



UNIQUE MANUKA FACTOR®  
HONEY ASSOCIATION

## Unique Manuka Honey: what does the number mean?

Honey has been used for centuries for more than food because it inhibits bacterial and fungal infections. All honey has some of these properties because of peroxidical activities. Many companies measure this activity and label their honey as ACTIVE. Genuine Manuka Honey has 2 important advantages over other honey; its unique naturally occurring antibacterial effects are superior and they are stable in storage. Manuka Honey from New Zealand is the only honey in the world with this effect.

### UMF AND MG -WHAT DO THE NUMBERS MEAN?

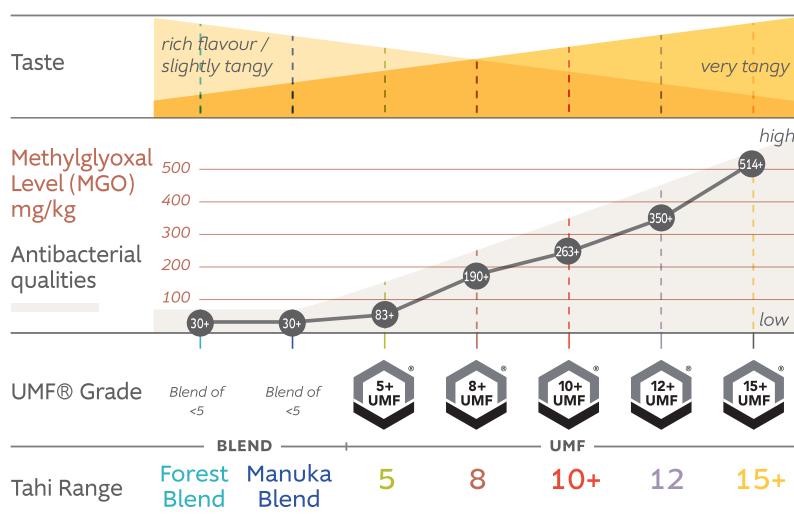


The number of Manuka Honey is either a UMF® (Unique Manuka Factor) rating or a measure of the most important organic chemical contributing to the special antibacterial properties of Manuka Honey called Methylglyoxal - MG or MGO©.

UMF and MG are valid measures of the non-peroxidical activity unique to Manuka Honey. UMF measures the activity itself. MG or MGO© measures the compound responsible for a major component (but not all) of that activity. The MG number is much higher than the UMF number.

UMF® shows the relative effectiveness of Manuka Honey for inhibiting bacterial growth in direct comparison with the antiseptic phenol. The higher the UMF® number the greater the topical antibacterial effects.

The UMF® trademark is internationally verified. It guarantees authentic, unadulterated Manuka Honey. An independent laboratory determines the number. UMF® Honey must contain DHA (dihydroxyacetone), Leptosperin, and Methylglyoxal.



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