



AUSTRALIAN
MANUKA
HONEY
ASSOCIATION



AUSTRALIAN MANUKA HONEY

100% PURE / NATURAL / ACTIVE





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Authentic Australian Manuka honey is nothing but the sweet labour of one of nature's most remarkable creatures – the honey bee – and her dedicated work, foraging on Australia's many native Manuka flowers.

We are fortunate to have some of the healthiest bees in the world, because Australia is the last remaining country that is not infested with the disease-carrying Varroa mite.

Our Manuka honey comes from pristine, natural environments, where our healthy bees collect pollen and nectar from Australia's incredible and unique flora.

With plenty of sunshine, fresh air and clean water, our wonderful Manuka honey is just as nature intended - **pure, authentic, unadulterated. And it's powerfully potent too!**

FIRST CLASS MANUKA HONEY

Some of the most powerful Manuka honey in the world comes from Australia.

Australia is the original **home of the Manuka plant**, and we have many more varieties than anywhere else in the world.

Australia is **free of Varroa** – so our bees are naturally healthier and we don't use miticides in our hives, unlike all other beekeeping countries. So we produce **pure, clean Manuka honey, naturally.**





WHAT'S SO SPECIAL ABOUT AUSTRALIAN MANUKA?

HUMANS HAVE USED HONEY FOR ITS HEALTH AND HEALING PROPERTIES FOR THOUSANDS OF YEARS.

NOW SCIENTISTS ARE ABLE TO EXPLAIN THE REASONS BEHIND ITS MEDICINAL POWER.

AND SOME HONEYS - LIKE **AUSTRALIAN MANUKA** - ARE **MANY TIMES MORE ACTIVE** THAN OTHERS.

The medicinal power of Australian Manuka all comes down to the flowers our bees visit to collect the nectar that they turn into delicious, pure, active honey.

Today, Manuka is one of the most famous medicinal honeys in the world because there have been numerous scientific studies showing that this powerful honey kills superbugs and stimulates wound healing.

Although Professor Peter Molan first discovered the activity of Manuka honey in New Zealand, some very active varieties have been found in Australia too¹. In fact, Australia has over 80 species of the plant that produces Manuka (scientific name: *Leptospermum*), while New Zealand has just one. A current, long-running, multi-

centre scientific research project looking at Australian Manuka has made some very exciting findings.

Not only does Australia have active Manuka coming from the same plant as in New Zealand (which is not that surprising, since it actually evolved in Australia first and spread to New Zealand later). But even more remarkably, we also have over 10 other native varieties, which are naturally producing active Australian Manuka honey. And some of these are the most powerful Manuka honeys in the world!²

¹ <https://ozhoneyproject.wordpress.com/>

² Cokoetin, N.N., Pappalardo, M., Campbell, L.T., Brooks, P., Carter, D.A., Blair, S.E. & Harry, E.J. (2016). The Antibacterial Activity of Australian *Leptospermum* Honey Correlates with Methylglyoxal Levels. PLoS One, vol. 11, no. 12, p. e0167780.



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WHAT MAKES AUSTRALIAN MANUKA ACTIVE?

MANUKA HONEY IS PRIZED FOR ITS UNIQUE ANTIMICROBIAL (THAT IS, GERM-KILLING) AND NUTRITIONAL PROPERTIES.

It is used as a wound dressing against Golden Staph and other infections, and also to aid skin conditions, sore throats, gingivitis, gastric upsets and more.

Authentic Australian Manuka retains its activity, even when other natural honey factors, like osmotic properties, acidity and hydrogen peroxide, are neutralised. When the special activity of Manuka was first discovered, it was called 'non-peroxide activity' (NPA), because it remained, even when the peroxide was removed.

Then scientists discovered that the naturally occurring compound, methylglyoxal (MGO), is responsible for much of the unusual activity of Manuka honey. The MGO results from dihydroxyacetone (DHA), which occurs organically in the nectar of various Manuka flowers in Australia^{1,3}.



Some of the most powerful Manuka honey in the world comes from Australia, naturally.



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HOW CAN YOU ENSURE YOU ARE GETTING AUTHENTIC AUSTRALIAN MANUKA HONEY?

The Australian Manuka Honey Association (AMHA), in partnership with leading scientists, has established a set of standards for authentic Australian Manuka honey⁴. As well as MGO and DHA, leptosperin is a naturally occurring chemical found only in the nectar of Manuka plants, and it is a stable marker of the authenticity of real Manuka honey⁵.

