

# Forever Bee Honey

## Description and Purpose

Bees make honey by traveling from flower to flower, removing the rich nectar, storing it briefly to mix with their enzymes, then depositing the honey in their hives. Throughout the ages, honey has been recognised as a premium natural food – a storehouse of nutritional goodness and easily digested. Honey contains many ingredients needed to maintain good health, including sugars (glucose, fructose and sucrose), and other minerals, vitamins, enzymes, proteins and amino acids. Forever Bee Honey contains only natural ingredients.

This great-tasting, nutritious sweetener is loaded with nature's goodness, containing approximately 70 calories per tablespoon. Easy to digest and rich in carbohydrates and the minerals calcium and phosphorus, Forever Bee Honey is a quick and nutritious energy source for any occasion.

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### At a glance...

- Tinted, easy-pour container prevents loss of any valuable nutrients caused by sunlight
- Rich in carbohydrates
- Contains calcium and phosphorus
- Natural sweetener, easily digested



## Ingredients

Pure honey.

## Contents

500g (17.6 oz).

## Directions

Can be eaten alone or as a natural food sweetener.



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