

## Colonia Organic Raw Forest Honey

Each jar is sealed with a label on the lid.

The term “**raw honey**” or “**live honey**” is used to describe honey that is **cold-extracted and unheated**, preserving its natural state.

**Colonia Organic Raw Honey** is pure, natural, and unprocessed by heat, thus retaining its live enzymes and vitamins, which provide outstanding nutritional qualities and health benefits.

**Forest honey**, is collected from forested areas, which may include both **coniferous trees** (fir, spruce, pine, etc.) and **deciduous trees** (maple, oak, etc.).

Unlike flower honey, forest honey does not come from nectar but from **honeydew** – the sweet secretion produced by aphids. These small insects feed on the sap of trees and excrete a sugary substance (honeydew), which bees later collect.

Compared to other types of honey, **forest honey is richer in minerals** such as **manganese, phosphorus, zinc, cobalt, and sulfur**. It also contains **higher levels of calcium, magnesium, iron, and potassium**, along with **polyphenols, antioxidants**, and **prebiotics** (which serve as food for beneficial gut bacteria, promoting healthy digestion).

Honeydew honey has **less glucose** than flower honey and contains a **higher proportion of complex sugars**.

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### PROPERTIES, USES, AND BENEFITS:

- Has **anti-inflammatory, antioxidant**, and **immune-boosting** properties
  - Aids in the healing of **bacterial, dermatological, degenerative, inflammatory, and autoimmune conditions**
  - When used externally, it can help with **wound healing** and **anti-rheumatic conditions**
  - Used to reduce **ovarian inflammation**
  - Beneficial for **respiratory conditions**
  - Acts as an **expectorant** and **respiratory soother**, useful for **lung diseases** and **chronic cough**
  - Helps with **asthma** and **bronchitis**
  - When consumed with **honeycomb**, it may have **bronchodilator effects**
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**Storage conditions:**

Store in the original packaging, in a dry place, away from direct sunlight.

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**Important!**

**Bee products are NOT recommended for children under 1 year of age.**

**Crystallization** (also called granulation) is a **natural process** that confirms the honey is raw and attests to its high quality.

Since bee products are made by bees from **natural sources**, they are **not standardized in terms of organoleptic properties**. Therefore, **color, taste, smell, or appearance may vary from batch to batch**, without affecting the product's benefits or quality.

The information provided is **for informational purposes only** and **should not replace medical advice, diagnosis, or treatment from qualified healthcare professionals**.