

MANUKA HONEY

马努加蜂蜜



The Manuka tree has been used as a wellness remedy for many centuries. Manuka honey is made by bees that pollinate the Manuka flower, which is native to New Zealand and blooms just 2-6 weeks per year. In addition to its scarcity, Manuka honey is also highly prized because of its powerful, natural antibacterial properties.

What exactly is it in Manuka honey that gives it its antibacterial properties? The answer is Methylglyoxal (MGO), a compound that naturally occurs in Manuka honey. This compound is found in most types of honey, but usually in small quantities. However, MGO is found in high concentration in the nectar of Manuka flowers.

MGO is formed in the honey from Manuka nectar, and as the honey ripens, the MGO content increases. In other words, the amount of MGO in your Manuka honey is directly proportional to its potency.

Expert handling and storage, and precise testing of the honey is crucial to certify the potency, quality and purity of Manuka honey. Stringent regulations must be met at all stages of this process. The MGO Manuka honey grading system is precise and reliable, reflecting the MGO content of the Manuka honey.

Manuka honey's many properties - antibacterial, antiviral, anti-inflammatory, antioxidant - make it incredibly valuable.

Here are some benefits of Manuka honey:

1. Soothes a sore throat

The antibacterial and antiviral properties can reduce inflammation and attack the bacteria that cause sore throats.

Apart from attacking the harmful bacteria, Manuka honey also coats the inner lining of the throat for a soothing effect, hence reducing the pain you feel from a sore throat.

A recent study in patients undergoing chemotherapy treatment for head and neck cancer observed the effects of consuming Manuka honey on *Streptococcus mutans*, a type of bacteria responsible for sore throats. Interestingly, researchers found a significant decrease in the bacteria after the consumption of Manuka honey.

2. Aids in wound healing

Multiple studies have shown that Manuka honey can enhance wound healing, amplify the regeneration of tissue and even decrease pain in patients suffering from burns.

A two-week study investigated the effects of applying a Manuka honey dressing on 40 people with non-healing wounds. The results showed that 88% of the wounds decreased in size. The Manuka honey dressing helped create an acidic wound environment, which favours wound healing. Another study showed that Manuka honey wound dressings reduced healing time and disinfected wounds in patients with diabetic foot ulcers.

早在几个世纪前，马努加树就已被用作作为药物。每逢初夏，生于新西兰的马努加树会盛开花朵2至6个星期，吸引成群的蜜蜂前来采集花蜜，以酿造别具特色的马努加蜂蜜。除了它的稀缺性，马努加蜂蜜也因其强大、天然的抗菌特性而备受推崇。

究竟是什么赋予马努加蜂蜜拥有这种独有的抗菌特质呢？那就是马努加蜂蜜内自然产生的甲基乙二醛（MGO）。这种成分也存在于大多数类型的蜂蜜中，但是含量通常很少。只有马努加花蜜才含有高浓度的MGO。

MGO是马努加蜂蜜中的一种天然化合物，其含量会随着蜂蜜成熟度的提高而增加。换句话说，MGO的含量与其效力是成正比的。

专业的处理与储存、以及精确的测试，对于保证马努加蜂蜜的效力、质量及纯净度至关重要。每一个步骤都必须达到严格的标准与要求。马努加蜂蜜的MGO分级系统精确可靠，反映了其MGO的含量。

马努加蜂蜜有许多宝贵的特质，包括抗菌、抗病毒、消炎及抗氧化能力。

以下为马努加蜂蜜的好处：

1. 缓解喉咙痛

蜂蜜的抗菌与抗病毒特质可有效地缓解发炎症状及攻击造成喉咙痛的细菌。

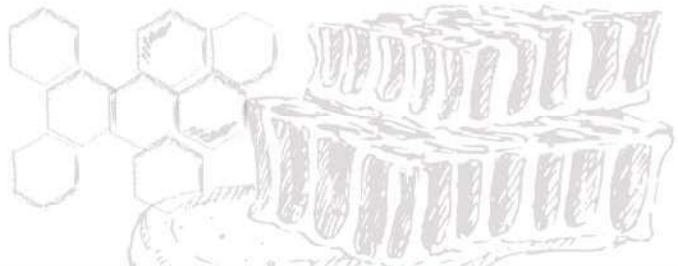
除了攻击有害细菌，马努加蜂蜜也会黏附在喉咙内壁，起到一个舒缓的作用，从而减轻喉咙疼痛。

最近一项针对头颈癌化疗患者的研究观察了食用马努加蜂蜜对变形链球菌的影响。变形链球菌是一种导致喉咙痛的细菌。有趣的是，研究者发现食用马努加蜂蜜后，这类细菌的数量减少了许多。

2. 促进伤口愈合

多项研究表明，马努加蜂蜜可促进伤口愈合、增强组织再生，甚至减轻烧伤患者的疼痛。

一项为期两周的研究调查了使用马努加蜂蜜敷料对于40例无愈合伤口的患者的影响。结果显示88%的伤口面积缩小了。马努加蜂蜜敷料提供伤口一个酸性环境，有助于伤口愈合。另一项研究显示马努加蜂蜜缩短了伤口愈合的时间，也帮助糖尿病足溃疡患者消毒伤口。



Manuka honey was also found to be effective at treating wound infections caused by antibiotic-resistant strains, such as Staphylococcus aureus (MRSA). Hence, the regular topical application of Manuka honey on wounds and infections may help prevent MRSA.

