

The story of Mount Adams honey

The loftiest peak on the lower east coast of New Zealand's North Island, Mount Adams is entirely covered in manuka forest. In early summer the mountain appears to be wearing a light snowdrift, but on closer inspection you'd discover that billions of manuka flowers are responsible for its soft white cloak. Zoom even closer and you'd hear the buzz of honey bees working industriously to capture the mountain's immense crop of manuka blossom nectar.

Fully loaded after visiting around 1000 flowers each, the bees carry their precious cargo to our hives, so that house bees can perform the enzyme magic that turns manuka nectar into manuka honey. After several weeks, our devoted beekeepers painstakingly harvest the bees' work, taking care to keep the crop in perfect condition - too much heat or light could affect the honey's special properties.

The manuka honey that comes from Mount Adams is among the most potent in the world, because it contains natural methylglyoxal - a powerful antibacterial substance. Methylglyoxal is the ingredient that makes manuka honey superior to other types of honey. It is measured with the MGO scale, which indicates how many milligrams of methylglyoxal per kilogram of honey. For example, an MGO 30+ rating indicates 30mg of methylglyoxal per kilogram of honey.

Mount Adams honey is available in two strengths - MGO 30+ and MGO100+. Both are ideal as an everyday health tonic eaten straight off the spoon 30 minutes before each main meal.

Aside from its special properties, Mount Adams honey is truly delectable. Its rich, tangy flavour reflects the pristine state of the remote manuka forest it originates from. It's wonderful that something so delicious can also do you a power of good.