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# Manuka

*Data Sheet*

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## For health-conscious sweet tooth

MANUKA has an above-average MGO content of over 900 mg/kg.

## Manuka Honey: The most extraordinary honey in the world due to its high Methylglyoxal content (MGO)

In MANUKA, the MGO content is exceptionally high with over 900 mg/kg. Sourced from selected beekeeping farms in Australia (Byron Bay & Coffs Harbour).

- High MGO content
- Unique taste
- Untouched origin forests
- Selected beekeeping farms
- South Sea myrtle nectar

## What is Manuka?

**Manuka Honey** is an **exceptional natural product** derived from the nectar of the Manuka tree, **Southern Myrtle**. This tree is mainly found in the pristine coastal forests along the east coast of Australia. The honeybees collect the nectar from the small, white flowers of the Manuka tree and transform it into the most sought-after honey in the world through **their own enzymatic process**. What makes Manuka honey special is its high **Methylglyoxal content (MGO)**, which is responsible for its unique properties. With an MGO content of **well over 900 mg/kg**, MANUKA ranks among the honeys with the highest values worldwide. This **high concentration of Methylglyoxal** not only gives it its **distinct health benefits** but also its unmistakable taste. The **dark color** of Manuka honey and its **intense aroma** are unmistakable. The taste ranges from sweet to slightly bitter and brings a complex depth that makes it a true delight. Due to its unique properties, Manuka honey is not only appreciated as a sweetener but also has many uses in the kitchen. It is excellent for enhancing hot drinks, sweetening yogurt or muesli, and can also be enjoyed on its own. **Manuka honey is an essential component of a natural kitchen.** It not only offers a healthy alternative to conventional sweeteners but also serves as a valuable addition for those who value natural and high-quality foods. Whether as a daily treat or as a special ingredient in gourmet cooking – Manuka honey impresses with its variety and quality. **The high MGO concentration also makes Manuka honey a valuable product in naturopathy.**

## Why Manuka from artgerecht?

- Natural Manuka honey from Australian bees
- Exceptionally high MGO content of well over 900 mg/kg
- MGO with antioxidant properties
- Unique taste, ideal for use as a sweetener, on its own, or in hot beverages
- High purity and quality: from certified plantations
- Manuka honey is an essential part of a natural kitchen
- A valuable product in naturopathy due to its high MGO concentration

## Scientific background to Manuka?

The dark Manuka honey is produced by honeybees from the flower nectar of the **Manuka tree (Southern Myrtle)**. The plants grow in the well-known, pristine coastal forests on the east coast of Australia and in New Zealand. The producer of our **MANUKA** honey is located north of Sydney, about 15 km behind the coastline. The Methylglyoxal (MGO) makes the honey so special.

What makes Manuka honey unique is the active ingredient Methylglyoxal (MGO). This has been used by Australians for centuries. Our **MANUKA** honey contains over **900 mg/kg (900+)** of MGO, while regular honey contains only about 20 mg/kg.

MANUKA honey is used both internally and externally and is popular due to its natural ingredients and **high quality**. The special processing and careful extraction help preserve its **natural properties** and ensure its versatile applicability.

Methylglyoxal (MGO) is a natural compound with antibacterial properties. Studies have shown that MGO is effective against various bacteria, including antibiotic-resistant strains such as *Staphylococcus aureus*. Manuka honey also has pronounced antioxidant properties, which are due to its high concentration of phenolic compounds. Antioxidants play a crucial role in protecting cells from oxidative stress and can help prevent chronic diseases. Research has shown that regular consumption of Manuka honey can increase the antioxidant capacity of the blood, which has positive effects on overall health and well-being.

## Frequently Asked Questions

### What is Manuka Honey?

Dark Manuka Honey is produced by honeybees from the nectar of the Manuka tree (South Sea myrtle). These plants grow in the renowned, pristine coastal forests on the east coast of Australia and in New Zealand. The producer of our MANUKA honey is located north of Sydney, about 15 km behind the coastline. The Methylglyoxal (MGO) is what makes the honey so special.

### What makes honey a natural food?

Honey is an ancient food – humans have long relied on honey from bees for various purposes. Manuka honey contains Methylglyoxal (MGO), a substance responsible for the honey's antibacterial properties. The MGO content is often higher than in other types of honey, which is why it is considered of higher quality.

### What can I use Manuka Honey for?

Our MANUKA honey can be used as a natural sweetener, pure or in hot drinks, and is an essential part of our natural kitchen. Not only the MGO content makes MANUKA honey special, but also the hundreds of other natural ingredients it contains.

### What makes MANUKA special?

What makes Manuka Honey unique is its high Methylglyoxal (MGO) content. Our MANUKA contains over 900 mg of MGO per kilogram.

## Where does our Manuka Honey come from?

Worldwide, five times more Manuka honey is sold than is produced. We source our MANUKA only from secure sources, ensuring that our honey is genuine Manuka honey. In Australia, there are 83 species of Leptospermum/South Sea myrtle (Manuka), which means that Manuka honey can have a slightly different taste each time. Our honey comes from bee farms in Byron Bay and Coffs Harbour, Australia, where it is harvested by traditional beekeepers in remote, pristine forests of Australia. The timing of the honey harvest varies depending on the region and vintage - similar to a wine harvest.

## What makes MANUKA different from regular honey?

What makes Manuka honey special is the active ingredient Methylglyoxal (MGO). This substance has been used by Australians for generations. Our MANUKA contains over 900 mg/kg (900+) of MGO - compared to just about 20 mg/kg in regular honey. Manuka honey has the highest MGO content of all the honey in the world.

## How much Manuka Honey should be consumed per day?

For general support of the body, we recommend taking one teaspoon daily. For specific needs, the amount can be adjusted. Since this is a 100% natural product, there is generally no risk of overdosing, making frequent use perfectly safe.

## Ingredients

Manuka honey

<b>Content</b>	<b>Per 100g</b>
Energy	1,393 kJ / 333 kcal
Fat content	0.0 g
- Saturated fatty acids	0.0 g
Carbohydrates	82 g
- of which sugars	82 g
Protein	0.4 g
Salt	0.014 g

## Recommended intake

Take one teaspoon and spread it in your mouth or add it to your food for sweetness.

## Additional information

- SKU/MPN: 10189
- Net filling quantity: 250 g
- EAN/GTIN: 4260656120040
- PZN (DE): 18471616
- PZN (AT): 5224129
- Customs tariff number: 04090000
- Origin: AUS
- Version: 17.12.2025

