

IS MY HONEY THE REAL DEAL?



我的蜂蜜是真货吗?

“Raw Honey”, “Pure Honey”, “Natural Honey”, and so on... Labels on honey jars can be very confusing and make you wonder how they are different and which honey to buy. We're here to help!

- **Regular honey:** Heated, pasteurised, filtered. Some may have hidden sugar, corn syrup or other sweeteners to cheapen production. Most of them contain additives and flavouring. While not all regular honey is bad, it is hard to know which ones are healthy or unhealthy without doing a test beforehand.
- **Natural honey:** No artificial additives are added but they may contain additives that are naturally derived such as corn syrup and brown rice syrup to reduce cost. Also, they are pasteurised and filtered.
- **Pure honey:** No additives whatsoever (whether artificial or natural ones) are added but they are pasteurised and filtered.
- **Raw honey:** The beekeepers only strain the honey that comes straight from the honeycomb to remove tiny bits of debris such as beeswax before packing. No additives are added, and the honey is unheated, unpasteurised and unfiltered.

Notice that only raw honey does not go through heat, pasteurisation and filtration. The benefit of not heating and processing honey is that the naturally occurring enzymes, vitamins and minerals are preserved, and you get the full benefits of honey – its antioxidants, antibacterial and antiviral properties.

That is why raw honey is the best choice!

NewLife™ Pure Raw Honey

- 100% pure raw honey. It has approximately 22 amino acids, 31 different minerals, and a wide range of vitamins and enzymes. What is most impressive about raw honey is that it contains nearly 30 types of bioactive plant compounds. These are called polyphenols, and they act as antioxidants.
- Our honey is extracted straight from the honeycombs of beehives located in the lush pastures of New Zealand, in areas that are entirely free from insecticides and pesticides.
- No heat is applied during extraction. After extraction, the honey is strained and packed, bypassing all commercial processing methods.
- In addition, the collection, processing and supply are strictly controlled by the New Zealand Food Safety Authority (NZFSA) to ensure that the honey is free from pests and diseases.

新生命纯天然生蜂蜜

- 100%纯生蜂蜜。它含有大约22种氨基酸，31种不同的矿物质，以及多种维生素和酶。生蜂蜜最突出的特性是它含有近三十种生物活性植物化合物。这些物质被称为多酚，它们是抗氧化剂。
- 我们的蜂蜜直接从位于新西兰郁郁葱葱的绿草地的蜂巢中提取，在那里完全没有杀虫剂和农药。
- 在采集和提取过程中不经加热；筛滤和包装过程也完全避免所有商业加工。
- 此外，新西兰食品安全局(NZFSA)严格控制蜂蜜的采集、加工和供应，以确保蜂蜜没有病虫害。



生蜂蜜、纯蜂蜜、天然蜂蜜等等蜂蜜罐子上的标签可以让人很困惑。想知道它们有什么不同，以及该买哪种蜂蜜？让我们来帮助您吧！

- **普通蜂蜜:** 经加热、巴氏杀菌、过滤。其中一些可能隐藏了糖、玉米糖浆或其他甜味剂，以降低生产成本。它们大多含有添加剂和调味料。虽然不是所有普通的蜂蜜都是劣质的，但如果没有事先做测试，很难知道哪些是健康的，哪些又是不健康的。
- **天然蜂蜜:** 不带任何人工添加剂，但它们可能含有天然提取的添加剂，如玉米糖浆和糙米糖浆，以降低成本。此外，它们还经过巴氏消毒和过滤。
- **纯蜂蜜:** 不带任何添加剂(无论是人工或天然的)，但经巴氏消毒和过滤。
- **生蜂蜜:** 养蜂人只在装瓶之前，筛滤直接从蜂巢取来的蜂蜜，清除蜂蜜中蜂蜡之类的杂物碎屑。不添加任何添加剂，蜂蜜完全不经加热、不经巴氏杀菌和过滤。

注意到没有，只有生蜂蜜不经过加热、巴氏杀菌和过滤。不加热和不加工的好处是，蜂蜜中天然存在的酶、维生素和矿物质得以保存，您能从蜂蜜中得到它的全部好处——抗氧化剂、抗菌和抗病毒特性。

这就是为什么生蜂蜜是最好的选择！

Frequently Asked Questions about **NewLife™ Pure Raw Honey**:

关于新生命纯天然生蜂蜜的常见问题:

Q: Why does **NewLife™ Pure Raw Honey** have different colour and consistency from time to time?

