



UPDATE BULLETIN

MARCH 2024

Honey is the third-most faked food in the world, behind milk and olive oil

There's no reason to think that fake or adulterated honey is a threat to public health, but it's still a problem. The manufacturers either dilute real honey with syrup derived from plants, like high-fructose corn syrup or beet syrup. Or they can chemically modify the sugars in those syrups to make them look like real honey.

The honey market in Malaysia was experiencing a significant presence of artificial honey, with estimates

suggesting that up to 90% of honey sold in the country was artificial. This prevalence raised concerns regarding quality, authenticity, and consumer trust in honey products.

As the principal researcher of stingless bee honey at USM, Mohd Zulkifli said laboratory tests are, unfortunately, required to identify genuine honey, which has benefits in terms of content, efficacy, and quality, compared to counterfeit products.

Artificial honey and real honey are two distinct products with significant differences:

Source

- Real honey is produced naturally by bees from the nectar of flowers.
- Artificial honey, also known as imitation honey or honey substitute, is typically made from sugar syrup or other sweeteners, along with additives to mimic the taste, texture, and color of real honey.

Ingredients

- Real honey contains natural sugars, enzymes, trace vitamins, minerals, and antioxidants derived from the nectar and pollen collected by bees.
- Artificial honey is composed mainly of processed sugars such as sucrose or corn syrup, along with flavorings, colorings, and preservatives.

Nutritional Value

- Real honey offers various health benefits due to its natural composition, including antimicrobial properties, wound-healing abilities, and potential allergy relief (if local honey is consumed).
- Artificial honey lacks the nutritional content and potential health benefits of real honey, as it is

primarily made up of refined sugars and lacks the natural compounds found in real honey.

Taste and Texture

- Real honey has a distinct flavor profile and texture that varies depending on the floral source.
- Artificial honey attempts to replicate the taste and texture of real honey but may have a slightly different flavor and consistency.

Price

- Real honey tends to be more expensive than artificial honey due to the labor-intensive process of beekeeping and the limited supply.
- Artificial honey is often cheaper to produce and therefore more affordable.

Regulation

- Real honey is subject to regulations and standards in many countries to ensure its quality and authenticity.
- Artificial honey may not be subject to the same regulations and may vary in quality and composition depending on the manufacturer.

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 & 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.

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.

References:

<https://www.straitstimes.com/asia/se-asia/up-to-90-of-honey-sold-in-malaysia-is-artificial-says-expert>

<https://www.businessinsider.com/fake-honey-problems-how-it-works-2020-9>

<https://says.com/my/news/usm-expert-says-90-of-honey-sold-in-malaysia-is-fake>

UPDATE BULETIN MAC 2024



Aneurisme otak boleh berlaku apabila terdapat terlalu banyak tekanan di dalam otak anda.

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Apabila bercakap tentang keaslian dan ketulenan madu, **HDI Clover Honey** dijamin 100% tulen dan kaya dengan vitamin dan nutrien. Diuji secara saintifik, **HDI Clover Honey** ialah madu asli tulen dengan purata nilai HMF 16.34 mg/kg dan nilai Diastase 16.75.

Nilai HMF (Hydroxy Methyl Furfural) digunakan sebagai penanda aras untuk ketulenan madu. Berdasarkan CODEX International Standard, madu yang berkualiti tinggi mesti mempunyai nilai HMF di bawah (<) 40 mg / kg.

Diastase ialah enzim yang ditemui secara semula jadi dalam madu dan merosot dari semasa ke semasa, terutamanya apabila terdedah kepada haba. Seperti HMF, diastase boleh digunakan untuk menunjukkan jangka hayat dan pendedahan madu kepada haba. Maka bacaan nilai diastase yang tinggi iaitu 16.75 menunjukkan bahawa madu kita segar, berkualiti dan enzim di dalamnya akan memberikan kita manfaat kesihatan.

