

## Garlic Infused Raw Honey 8 oz.

Our Garlic Infused Raw Honey is an unfiltered, locally produced, all-natural sweetener infused with garlic.

Made from the highest quality honey available, our Garlic Infused Raw Honey is a great way to get the health benefits of honey and garlic in one delicious sweetener.

This flavorful infused honey is a delicious addition to your favorite recipes.

**Ingredients:** Raw, Unfiltered Honey, Garlic.

## **About Our Ingredients:**

• Honey is highly nutritious, with traces of minerals and vitamins, flavonoids, and polyphenols, which act as antioxidants to destroy free radicals. Honey is also anti-bacterial, anti-viral and antifungal, and acts as an energizer to help overcome fatigue and regain energy.

Many of the beneficial nutrients in honey are destroyed in the pasteurization process of most commercially prepared honey products. Raw honey retains all the nutrients and medicinal properties that are lost when honey is heated. (1) \*

• Garlic is rich in vitamin C, vitamin B6, and manganese. It also contains trace amounts of various other nutrients. Garlic supplements may help prevent and reduce the severity of illnesses like the flu and common cold and may help reduce cholesterol and high blood pressure. Garlic also contains antioxidants that support the body's protective mechanisms against oxidative damage. (2) \*

## **Research Sources**

(1) Honey

National Library of Medicine: <a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5424551/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5424551/</a>

*Journal of Chemical and Pharmaceutical Research*: <a href="www.jocpr.com">www.jocpr.com</a> <a href="https://www.jocpr.com/articles/medicinal-uses-and-health-benefits-of-honey-an-overview.pdf">https://www.jocpr.com/articles/medicinal-uses-and-health-benefits-of-honey-an-overview.pdf</a>

*Eight Raw Honey Benefits for Health*: <a href="https://www.healthline.com/health/food-nutrition/top-raw-honey-benefits">https://www.healthline.com/health/food-nutrition/top-raw-honey-benefits</a>

(2) Garlic
Health Benefit Reference
<a href="https://www.healthline.com">https://www.healthline.com</a>

\* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

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