

Honey

Honey is a natural sweet substance produced by honey bees from floral nectar. It has been consumed for thousands of years as both a food and a traditional medicinal product. Across many cultures, honey has been valued for its nutritional, antimicrobial, soothing, and preservative properties. Today, honey remains widely used in food, wellness, and natural medicine products worldwide.

Key facts

- **Scientific source:** Produced by *Apis mellifera* and related bee species
- **Common names:** Honey
- **Main components:** Fructose, glucose, enzymes, polyphenols
- **Typical forms:** Raw honey, filtered honey, medicinal honey, syrups

Production characteristics

Honey is produced when bees collect floral nectar, enzymatically transform it, and store it within honeycombs where moisture content is reduced. The composition, color, aroma, and flavor of honey vary depending on the botanical origin of the nectar source.

Traditional and modern uses

Traditionally, honey has been used for wound care, soothing sore throats, digestive comfort, and general nourishment. In modern wellness and medical contexts, honey is commonly utilized in cough remedies, skincare products, wound dressings, and nutritional formulations.

Mechanism and research

Research suggests that honey may exhibit antimicrobial, antioxidant, and anti-inflammatory properties due to its osmotic activity, hydrogen peroxide generation, acidity, and polyphenol content. Clinical studies have investigated honey for wound healing, cough support, and oral health applications.

Safety and regulation

Honey is generally considered safe for most individuals. However, infants under one year of age should not consume honey due to the risk of infant botulism. Product quality and authenticity may vary depending on sourcing and processing methods.

Culinary and supplement context

Honey is widely used in beverages, desserts, baked goods, herbal preparations, and wellness products. Specialty varieties such as Manuka honey are especially popular within global functional food and natural health markets.