

## UNIQUE MANUKA FACTOR

### WHAT IS UMF?

UMF is an antibacterial property which is naturally present in some strains of Manuka Honey, but it is not in all manuka honey. UMF Manuka Honey, the type of manuka honey which has the special UMF antibacterial property, is highly sought after for its health giving properties. Laboratory studies have shown that UMF Manuka Honey is effective against a range of very resistant bacteria including the major wound infecting bacteria and the stomach ulcer causing bacteria, helicobacter pylori. Please be wary of imitations with “Active #” as opposed to “UMF # Active”.

### UMF IS UMF TOTALLY NATURAL?

The UMF property is a floral property naturally found in the nectar of some manuka flowers. UMF Manuka Honey is totally natural and safe and has been enjoyed for its own unique flavour and health giving properties for generations.

### THE UMF STANDARD

The UMF activity is in addition to the usual active properties of honey. Not all Manuka Honeys have the UMF activity and amongst those that do, the strength varies. The UMF standard was established to identify and set apart the type of Manuka Honey which has the special healing properties. The UMF standard is the only worldwide standard identifying and measuring antibacterial strength of honey.

After the Honey is packed each batch is sent to an accredited laboratory in New Zealand and tested using criteria laid down by the Honey Research Unit at Waikato University. Once tested it is given a UMF number which indicates the antibacterial property.

A UMF 10 rating is the minimum to qualify to use the name UMF and be suitable for treating infections.

### THE UMF GUARANTEE

The name UMF is a guarantee that the honey being sold has the special UMF antibacterial property to the level indicated on the label.

This guarantee applies only to honey from a New Zealand company licensed to use the name UMF so long as the honey is packed and labelled in New Zealand.

Genuine UMF Manuka Honey complies with all five of the following criteria:

1. It has the name UMF clearly stated on the jar.
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.

You should also check that it is in a darkened plastic jar as the UMF properties are degraded by sunlight.

	HONEYDOCTOR GRADE	CUSTOMERS USE THIS FOR:
	UMF20+	Severe Throat Infections, Post Operative Wounds in the Mouth, Topical Skin Use
	MANUKA CARE 18+ (Sterilised)	Wound Care under a dressing
	UMF 16+	Digestive Tract Infections, Topical Skin Use
	UMF13+ UMF 12+ (Organic)	Digestive Tract Infections, Stomach Ulcers, Coughs and Colds, Sinus and Nasal, General Health, Strengthening the Immune System
	MANUKA HONEY	General Health Digestive Maintenance
		