

Carina[®]

FOODS OF
NEW ZEALAND

ACTIVE UMF MANUKA HONEY



CARINA, YOUR ASSURANCE OF PURITY AND QUALITY FROM NEW ZEALAND

Carina[®]

ACTIVE UMF MANUKA HONEY



UNIQUE MANUKA FACTOR[®]
HONEY ASSOCIATION

THE MANUKA TREE

Manuka (*Leptospermum scoparium*) is a small evergreen tree native and unique to New Zealand.

It is found throughout New Zealand, but is particularly common in the drier east coast of the North Island, where Carina Manuka honey is sourced.

PURE 100% NEW ZEALAND MANUKA HONEY



Carina Manuka honey is 100% pure honey with nothing else added.

Honey is made from the nectar that honey bees collect from Manuka flowers. The bees store the nectar in honey combs in hives until collected by beekeepers. It takes 5 litres of nectar to produce 1 litre of honey.

The honey is transferred from the hive to a MPI (New Zealand Ministry for Primary Industries) registered processing facility where it is extracted and finely filtered to remove any traces of wax and extraneous vegetable matter from

the honeycomb. It is then gently stirred to give its smooth, soft texture before being packed in clear jars. Every jar has a tamper evident seal for consumer protection.

WHY NEW ZEALAND MANUKA HONEY IS SPECIAL?

All honeys have an antibacterial activity, due primarily to hydrogen peroxide present in honey. But it was research by Professor Peter Molan (MBE) at the University of Waikato, New Zealand, that discovered the unique non-peroxide activity that gives New Zealand Manuka honey its beneficial antibacterial and antimicrobial qualities.

Manuka honey with these special qualities is known as **UMF Manuka** honey.

CARINA MANUKA HONEY RANGE

Available in 250g, 500g and 1kg jars.

Multi Flora Honey

Manuka Blend Honey

Manuka Active UMF 5+

Manuka Active UMF 10+

Manuka Active UMF 15+

Manuka Active UMF 20+



ABOUT ACTIVE UMF MANUKA HONEY

The antibacterial and antimicrobial qualities of Carina Active UMF Manuka honey can be measured in a standard laboratory test.

The honey is given a **UMF Factor** which is a rating number between 0 and 30 — the higher the rating, the higher the antibacterial and antimicrobial activity.

The UMF Factor of Carina Manuka honey is measured in an independent certified laboratory and printed on the front label.

MANUKA HONEY – ACTIVITY UMF TABLE

0-4

No detectable activity multi-flora Manuka honey is wonderful as a nutritious everyday table honey.

5+
UMF

Medium level active Manuka honey is excellent as a dietary nutritional supplement but is not recommended for special therapeutic use.

10+
UMF

High activity Manuka honey is suitable for daily therapeutic use. Laboratory studies have found Active honey over 10 to be effective against a wide range of common health ailments.

15+
UMF

Very high antibacterial active Manuka honey can aid in the treatment of ulcers, strep throat, cold sores, digestion, burns, skin infections, cuts and abrasions.

20+
UMF

Superior levels of activity. This is a potent Manuka honey with superior levels of activity. It can be used for direct application for wound healing, such as burns, ulcers, pressure sores, staph infections (proving to be effective against MRSA). Perfect for digestive health, where smaller amounts of honey can be consumed due to its potency.

Store out of direct sunlight and between 15°C and 20°C

Disclaimer: The information on this brochure is not intended to replace sound medical advice, nor is it recommended for people to stop their prescribed medications. Seek medical advice if symptoms persist.