So, all active Australian Manuka honey that carries the AMHA Mark of Authenticity must be pure natural honey, produced entirely in Australia, and be tested by an independent, approved laboratory to ensure that it meets the following criteria when packed:

- ≥ 85 mg/kg (or ppm) methylglyoxal (MGO)
- ≥ 170 mg/kg (or ppm) dihydroxyacetone (DHA)
- ≥ 50 mg/kg (or ppm) leptosperin

If you would like to try the benefits of Australian Manuka we recommend sourcing AMHA authorised brands.



AMHA AUTHORISED

³. Windsor S., Pappalardo M., Brooks P., Williams S., and Manley-Harris M. A. (2012).

Convenient new analysis of dihydroxyacetone and methylglyoxal applied to Australian *Leptospermum* honeys. *Journal of Pharmacognosy and Phytotherapy*, 4(1).

⁴. <http://www.manukaaustralia.org.au/quality-standards/criteria/>

⁵. Jessie Bong, Gordana Prijic, Terry J. Braggins, Ralf C. Schlothauer, Jonathan M. Stephens, Kerry M. Loomes (2017). Leptosperin is a distinct and detectable fluorophore in *Leptospermum* honeys. *Food Chemistry*, Volume 214, Pages 102-109, ISSN 0308-8146, <https://doi.org/10.1016/j.foodchem.2016.07.018>.



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THE HISTORY OF MANUKA HONEY IN AUSTRALIA

HONEY BEES WERE INTRODUCED TO AUSTRALIA FROM THE 1820S, AND EVER SINCE WE HAVE BEEN PRODUCING MANY BEAUTIFUL AND UNIQUE HONEYS, INCLUDING OUR OWN MANUKA.

Australia has been using the word 'Manuka' since European settlement as a name for places, as well as for the plant. The funny thing is, people at the time had little knowledge of the health benefits of Manuka honey, and instead favoured milder, lighter honeys, which were probably less active.

In 1935 there is an article in the South Australian Chronicle discussing the production of Manuka honey. It includes a section

describing "the repulsive honey" by a beekeeper who also talked about how to avoid ending up with Manuka honey in your hives! Back then the unusual and strong flavour of Australian Manuka was undesirable.

However, we now know that our Australian Manuka is very special. And we have many specialist beekeepers producing this remarkable, natural and potent honey from our pristine bushlands and forests.

Australia has been producing pure, natural Manuka honey throughout the history of its beekeeping industry.



WHAT DO THE DIFFERENT NUMBERS MEAN?

NPA/ AND UMF®

NPA (non-peroxide activity) or UMF® (unique manuka factor) ratings are used to describe the unique antimicrobial activity of Manuka honey.

The NPA and UMF® ratings are generated by the same type of test, but 'Unique Manuka Factor' (UMF®) is a trademark registered by the UMF Honey Association of New Zealand. UMF® is only available for licensed use by UMF Honey Association of New Zealand members in relation to honey originating in New Zealand.

NPA and UMF® are equivalent of each other when tested by an appropriate laboratory.

MEASURING NATURALLY OCCURRING COMPONENTS - MGO

MGO occurs naturally in authentic Manuka honey, and this is the component responsible for much of its non-peroxide activity (NPA).

The amount of MGO in Manuka honey can be measured directly, using specialist chemistry equipment, and it is expressed as parts per million (ppm) or mg/kg. The approximate relationship between MGO concentration and the NPA/UMF® of Manuka honey is:

- NPA/UMF® 5+ = around MGO 83
- NPA/UMF® 10+ = around MGO 263
- NPA/UMF® 15+ = around MGO 514
- NPA/UMF® 20+ = around MGO 829

MGO is the centrepiece of the AMHA's Australian Manuka honey rating system.

This is in line with changing international standards and labelling requirements.





AUSTRALIAN MANUKA HONEY ASSOCIATION

The Australian Manuka Honey Association (AMHA) is the leading national body representing the Australian Manuka honey industry. It has been formed to raise the profile of Australian Manuka honey, and to set scientifically-based standards for this very special gift from nature.

Our mission is to spread the word about the remarkable properties of Australian Manuka honey, and to ensure that consumers buying AMHA certified honey can be confident they are receiving 100% pure, natural, authentic Australian Manuka honey.

The AMHA Board and Advisory Committee consist of key experts in the Australian honey and Manuka industries. The AMHA is also proud to work closely with key Manuka honey expert scientists.

Learn more about the Association, its members and Australian Manuka science here:
www.manukaaustralia.org.au

CONTACT US

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