



SWEET HARVEST FOODS

HEALTH & BEAUTY

UNLEASHING NATURE'S SWEETENER

Honey is well known as a natural sweetener for the food industry but it has nutritional benefits and therapeutic promises that are perfect for the personal care industry!

The Health & Beauty team at Sweet Harvest Foods offers a diverse portfolio of liquid honey for use in personal care projects. Our integrated and responsible procurement, operations, and quality services are well poised to work with your team from concept to commercialization.

NATURAL HEALTH BENEFITS OF HONEY¹

Antioxidant Powerhouse: Honey contains antioxidants that combat free radicals, promoting overall health.

Anti-inflammatory properties: Honey contains phytochemicals, phytonutrients, organic acids, flavonoids, natural sugars, and bee pollen.

Antimicrobial properties: Honey's antimicrobial properties aid in wound healing and soothe skin irritations. Natural remedy for minor cuts, burns, and scrapes.

Antibacterial properties: Honey's low pH and acidity create an inhospitable environment for bacteria, preventing their growth and survival.

Hydration and Moisturization: As a natural humectant, honey draws moisture into the skin without feeling greasy. Ideal for acne-prone or sensitive skin, it keeps your complexion hydrated and balanced.



HONEY HIGHLIGHT: MANUKA HONEY²

- Manuka honey has antibacterial, antiviral, anti-inflammatory, and antioxidant properties.
- "The antibacterial effects of manuka honey are a lot higher than other honey counterparts," says Bailey Flora, RD. "It's about 100 times higher than other traditional honey."



Anti-Aging properties: Honey's unique properties make it ideal for anti-wrinkle and anti-aging products. Research has shown that honey-derived molecules can repair collagen fibers and strengthen the skin's structure.

Natural Cough Relief: Studies have shown that honey is as effective as over-the-counter cough syrup in relieving coughing and throat irritation. Honey coats the throat, which can help soothe irritation and reduce discomfort.

¹ Details about honey's properties and characteristics have been sourced from: <https://honey.com/images/files/Detailed-Nutrition-Information.pdf>

² Details regarding manuka honey's unique properties sourced from: <https://health.clevelandclinic.org/manuka-honey-benefits>

