It has naturally minimum 30mg/kg Methylglyoxal content which is responsible for the anti-bacterial properties in the honey. Unique to New Zealand, Manuka honey is the only 100% natural food in the world shown to have effective and reliable anti-bacterial activity due to the active compound – Dietary Methylglyoxal which forms naturally in the nectar of Manuka plant.

What is Active Manuka Honey?

All honeys contain a level of hydrogen peroxide, however the level can vary widely between different honeys. In Active Manuka Honey there is an additional natural antibacterial property, called the 'unique manuka factor (UMF)', which can only be found in honey sourced from the Leptospermum plants. Recent research has shown the active compound in this honey is methylglyoxal (MGO), however the level of MGO in the honey does not directly correspond to its antibacterial activity level.

To determine if this additional factor is present in a particular sample of the honey, and to what extent, it is tested for its level of antibacterial activity. If the antibacterial activity is found to be sufficiently high, then it is given a UMF label and a number (e.g. 10+, 20+) that indicates the strength of antibacterial activity in the honey.

What is UMF®?

Since 1981 Dr Peter Molan, MBE, Associate Professor in Biochemistry has researched the ancient healing properties of honey. He discovered that the honey from some strains of the New Zealand Manuka plant (Leptospermum Scoparium) has an antibacterial activity not present in any other honey. This activity is known as 'Unique Manuka Factor (UMF®)'.

What is special about UMF® Manuka Honey?

Laboratory studies have shown that UMF® Manuka Honey is effective against a wide range of very resistant bacteria including the major wound-infecting bacteria and the stomach ulcer causing bacteria helicobacter pylori.

UMF® is Totally Natural

The UMF® property is a floral property naturally in the nectar of some Manuka flowers. UMF® Manuka Honey is totally natural and safe and has been enjoyed for its own unique flavour for many years.



AUSTRALIA AND NEW ZEALAND PRODUCE LIMITED

Dominion Road, PO Box 27040, Auckland 1440 New Zealand
 Phone: +64 9 620 5288, +64 2 11 11 5535, +64 2 1262 9595, Fax: +64 9 620 5289
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The UMF® Standard and Rating

The UMF® activity is additional to the usual active properties of honey. But not all Manuka honeys have the UMF® activity and among those that do, the strength varies.

The UMF standard was established to identify and set apart the type of Manuka Honey which has the UMF healing property. The UMF standard is the only standard worldwide identifying and measuring the antibacterial strength of honey. The type of Manuka honey which has the special UMF® antibacterial property, is highly sought-after for its health-giving qualities.

The name UMF® is followed by a number that indicates the strength of the UMF® antibacterial property in a batch of UMF® Manuka Honey tested in the licensed laboratory after the honey has been packed. A UMF® 10 rating is the minimum to qualify to use the name UMF® and be suitable for treating infections.

0 – 4 : Not detectable

5 – 9 : Maintenance Level

10 – 14 : Suitable for therapeutic usage

15 and higher: Superior levels with very high activity levels for therapeutic usage

Testing Honey for antibacterial activity

The presence of the UMF® property can be detected only by special scientific testing using criteria laid down by the Honey Research Unit at The University of Waikato. Gribbles Analytical Laboratories in Hamilton, New Zealand, is the only laboratory approved to carry out UMF® testing.

Only if a minimum sufficient level is found will it then be able to use the 'UMF' mark. This is now a registered trademark to distinguish between the Manuka honey that contains the minimum antibacterial levels, and that which does not. Look for it on the actual jar of honey if you want it for therapeutic purposes.

What can UMF Honey do for you?

Active Manuka Honey is world famous for its unique properties. For thousands of years the health benefits of Manuka Honey including healing properties has been well known. UMF Active Manuka honey in particular provides special benefits for the human body. Active Manuka honey is totally natural and safe and has been enjoyed for its own unique flavour for many years.

UMF Manuka honey can be taken by eating or application to the skin surface. Its anti-bacterial activity has an equivalent concentration to phenol (a common antiseptic). It supports the natural healing of wounds, and can help soothe the digestive tract as well as the throat.

The active ingredients and anti-oxidants in Honey New Zealand products can be used for added vitality, oral health, an active immunity or can assist digestive health.