HDI Clover Honey juga selamat untuk penggunaan jangka panjang untuk seisi keluarga termasuk mereka yang menghidap diabetes. Ia telah diuji oleh pusat penyelidikan, Sydney University Glycemic Index Research Service (SUGIRS) dan diperakui mempunyai indeks glisemik rendah (GI-53) dan indeks insulin (II-49). Diet rendah GI boleh mengurangkan risiko penyakit seperti penyakit jantung, kanser tertentu, meningkatkan kawalan glukosa darah dan kepekaan insulin pada penghidap diabetes, mengurangkan tahap lipid darah tinggi dan pengurusan berat badan.

Rujukan:

<https://www.straitstimes.com/asia/se-asia/up-to-90-of-honey-sold-in-malaysia-is-artificial-says-expert>

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UPDATE BULLETIN

2024年3月份



蜂蜜是世界上第三大造假食品，仅次于牛奶和橄榄油

关于假蜂蜜或掺假蜂蜜对公众健康构成威胁的问题仍然存在。制造商要么使用植物糖浆（如高果糖玉米糖浆或甜菜糖浆）稀释真正的蜂蜜，要么对这些糖浆中的糖进行化学修饰，使其看起来像真正的蜂蜜。

马来西亚的蜂蜜市场大量存在人造蜂蜜，据估计，该国销售的蜂蜜中高达90%是人造蜂蜜。

人造蜂蜜和真蜂蜜是两种截然不同的产品，具有显著差异：

来源

- 真正的蜂蜜是由蜜蜂从花蜜中自然生产而成的
- 人工蜂蜜，也称为仿制蜂蜜或蜂蜜替代品通常是由糖浆或其他甜味剂制成的，再加入添加剂来模仿真正蜂蜜的味道、口感和颜色。

成分

- 真正的蜂蜜含有来自蜜蜂采集的花蜜和花粉中的天然糖分、酶、微量维生素、矿物质和抗氧化剂。
- 人工蜂蜜主要由经加工的糖类，如蔗糖或玉米糖浆，以及调味料、色素和防腐剂组成。

营养价值

- 由于其天然成分，真正的蜂蜜提供了各种健康益处，包括抗微生物特性、伤口愈合能力以及潜在的过敏缓解。
- 人工蜂蜜缺乏真正蜂蜜的营养成分和潜在健康益处，因为它主要由精制糖组成，缺乏真正蜂蜜中所含的天然化合物。

这种情况引起了人们对蜂蜜产品的质量、真实性和消费者信任度的担忧。

作为马来西亚理科大学无刺蜂蜂蜜的首席研究员，Mohd Zulkifli表示，不幸的是，为了识别真蜂蜜，进行实验室测试是必需的，与假冒产品相比，真蜂蜜在含量、功效和质量方面都具有优势。

口感和质地

- 真正的蜂蜜具有独特的口味和质地，这取决于花源的不同。
- 人工蜂蜜试图复制真正蜂蜜的口味和质地，但可能具有略有不同的味道和一致性。

价格

- 由于养蜂过程繁琐且供应有限，真正的蜂蜜往往比人工蜂蜜更昂贵。
- 人工蜂蜜通常更便宜生产，因此更具价格优势

监管

- 真正的蜂蜜在许多国家都受到监管和标准的约束，以确保其质量和真实性。
- 人工蜂蜜可能不受相同的监管，其质量和成分可能因制造商而异。

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

HMF值可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首蓆蜂蜜的淀粉酶数为 16.75。此高读数证实我们的蜂蜜是新鲜和优质的。

HDI首蓆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。

来源/参考:

<https://www.straitstimes.com/asia/se-asia/up-to-90-of-honey-sold-in-malaysia-is-artificial-says-expert>

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TESTIMONY | 见证 | TESTIMONI



HDI Clover Honey helped with Dengue Fever recovery

The patient presented with persistent body aches, fever, and cough, which did not improve with medication. A lab test revealed a low platelet count of 61,000, leading to a diagnosis of Dengue Fever. Hospitalization was required due to deteriorating platelet count, dropping to 31,000. Additional medication temporarily raised platelet count to 53,000 but later dropped to 50,000.

