



honey

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Cruising Review

Honey: Publications and Research from  
SwissMixIt

### Structured Data



This webpage QR code

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Honey contains phytochemicals, flavonoids, catalase, phenolic acids, ascorbic acid, antibiotic-rich inhibine, tocopherols, and peptides, and most of these substances work in synergy to provide its beneficial effects. natural honey include proteins, amino acids, enzymes (amylase, catalase, invertase, oxidase), and vitamins (including niacin, riboflavin, and pantothenic acid), as well as minerals (mainly calcium, copper, iron, magnesium, manganese, phosphorus, potassium and zinc.

PDF Version of the webpage (first pages)

<https://cruisingreview.com/smx/honey.html>

# Honey Botanical Information

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Keywords: honey, phytochemicals, flavonoids, catalase, phenolic acids, ascorbic acid, antibiotic rich inhibine, tocopherols, peptides

Description and Research Abstract: Honey contains phytochemicals, flavonoids, catalase, phenolic acids, ascorbic acid, antibiotic-rich inhibine, tocopherols, and peptides, and most of these substances work in synergy to provide its beneficial effects. natural honey include proteins, amino acids, enzymes (amylase, catalase, invertase, oxidase), and vitamins (including niacin, riboflavin, and pantothenic acid), as well as minerals (mainly calcium, copper, iron, magnesium, manganese, phosphorus, potassium and zinc).



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