

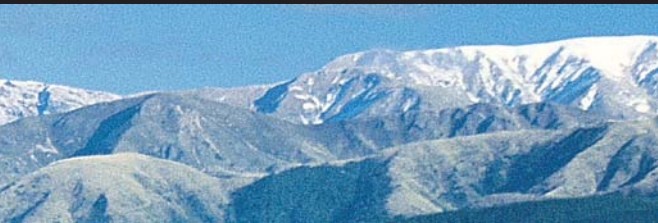


Claridges raw honey is both natural and certified as organic.

Claridges collect raw honey from its own hives

located in some of the most pristine natural

locations in the South Island, New Zealand,



from temperate rain forests to the high country of the Southern Alps.

Organic



CLARIDGES

Food is an essential part of life. To make sure that the food that you eat is the best it can possibly be, you need to make sure that it is created in the best way possible. This is why Claridges Organic only uses the best ingredients it can find from committed and ethical farmers who produce food that benefits society and the environment.

Using foodstuffs from committed organic growers, or wild-crafted from natural sources, Claridges Organic brings to you the finest and purest foodstuffs in the world.

Claridges Organic uses raw and natural ingredients in their purest forms to ensure that all the goodness and vitality of the foodstuff is retained when it reaches the shelf.

As part of its commitment to food in its most natural and purest form, Claridges Organic is committed to using non-genetically modified crops.

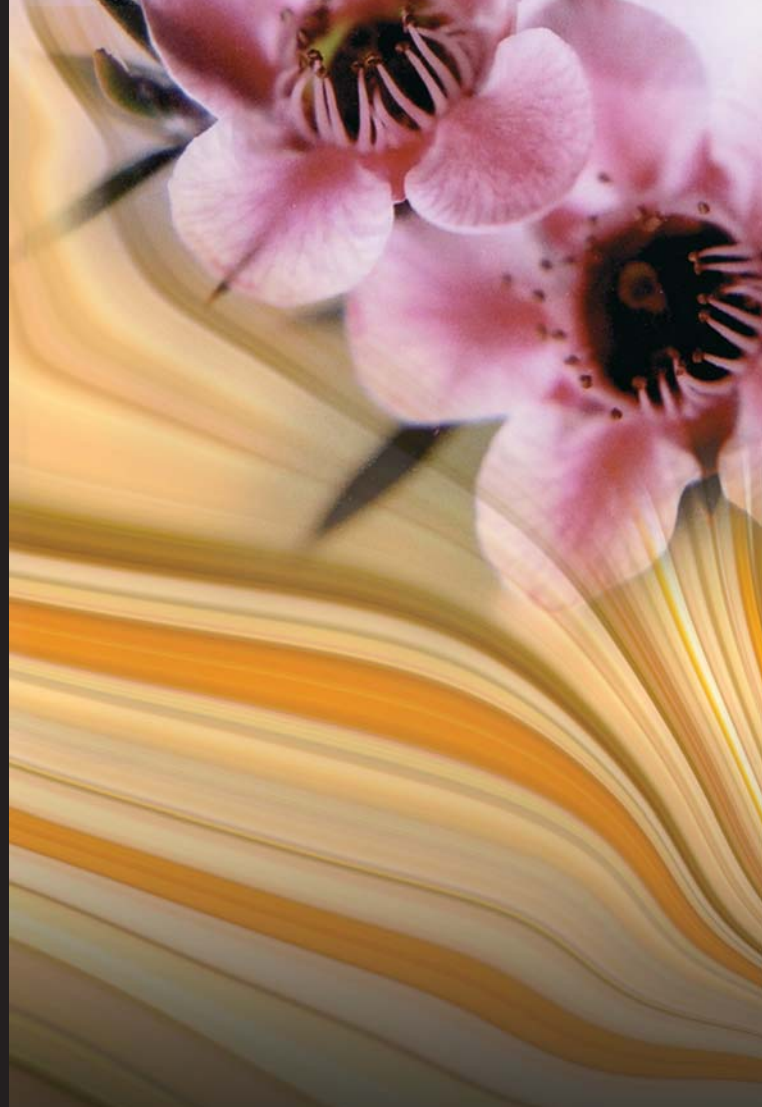
Claridges Herbal Products Ltd.

PO Box 39 068,
32b Sheffield Crescent
Christchurch
New Zealand

Tel +64 3 358 3155
Fax +64 3 358 3156
email claridges@clear.net.nz
web www.claridges.co.nz



Bio Gro #594



CLARIDGES
Organic
Honey Range

Manuka honey is produced from the manuka tree.

The honey is dark coloured, strongly flavoured, and has a herby, woody characteristic.

Manuka has historically been used by Maori and early European settlers for medicinal purposes.

These include use of the bark as a poultice, for colds, for flu, and stomach aches. It is sometimes called "tea tree" from the practice of making a tea from the leaves.

By eating Claridges organic raw honey, you can have more confidence that you are not consuming harmful chemicals.

Manuka has been tested in the laboratory against several strains of wound infecting bacteria and found to be effective in inhibiting the growth of most of them.

Our honey has the minimum amount of processing required to get it into a retail bottle. During its travel from our hives to the shelf, the honey has never been heated over 40C. Most of our honey will be crystallised when you buy them or will soon crystallise. This is a totally natural and is a good sign that the honey has never been over-processed or over-heated.

If you do not like crystallised honey, you can heat the honey for a very short time in the microwave or put the pottle in hot water bath until it melts to your satisfaction.

Kamahi honey comes from the kamaki tree.

Its complex flavours give it a unique taste that send honey gourmets into

paroxysms of delight.



What makes Claridges raw honey *organic?*

- Our honey has not been heated over 40C.
- Our hives are located in wild, remote and natural areas, and are never closer than 3km from any intensive farming.
- We test our honey to show that no harmful chemicals are present.
- We don't feed sugar to our bees.
- Our hives are constructed from environmentally friendly materials.

Nutritional Information

Servings per 250g pack: 12.5 Serving size 20g (approx. 1 tspn)
Servings per 500g pack: 25 serving size 20g (approx. 1 tspn)

	Per 20g	Per 100g
Energy	272kJ (65kcal)	1360kJ (325kcal)
Protein	<1.0g	<1.0g
Fat Total	0.0g	0.0g
- Saturated	0.0g	0.0g
Total Carbohydrate	16g	80g
- Sugars	15g	75g
Sodium	0.0g	0.0g