



BEWARE OF FAKE HONEY IN THE MARKET

THE REMEDY OF SORE THROATS AND THE HEALTHY ALTERNATIVE OF SYRUP, HONEY IS A KITCHEN STAPLE IN MANY HOMES. BUT BEFORE YOU POUR SOME ON YOUR OATS OR SPREAD IT ON YOUR BBQ CHICKEN, KNOW THAT 80% OF HONEY SOLD IN THE MARKET IS FAKE!

Consumers must know about the danger of consuming fake honey as it is made out of refined sugar, citric acid, starch, corn flour, distilled water and the manufacturing process mixes foreign materials, overheats and the standard of hygiene is poor. Consuming counterfeit honey could lead to serious health implications such as heart diseases, cancer, and diabetes.

It has been found that some honey in the market contained a high amount of Hydroxy Methyl Furfural (HMF). HMF is a natural compound of glucose breakdown in acidic condition, over consuming it could cause adverse effects on our body.

A 64-year-old man discovered his diabetes after consuming a variant of honey called kelulut honey, which produced by stingless bees in Kedah, Malaysia. He took it twice a day for six years. After the diagnosed, he took the honey to MARDI to run a test because he disbelieved that his healthy diet had led to diabetes. The results of the test found that the honey he took for six years was indeed a counterfeit.

Among all the variant of honey, consumers prefer kelulut honey because it was claimed that it has higher nutritional value, thus seeing the emergence of more artificial kelulut honey in the market.

Some sellers would go great length to run 'demonstration' to prove that they were selling pure honey. They would lie to the consumers by false educating pure honey's characteristics, such as claiming so-and-so as accurate colour, fine bubbles on the top layer, and the 'pop' sound you hear when opening the bottle. Do these characteristics ring a bell?

The public should take extra precautions when buying honey from the market, particularly those that lack labels or information on the origins of the product. From the appearance, fake honey and real honey may seem identical, especially when bottled or labelled nicely. Some may even put honeycomb wax into their product to convince buyers that the honey is pure.

References/Sources: <https://thecoverage.my/80-of-honey-sold-in-malaysia-is-fake/>

If we're talking about the pureness and realness of honey, HDI Clover Honey is guaranteed 100% pure and rich in vitamins and nutrients. It is scientifically-tested to be a pure and natural honey with an average HMF value of **16.34 mg/kg** and Diastase number of **16.75**.

The HMF (Hydroxy Methyl Furfural) value is used as a benchmark for the purity of honey. Based on CODEX International Standard for honey, a good quality honey must have HMF value of below (<) 40 mg / kg.

Diastase is an enzyme that is found naturally in honey and degrades over time, especially when exposed to heat. Like HMF, diastase can be used to indicate the shelf life and exposure of honey to heat. Hence a high reading of diastase number of 16.75 indicates that our honey is fresh, of good quality and the enzymes inside will provide us with health benefits. Based on CODEX Alimentarius Standard, any value below 8 indicates honey of low quality, while any value above this means high quality of honey.

Not only that, HDI Clover Honey has been tested and certified free from Botulism bacteria. Botulism is a rare but serious condition caused by toxins from bacteria called Clostridium botulinum.

HDI Clover Honey is also safe for long-term consumption for the whole family including those with diabetes. It has been tested by Sydney University Glycemic Index Research Service (SUGIRS) facility and certified to have a low glycemic index (GI-53) and insulin index (II-49). Low-GI diets can reduce the risk of diseases such as heart disease, certain cancers, improve blood glucose control and insulin sensitivity in people with diabetes, reduce high blood fat levels, and can be useful for weight control.





慎防市面上不纯正的蜂蜜

除了作为治疗喉咙痛和糖浆的健康替代品，蜂蜜也是许多人家中的必需品。当您想要将蜂蜜倒进您的燕麦或淋上您的烤鸡之前，您可知道现今市面上所售卖的蜂蜜有80%都不是纯正的！

消费者必须知道食用不纯正的蜂蜜是很危险的，因为它是由精制糖、柠檬酸、淀粉、玉米粉、蒸馏水制成的，而且制造过程中除了过热和卫生标准差，还往往混入了异物。食用不纯正的蜂蜜可能会导致严重的健康问题，例如心脏病、癌症和糖尿病。

经检测，市面上部分蜂蜜中含有大量羟甲基糠醛（HMF）。HMF是酸性条件下葡萄糖分解的天然化合物，过量食用可能会对我们的身体造成不良影响。

一名 64 岁的男子在食用了一种名为 kelulut 的蜂蜜后被确诊患上糖尿病，这种蜂蜜由马来西亚吉打州的一种无刺蜜蜂生产。他每天服用两次，持续了六年。确诊后，他将蜂蜜带到 MARDI 进行测试，因为他不相信自己的健康饮食会导致糖尿病。检测结果发现，他服用了六年的蜂蜜确实是不纯正的。

在所有不同的蜂蜜中，消费者更喜欢 kelulut 蜂蜜，因为它声称具有更高的营养价值，因此市场上出现了更多的人造 kelulut 蜂蜜。

一些卖家会不遗余力地进行“示范”，以证明他们销售的是纯蜂蜜。他们会通过虚假宣传纯蜂蜜的特性来欺骗消费者，比如声称他们的蜂蜜颜色实属纯正，或者纯正的蜂蜜都会有一层细小的气泡，以及开瓶时会听到“啪”的一声。这些特征是否敲响了警钟？

