

The UMF™ rating system independently certifies natural components found in Mānuka Honey to assure potency, purity, authenticity, & freshness. Please see [umf.org.nz](http://umf.org.nz)

UMF™ 5+ is scientifically proven to contain a minimum 83 mg/kg of Methylglyoxal (MGO), a naturally occurring compound in Mānuka Honey. UMF™ License No. 1019.

Store in a cool, dry place with the lid down. To get every last drop of honey out, try gently warming.

As this is a natural product, its color may vary. Not suitable for children under 1 year of age. Do not use if induction seal is broken.

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COMVITA20



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Best if used by:  
JAN/01/2026

BEEKEEPING SINCE 1974



CERTIFIED UMF™  
**MĀNUKA  
HONEY**

RAW, WILD & UNPASTEURIZED



UMF™ 5+  
MGO 83+

PRODUCT OF  
NEW ZEALAND

eNet Wt. 11 oz  
(312g)



## Nutrition Facts

15 Servings per container  
Serving size 1 Tbsp. (21g)

Amount per serving

**Calories** **60**

% Daily Value\*

Total Fat 0g 0%

Sodium 0mg 0%

Total Carbohydrate 15g 5%

Total Sugars 15g 30%<sup>†</sup>

Protein 0g

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. Not a significant source of sat. fat, trans fat, cholest., fiber, vit. D, calcium, iron, and potas. <sup>†</sup>One serving adds 15g of sugar to your diet and represents 30% of the Daily Value for Added Sugars.

**INGREDIENTS:** UMF™ 5+ Monofloral Mānuka Honey (100%).

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