3. Promotes oral health

Studies have shown that Manuka honey effectively attacks harmful oral bacteria associated with plaque formation, gum inflammation and tooth decay.

The high antibacterial activity of Manuka honey effectively inhibits the growth of harmful oral bacteria like *P. gingivalis* and *A. actinomycetemcomitans*.

You may find it counterintuitive to consume honey for good oral health, because you have probably been told that consuming too many sweets can lead to cavities. However, unlike candy and refined sugar, Manuka honey's potent antibacterial effects make it unlikely to contribute to cavities or tooth decay.

4. Helps prevent gastric ulcers

Stomach or gastric ulcers are sores that form on the lining of the stomach, causing stomach pain, nausea and bloating.

H. pylori is a common type of bacteria responsible for the majority of gastric ulcers.

Research suggests that Manuka honey may help treat gastric ulcers caused by *H. pylori*. A test-tube study examined the effects of Manuka honey on biopsies of gastric ulcers caused by *H. pylori*. The results were positive, implying that Manuka honey could be a useful antibacterial agent against *H. pylori*.

5. Good for skin

Manuka honey used together with other skin care products can be helpful for treating acne or inflammations on the skin. It can be used as a DIY face mask and added to your weekly beauty routine, for radiant and glowing skin.

此外，马努加蜂蜜也可有效地治疗由耐抗生素菌株所引起的伤口感染，比如金黄色葡萄球菌（MRSA）。因此，在伤口或感染部位定期涂抹马努加蜂蜜可助预防感染金黄色葡萄球菌。

3. 促进口腔健康

研究显示马努加蜂蜜能有效地对抗导致牙斑、牙龈发炎及蛀牙的口腔有害细菌。

马努加蜂蜜的高抗菌活性也可有效地抑制口腔有害细菌如牙龈卟啉单胞菌和放线杆菌的生长。

您可能觉得“服用蜂蜜有助于口腔健康”是违反直觉的，因为“吃太多的糖会导致蛀牙”这个观念早已根深蒂固。然而，与普通糖果和精致糖类不同的是，马努加蜂蜜的强效抗菌特质不会导致蛀牙。

4. 预防胃溃疡

胃溃疡是由胃内黏膜损伤而导致的。胃溃疡患者会出现胃痛、恶心和腹胀的症状。

幽门螺旋杆菌是造成大部分胃溃疡的常见细菌。

研究显示马努加蜂蜜有助于治疗由幽门螺旋杆菌引起的胃溃疡。一项试管试验研究了马努加蜂蜜对幽门螺旋杆菌引起的胃溃疡的影响，结果是积极的，表示马努加蜂蜜是一种有效的幽门螺旋杆菌抗菌剂。

5. 改善肤质

马努加蜂蜜结合其他护肤产品一起使用，有助于治疗粉刺和皮肤发炎。它也可作为DIY面膜每周敷用，让您的皮肤变得光滑白皙。

请参阅第二页以获取更多有关新生命马努加生蜂蜜的特别优惠。

Please see page 2 for a special offer on NewLife™ Raw Manuka Honey.

Benefits of NewLife™ Raw Manuka Honey

NewLife™ Raw Manuka Honey has a unique flavour, texture and aroma. It is produced from the native Manuka bush which grows in the beautiful Bay of Plenty region, New Zealand. NewLife™ Raw Manuka Honey has an MGO rating of 100+.

- Offers a delicious and healthy substitute for sugary sweets
- Helps enhance the body's immune system
- Soothes indigestion and other digestive discomforts
- Promotes probiotics in the gastrointestinal tract
- Contains antioxidants that support your health
- Promotes energy and recovery
- A natural antiseptic and an excellent salve for topical burns, wounds and acne
- Provides soothing comfort for sore throats and coughs

Enjoy a delicious spoonful daily or add it to your tea, toast, yoghurt, or smoothie as a superfood!

新生命马努加生蜂蜜功效

新生命马努加生蜂蜜拥有独特的口味、质地及香气。它源自于新西兰丰盛湾大区的马努加灌木。新生命马努加生蜂蜜享有MGO值100+。

- 提供了美味和健康的甜糖果替代品
- 有助于增强身体的免疫系统
- 缓解消化不良和肠胃不适
- 促进胃肠道中的益生菌
- 含有抗氧化剂，有利健康
- 增加能量和促进恢复
- 是一种天然的防腐剂，也是局部烧伤、伤口和痤疮的绝佳药膏
- 舒缓喉咙痛和咳嗽

一天享用一茶匙，或添加到您的茶、吐司、酸奶或冰沙成为超级食品。

New & Improved NewLife™ Raw Manuka Honey 新改良新生命马努加生蜂蜜

100+MGO!