公众在市场上购买蜂蜜时应采取额外的预防措施，尤其是那些缺乏产品来源标签或信息的蜂蜜。从外观上看，假蜂蜜和真蜂蜜可能看起来一模一样，尤其是拥有别致的瓶装设计或产品标贴。有些人甚至可能会在他们的产品中加入蜂蜡，以使买家相信蜂蜜是纯正的。

参考/来源: <https://thecoverage.my/80-of-honey-sold-in-malaysia-is-fake/>

如果说起蜂蜜的真实和纯正度，HDI首蓓蜂蜜被保证100%纯正，富含维生素和营养成分。经科学测试，HDI首蓓蜂蜜是一种纯天然蜂蜜，平均 HMF 值为 16.34 mg/kg，淀粉酶数值为 16.75。

HMF 值用作蜂蜜纯度的基准，根据 CODEX 国际蜂蜜标准，优质蜂蜜的 HMF 值必须低于 (<) 40 mg / kg。

淀粉酶是一种天然存在于蜂蜜中的酶，会随着储存时间长或因受热而降解。与 HMF 一样，淀粉酶可用于标明蜂蜜的保质期和受热情况。根据 CODEX Alimentarius 标准，任何低于8的值属于低质量的蜂蜜，而高于该值的是属于高品质的蜂蜜。HDI首蓓蜂蜜的淀粉酶数为 16.75。此高读数证实我们的蜂蜜是新鲜和优质的。

不仅如此，HDI首蓓蜂蜜已经过测试和认证，不含肉毒杆菌。肉毒杆菌中毒是一种罕见但严重的疾病，由称为肉毒杆菌的细菌毒素引起。

HDI 首蓓蜂蜜对于全家人包括糖尿病患者长期食用是绝对安全的。它已通过悉尼大学血糖指数研究中心(SUGIRS)的测试，被证实具有低血糖指数 (GI-53) 和胰岛素指数 (II-49)。低血糖指数饮食可以降低一些疾病的风险例如心脏病和某些癌症，改善糖尿病患者的血糖控制和胰岛素敏感性，降低高血脂水平，并可控制体重。



TESTIMONY | 见证

Bowel inflammation improved with HDI products

I was having severe diarrhea up to 25 bowel movements a day. I consulted a doctor but no improvement after 2 weeks of treatment. I was then referred to a hospital but no improvement as well after a week of treatment. Due to this, I was recommended to go for a colonoscopy and I was confirmed my intestines was having inflammation of about 90cm. I was recommended to go for a surgery.

Few months later, I consulted HDI and I was recommended to consume Clover Honey, Bee Propolis Tablet and Royale Jelly Liquid. After a month of consumption, I no longer had symptoms and the surgery is not necessary. Now I have found a solution for a better health through HDI products.

HDI 产品帮助改善肠道炎

有一次我经历了非常严重的腹泻，去厕所的次数高达 25 次。我咨询了医生，但治疗两周后并没有改善。后来被转介到医院，经过一周的治疗也没有任何改善。因此，我被建议去做结肠镜检查，并确认我有肠道炎症而且炎症范围有大约90厘米，于是我被建议去做手术。

几个月后，我咨询了HDI，我被建议服用苜蓿蜂蜜、蜂胶片 and 液状蜂皇乳。服用一个月后，我不再有任何症状，也不需要手术了。现在我找到了通过HDI产品改善健康的解决方法。

Siti Khoiriyah
57 years old



TESTIMONY | 见证

Wound improvement with regular consumption of HDI Products

One day, my mother who is a diabetic patient, felt pain on her feet and discovered she had a wound. We took her to the hospital for further examination and found that the tissue on the soles of her feet is dead with decaying tissue. The doctors recommended amputation but another doctor suggested her to try taking HDI Propoelix™, Clover Honey, Royale Jelly Liquid and Pollenergy 520 regularly for few months. Thankfully, her wound started to heal well. She used to have weak body, however, after consuming HDI products, she became stronger and much healthier.

服食HDI产品帮助伤口愈合

有一天，我患糖尿病的母亲感觉她的足部疼痛并发现有伤口。于是便带她去医院做进一步检查，结果发现她足部的组织已经坏死并且腐烂。医生建议截肢，但另一位医生却建议她尝试服用 HDI Propoelix™、苜蓿蜂蜜、液状蜂皇乳和 520活力花粉几个月以继续观察。我很感恩，她的伤口逐渐愈合。原本身体虚弱的她，自从服用了HDI产品后，变得更强壮、更健康了。



Suryati
68 years old

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Keep Your Skin Clean and Moisturize with BSKIN



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SET 4: W1 + W4	EP S\$94.40 (52.4BV)	EP \$118 (65.5BV)

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- Purchase is entitled to 10% voucher (when top up to 56BV in the same receipt)
- Voucher cannot be used to purchase this promotion or any promotion items
- Purchase of multiply sets allow
- Can be considered part of the GLOW ON Promotion Purchase
- This promotion is not inclusive of new member registration fee

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