

HONEY:

STRANGE & USEFUL

1



TRADITIONAL SORE THROAT AND COUGH SOOTHING

Honey coats and calms irritated throats and may help reduce coughing, especially when taken before bed.

2



NATURAL SWEETENER IN TEA AND RECIPES

A rich, complex sweetness that enhances flavor in teas, dressings, marinades, and everyday recipes.

3



BAKING MOISTURE BOOSTER

Honey helps baked goods stay moist, tender, and golden—while adding depth of flavor.

4



SKINCARE HUMECTANT IN MASKS AND SCRUBS

Naturally draws in moisture and helps soothe and nourish the skin.

5



MEDICAL-GRADE HONEY IS SOMETIMES USED IN WOUND CARE

Certain honeys, like manuka, have been used in clinical settings to support wound healing and prevent infection.

6



QUICK ENERGY SOURCE

A natural blend of simple sugars that can provide a fast, steady lift—perfect for busy days and active bodies.

7



NATURAL PRESERVATIVE HISTORY

Honey's low moisture and acidity have been used for centuries to preserve foods, herbs, and even fruits.

8



FLAVOR VARIES BY FLOWERS AND SEASON

The nectar's origin shapes honey's taste, aroma, and color—no two jars are ever exactly alike.



CAUTION: Do not give honey to infants under 1 year old.