A: The colour, consistency and flavour of raw honey may change depending on what flowers the bees pollinated. Therefore, our honey may vary depending on the season and time of harvesting because it is 100% natural and not processed. Only commercial processing can guarantee you 100% consistency in colour and texture.

Q: What is the 'stuff' floating in my **Pure Raw Honey**?

A: Sometimes, you may notice some particles in your **NewLife™ Pure Raw Honey**. This is because our honey is not pasteurised or filtered. These particles are natural substances found in honey such as bee propolis and bee pollen. Sometimes these debris are too fine to be completely removed during the straining step, but they are 100% safe to consume and in fact, they add goodness and nutrients to the honey.

Also, some of these particles can be crystals, a natural characteristic of real raw honey.

Q: My honey has separation and crystals. Is it spoilt? Or is it not 100% pure honey?

A: A common myth about honey is that pure honey does not crystallise or separate. This is not true. In fact, if your honey crystallises or separates, it is more likely to be 100% natural!

It is a natural process for honey to separate and crystallise over time. The presence of bee pollen and propolis in raw honey also accelerates this process.

Some honey crystallises uniformly; some partially crystallises and forms two layers, with the paler coloured, dense crystallised layer on the bottom and a darker coloured less dense honey on top.

Separation and crystallisation do not affect the quality of the honey and are perfectly fine to consume.

问: 为什么新生命纯天然生蜂蜜有时会有不同的颜色和稠度?

答: 生蜂蜜的颜色、稠度和味道可能会根据蜜蜂授粉的花的种类而改变。因此，我们的蜂蜜可能会根据采摘季节和时间而有所不同，因为它是100%天然的，没有经过加工。只有商业加工产品才能保证颜色和质地100%的一致性。

问: 漂浮在纯天然生蜂蜜上的是什么东西?

答: 您可能注意到在您的新生命纯天然生蜂蜜中有时会有一些颗粒。这是因为我们的蜂蜜没有经过巴氏杀菌或过滤。这些颗粒是蜂蜜中的天然物质，如蜂胶和蜜蜂花粉。有时这些碎片太细，无法在筛滤过程中完全清除，但它们是100%安全的，实际上，它们为蜂蜜添加了益处和营养。

此外，这些颗粒中的一些可能是晶体，这是纯正生蜂蜜的天然特征之一。

问: 我的蜂蜜有分离和结晶。这是坏了吗？或者是因为它不是100%的纯蜂蜜？

答: 关于蜂蜜，一个常见的误解是纯蜂蜜不会结晶或分离。这不是正确的。事实上，如果您的蜂蜜结晶或分离，更有可能是100%天然真品！

经过一段时间，蜂蜜分离和结晶是一个自然过程。生蜂蜜中蜜蜂花粉和蜂胶的存在也加速了这一过程。

有些蜂蜜结晶均匀；有些蜂蜜会部分结晶，形成两层，颜色较浅、密度较大的结晶层沉淀在底部，而颜色较深、密度较小的蜂蜜保持在顶部。

分离和结晶不会影响蜂蜜的质量，完全可以食用。

Best practices for storing **NewLife™ Pure Raw Honey**:

- Keep in a tightly sealed container.
- Store at room temperature. The optimum temperature for storing honey is 21 to 27 degrees Celsius.
- Avoid areas with direct sunlight or other types of direct heat (i.e., stove or oven).
- Use a clean, dry spoon to scoop out honey to prevent contamination.

保存新生命纯天然生蜂蜜的最佳方法:

- 保存在密封的容器中。
- 室温保存。储存蜂蜜的最佳温度是21到27摄氏度。
- 避免阳光直射或其他类型的直接热源（如火炉或烤箱）。
- 用干净、干燥的勺子舀出蜂蜜，避免弄脏它。