Just some of the areas you can benefit from Manuka Honey are:

- Digestive problems
- Ulcers in the stomach area
- Leg ulcers and bed sores
- Cuts and wound treatment - good for hard to heal wounds
- Burns

Treatment of hard to heal wounds is an area that much of the research into Manuka honey use has been done, with several clinical trials done around the world. This is where much of the supporting evidence is focused on.

The extra natural antibacterial properties found in the UMF Manuka honey fight any infection in a wound; it also helps to keep the wound moist which does actually help the healing process. Plus the layer of honey makes a barrier that prevents new infection from entering. It has also been found to help reduce the level of scarring. Natural sugars in the honey are used as a nutrient source by the newly growing tissues of the wound. And all from a naturally sourced honey - it is still just honey, with nothing artificial added - but with unique extra healing powers



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that have now earned it the nickname 'the healing honey'.

Apply some of the active UMF Manuka honey direct on to the wound, plus add some to a dressing before placing that over the wound. A few people experience some stinging sensation when applying the honey, but this generally goes away. There are sterilised forms of this honey commercially available, specifically targeted for external wound use, but any of the UMF factor versions will be good.

More information on some of the research that has been done into active Manuka honey can be found on the Waikato University's Honey Research Unit website here:

<http://bio.waikato.ac.nz/honey/evidence.shtml>

How Can I Tell The Difference?

Proper UMF Active Manuka Honey complies with all 5 of the following criteria for Genuine UMF Manuka Honey as recommended by the Active Manuka Honey Association.

1. It has the name UMF clearly stated on the front label.
2. It is packed into jars and labelled in New Zealand.
3. It is from a New Zealand company licensed to use the name UMF.
4. It has the UMF licensee's name on the front label.
5. It has a rating of UMF10 or more.

Ordinary Honey vs Manuka Honey

There are a few major differences between ordinary honey and Manuka Honey.

1. Only Manuka Honey provides non-hydrogen peroxide antibacterial components.
2. Manuka Honey's antibacterial factor is unaffected by enzymes in the body that destroy hydrogen peroxide components.
3. Manuka Honey is highly effective against antibiotic-resistant strains of bacteria.
4. Manuka Honey maintains its potency even when diluted over 50 times, as will happen when used on the body.
5. Manuka Honey is unaffected by heat, light or aging.
6. Manuka Honey does not require moisture or oxygen to be effective.
7. Manuka Honey diffuses deep into skin tissue, making it possible to get to effected areas.

Antimicrobial Properties

The antimicrobial activity of Manuka Honey has been observed in many studies around the world. It has been discovered that Manuka Honey is effective in destroying the following bacterial and fungal microorganisms:

- Escherichia coli (E. coli)
- Staphylococcus aureus (Staph infections)
- Citrobacter freundii
- Proteus mirabilis
- Pseudomonas aeruginosa
- Salmonella typhimurium
- Streptococcus faecalis
- Streptococcus pyogenes
- Helicobacter Pylori (H. pylori, stomach ulcers)
- Methicillin-resistant Staphylococcus aureus (MRSA)
- Vancomycin-resistant Enterococci (VRE)

Research also indicates that Manuka Honey inhibits enzymes called cysteine proteases, which have been implicated in muscle-wasting diseases such as muscular dystrophy, viral replication, tumor invasion and metastasis.



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Manuka Honey Uses

Based on recent studies, Manuka Honey has been known to effectively treat the following symptoms and health conditions:

Internal Uses:

- Stomach Aches
- Stomach Ulcers
- Sore throat
- Strep throat
- Acid Reflux Disease
- Heartburn
- Peptic Ulcer
- H. pylori
- Gastritis
- Duodenal Ulcer
- Irritable Bowl Syndrome
- Gum Disease
- Ulcerative Colitis
- Diverticulitis
- Cold Sores
- Common Cold Symptoms
- Canker Sore
- Indigestion
- Cough
- Flu Symptoms

External Uses:

Some companies are venturing into manufacturing Manuka Honey skin care products, offering products for easier skin applications. And yet there is a huge potential for such products worldwide:

