

MGO® Manuka honey is labelled on the minimum Methylglyoxal (mg/kg) content. MGO® Manuka honey is sourced from New Zealand and meets the New Zealand Government's standard for Monofloral Manuka Honey. Every batch of MGO® Manuka honey is tested and verified in an independent laboratory. Tested and Certified true to label.



Bee
natural

250g e

MGO®
Monofloral
Manuka Honey
600+ mg/kg
(METHYLGLYOXAL)

New
Zealand

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: New Zealand Monofloral Manuka Honey

Nutritional value	Per 100g	Per 15g serving
Energy	1375kJ/329Kcal	206kJ/49Kcal
Fat (g)	<0.1	<0.01
of which saturates (g)	<0.1	<0.01
Carbohydrates (g)	78.5	11.7
of which sugars (g)	76.2	11.4
Fibre (g)	<0.5	<0.01
Protein (g)	<0.5	<0.01
Salt (g)	0.03	<0.01

For further information please visit:

www.familyfoodsgroup.com

Packed for Family Foods Ltd, Rugeley WS15 1PS



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

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