

MGO® Runny Monofloral Manuka honey is sourced from New Zealand and has not been creamed like the rest of our range, so crystallization will happen naturally over time.

Every batch of MGO® Manuka honey is tested and verified in an independent laboratory.



250g e

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



MGO®

Runny Monofloral Manuka Honey

600+mg/kg
(METHYLGLYOXAL)



New
Zealand

DIRECTIONS: MGO® Runny Monofloral 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



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