MGO® Manuka honey is labelled on the minimum Methylglyoxal (mg/kg) content, which is tested in a independent UK laboratory to the ISO 17025 standard. MGO® Manuka honey is also tested for Dihydroxyacetone DHA® content, this is necessary to guarantee the Methylglyoxal content across the shelf life of the product.





250g e

Best Before end see side of jar. Store at room temperature. Unsuitable for infants under 12 months.



DIRECTIONS: MGO® Manuka Honey can be taken as part of a balanced diet or used as a natural sweetener with meals and hot drinks.

Manuka honey will naturally crystallise. Crystals can be melted by slowly warming the honey

Ingredients: 100% New Zealand Manuka Honey		
NUTRITIONAL VALUE	PER 100G	PER 15G SERVING
ENERGY	1375kj (329KCal)	206kj (49KCal)
FAT	<0.1g	< 0.01
OF WHICH SATURATI	ES <0.1g	< 0.01
CARBOHYDRATES	78.5g	11.78g
OF WHICH IS SUGAR	76.2g	11.43g
PROTEIN	0.2g	0.03g
SAIT	8ma	1.2mg

For further information please visit:

www.familyfoods.co.uk Packed for Family Foods Ltd, Rugeley WS15 1PU