- **First Aid Antiseptic Lotion:** Wounds, burns, infections, MRSA, Staph infections, Pressure Sores, Skin Ulcers, Blisters.
- **Anti-Itch Cream:** Eczema, Psoriasis, Insect Bites & Stings, Poison Ivy, Poison Oak, Poison Sumac, Seborrheic Dermatitis, Rashes.
- **Pain Relief Cream:** Arthritis, aches & pains, strains, backaches, neck pain, muscle & joint pain or stiffness.
- **Anti-Fungal Solution:** Ringworm, Athlete's Foot, Jock Itch, nail fungus, fungal infections.
- **Acne Cream:** Pimples
- **Anti-Wrinkle Serum:** Wrinkles
- **Hand Sanitizing Gel:** Germs
- **Antiseptic Spray:** Germs
- **Liquid Hand Soap:** Germs

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15 Reasons to Use Manuka Honey for Medical Purposes

Other benefits to using Manuka Honey for medicinal purposes are as follows:

1. Manuka Honey has natural antibacterial, antimicrobial, antiviral, antioxidant, antiseptic, anti-inflammatory and anti-fungal properties;
2. Manuka Honey creates a moist healing environment that allows new skin cells to grow across a healing wound flush with the surface of the wound, preventing deformity of the skin and scarring;
3. Manuka Honey rapidly clears infection by destroying bacteria;
4. Manuka Honey repairs damaged skin and regenerates new skin growth;
5. Manuka Honey hastens the healing process;
6. Manuka Honey eliminates malodor by destroying the bacteria that cause it;
7. Manuka Honey can heal Staph infections and destroy antibiotic-resistant strains of bacteria such as MRSA and VRE.
8. The viscosity of Manuka Honey provides a protective barrier to prevent wounds from becoming infected;
9. Manuka Honey causes scabs and dead skin cells to lift off the surface of the wound, leaving a clean healthy wound bed in which the regeneration of skin tissue can occur;
10. Manuka Honey stimulates the growth of tissue involved in the healing process;
11. Manuka Honey stimulates the formation of new blood capillaries and the growth of fibroblasts that replace the connective tissue of the deeper layer of the skin and produce the collagen fibers that give strength to the repair;
12. Manuka Honey has an anti-inflammatory action that relieves pain;
13. Manuka Honey has antifungal properties that can cure ringworm and other fungal conditions such as athlete's foot, jock itch and nail fungus;
14. Manuka Honey is all-natural and organic;
15. Manuka Honey has no known side effects.

Manuka Honey around the World and Scientific Facts

In 2007 specialist wound dressings using UMF Manuka honey were given USA marketing approval by the FDA. This follows on from their earlier approval in Europe - where there are dressing which carry the CE mark (an EU certification).

Professor Thomas Henle, Head of Food Chemistry, University of Dresden, Germany announced in June 2006 at a International Workshop in Italy followed by publication in a peer-reviewed scientific journal "Molecular Nutrition and Food Research", January 2008: "We unambiguously demonstrate for the first time that methylglyoxal is directly responsible for the anti-bacterial activity of Manuka honey".

Professor Dr Thomas Henle, PhD, is Head of the Institute of Food Chemistry at the Technical University of Dresden, is a world-leading chemist in understanding how carbohydrates in food change in response to certain conditions. He has published more than 80 scientific papers in peer-reviewed journals since 1991. Professor Henle is joint Editor in Chief of the journal "European Food Research and Technology", president of the German Society of Food Chemistry, a member of the Scientific Advisory Board of the Federal Institute for Risk Assessment, and a referee of the German Research Society.

Note : Australia and New Zealand Produce Limited trading as ANZ Produce does not intend to make any diagnosis of medical conditions or remedies through any of our products. Please advice your Medical Professional or General Practitioner prior to taking the products if you have health problems. Information and statements regarding vee venom products have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease.

PACKING INFORMATION

| PRODUCT RANGE | UNITS PER CARTON | CARTONS PER LAYER | LAYERS PER PALLET | CARTONS PER PALLET |
|------------------------------|------------------|-------------------|-------------------|--------------------|
| Manuka Honey 500g Sq PET Jar | 12 | EXPORT 15 | EXPORT 5 | EXPORT 105 |

Import and Distribution Enquiries

Please contact



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