

Honey

Vit b i DongNaiHoney

Thursday, 27 November 2008 10:13 - Last Updated Tuesday, 02 February 2010 14:13



Honey is a sweet substance manufactured by bees from the nectar fresh or service they get from living plants brought back, and then processed by the evaporation of water and impact enzyme secreted by them. Usually bees cap screw holes contains has perfected.

Ingredient:

Sugar: mainly fructose and glucose. This is a simple way should the human body can absorb directly into the blood without metabolism.

Protein: 0.1% on average. Derived from the nectar of this protein (vegetable protein) and secreted from bee (animal protein)

Enzyme: The honey has many enzymes essential for the body as Invectaza, diataza, Lipaza, Catalaza, Peroxydaza, these enzymes are more bees in the process as confidential.

Acid: contains organic acids such as Focmic acid, oxalic acid, Citric acid, Lactic Acid ...

Minerals: the honey contains minerals such as K, Na, Mg, Ca, Fe, P, Cu, Zn, Mn, ...

Vitamins: vitamin content in honey has many types such as B1, B6, B12, PP, C, E, K ...

Effects of Honey:

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Honey is an effective medication to help increase resistance to the body, preventing infection. Effect in the treatment of diabetes, kidney disease, weak heart disease, increased metabolic processes in liver tissue.

In addition, honey also used for beauty. The cosmetics nourish skin containing honey is good for dry skin types and skin sensitivity. Simulation of honey is also effective.

Dosage:

Use honey daily helps increase the body resistance. Daily use 5 tablespoons honey, can be used pure or bread spreads, stir with tea, milk.

Other Products:

- [Jelly Honey.](#)
- [Turmeric Honey.](#)
- [Pollen.](#)
- [Beewax.](#)
- [Background Wax.](#)
- [Royal Jelly.](#)