

INFORMATION INCLUDED ON THE PRODUCT LABEL:

- 1. FULL PRODUCT NAME:** Multiflower Honey
- 2. MANUFACTURER'S NAME:** Michal Kolasa, Zrzeszenie Pszczelarzy Krakowskich, ul. Czerwone Maki 84, 30-962 Krakow.
- 3. COUNTRY AND REGION OF ORIGIN:** Lesser Poland Voivodeship, Poland.

4. PRODUCT DESCRIPTION

MULTIFLOWER HONEY – Multiflower honey is one of the most popular and widely used bee product. It comes in different colours and flavours, and offers various health benefits. Its properties depend on species of flowers, shrubs and trees chosen by the bees, the locations of the apiaries, and the time when the honey was produced. There are few different types of multiflower honey, including spring (characterised by light colour and delicate flavour) and summer (incl. linden tree nectar) varieties, as well as later ones (like buckwheat or sunflower honey). Because it is made from a variety of plants, both cultivated and wild, multiflower honey is often called a “honey of a thousand flowers”.

- 5. BEST BEFORE DATE** – 24.07.2023
- 6. BOTTLING DATE AND LOT NUMBER** – 24.07.2021 (bottling date is also a LOT number)
- 7. NET WEIGHT** – 140g
- 8. STORAGE:**
 - Honey should be kept in a dark place in a temperature of 8–10° Celsius. Do not expose to sunlight.
 - Storing the honey in temperatures below 0°C is also acceptable, even for several years. However, storing the honey in low temperatures lowers its nutritional value.
 - The honey container (preferably glass) must be tightly closed, as it easily absorbs water and water vapour, which leads to the production of fermentation-causing yeast.
- 9. EFFECTS OF MULTIFLOWER HONEY** – because multiflower honey is made from many types of plants, it has a variety of beneficial properties. Spring honey consists largely of simple sugars and has a beneficial effect on the circulatory system. They are a valuable source of energy in states of fatigue as well as physical and mental

exhaustion. An easily absorbed glucose the honey contains perfectly nourishes the heart muscle, which helps it prevent coronary heart disease and atherosclerosis. This honey also has a good influence on the liver, its detoxification and the functioning of the gall bladder. On the other hand, summer multiflower honey can alleviate hay fever and allergic-type bronchial asthma. In cases of pollen allergies, chewing a comb with multiflower honey can help you become immune to individual pollen allergens. It is therefore recommended for some allergy sufferers, as it contains pollen and other natural allergens. You should remember, however, that this type of treatment should take place under a doctor's supervision. The summer variety of the honey is extremely valuable since it contains large quantities of bio elements and natural enzymes which are beneficial in the autumn and winter seasons. When used regularly, it can help to boost immunity and metabolism. This honey regulates blood pressure. Moreover, it has a clearly positive effect on the skin - increases its smoothness and reduces cracking. It can be used in homemade masks, scrubs, and relaxing baths. In addition, it is low in calories, which means it can be a perfect diet supplement or a sugar substitute in coffee or tea. Because of its high nutritional and flavour value, it is recommended for daily consumption, both for children and adults.

10. COUNTERINDICATIONS FOR CONSUMPTION – Children under one year of age – honey may contain spores of botulism bacilli (*Clostridium botulinum*) in quantities that pose a threat to the health and life of children under one year of age and cause infant botulism. For older children and adults, the presence of the spores does not pose a risk. Honey does not contain botulin.

11. POSSIBILITY OF ALLERGIC REACTION: Allergy to honey is caused by the presence of various types of allergens – molecules that cause an abnormal reaction of the body's immune system.

Allergens include:

- flower pollen – this is the most common cause of honey allergies,
- grass pollen – timothy grass, ryegrass,
- tree pollen, such as the common hazel or birch,
- pollen of other plants – including sunflower, herbs – dandelions, goldenrods,
- mould and yeast fungi spores.

What's more, during the transfer of the nectar and its maturation, bee proteins and pieces of bee abdomens, which are also allergenic, can also be mixed with

the honey as the final product. This allergen is particularly dangerous for people allergic to insect venom. Cross-sensitisation can occur as a result of ingesting it.

Undesirable symptoms of honey allergy:

1. **Dermatological:** Itching of the skin, local urticaria, urticaria of the whole body, vascular oedema, swelling of the lips and eyelids.
2. **Gastric:** abdominal pain, diarrhoea, vomiting.
3. **Respiratory:** shortness of breath, coughing, bronchospasms, nasal swelling and nasal discharge, throat swelling.
4. **Other symptoms:** headache, irritability, weakness.
5. **Immediate reactions:** anaphylactic shock and death – in extreme, rare cases.