Upon starting HDI Clover Honey, platelet count surged to 114,000, prompting continued use. Platelet count steadily increased to 142,000 over subsequent days, stabilizing thereafter. With improved health, the patient was discharged and continued Clover Honey consumption to support immune system.

HDI 苜蓿蜂蜜有助于骨痛热症康复

患者抱怨身体疼痛、发烧和咳嗽数周。她接受了药物治疗，但没有任何改善。她的检查结果显示她的血小板计数只有61,000，然后被诊断出患有骨痛热症。由于病情没有好转，她被安排住院。第二天，她的血小板计数继续下降到31,000，医生给她开了一些药。尽管药物起作用并有助于将她的血小板计数增加到53,000，但第二天它又降低至50,000。

然后患者被建议服食 HDI 苜蓿蜂蜜。第二天，她的血小板计数上升到 114,000，所以她继续服食 HDI 苜蓿蜂蜜。几天后，她的血小板计数竟然上升到 142,000，过后便没有再下降了。病人能够回家，她仍然继续服食 HDI 苜蓿蜂蜜以提升她的免疫系统和改善她的健康。

HDI Clover Honey membantu menyembuhkan Demam Denggi

Pesakit tersebut mengalami sakit badan yang berterusan, demam, dan batuk yang tidak sembuh walaupun mengambil ubat. Ujian makmal menunjukkan jumlah platelet yang rendah iaitu 61,000, yang mengakibatkan diagnosis demam Denggi. Dia dimasukkan ke hospital kerana jumlah platelet semakin merosot, jatuh kepada 31,000. Tambahan ubat sementara meningkatkan jumlah platelet kepada 53,000 tetapi kemudiannya turun kepada 50,000.

Setelah memulakan pengambilan HDI Clover Honey, jumlah platelet meningkat dengan mendadak kepada 114,000, menjadikan penggunaan berterusan. Jumlah platelet terus meningkat kepada 142,000 dalam beberapa hari berikutnya, dan menstabilkan diri selepas itu. Dengan kesihatan yang semakin baik, pesakit telah dibenarkan keluar dari hospital dan meneruskan pengambilan Clover Honey untuk menyokong sistem imun.

Dian Anggraini
27 years old



TESTIMONY | 见证 | TESTIMONI



A Journey to Healing with HDI Clover Honey

I experienced stomach pain, nausea, diarrhea, and vomiting for a year. Following a medical examination, I was diagnosed with a stomach ulcer. Throughout the year, I was hospitalized eight times due to abdominal pain. While the prescribed medication provided relief, the symptoms would return upon discontinuation.

Upon recommendation, I began consuming HDI Clover Honey. Within just three months, all symptoms gradually disappeared, allowing me to stop the medication. My appetite returned, and I regained the ability to resume my daily activities without experiencing any pain. I am grateful to HDI for this improvement in my health.

服食HDI苜蓿蜂蜜的治愈之旅

我经历了一年的胃痛、恶心、腹泻和呕吐。经过检查，被诊断出患有胃溃疡。在这一年中，我因腹部疼痛住院了八次。尽管所开的药物能够缓解症状，但一旦停药，症状就会复发。

我被介绍并开始服食HDI苜蓿蜂蜜。仅仅三个月内，所有的症状逐渐消失，之后我就停止药物治疗。我的食欲恢复了，我也重新能够进行日常活动，而不再感到疼痛。我感谢HDI让我的健康有了改善。

Perjalanan Penyembuhan dengan HDI Clover Honey

Saya mengalami sakit perut, loya, cirit-birit dan bermuntah selama setahun. Setelah menjalani pemeriksaan perubatan, saya didiagnosis menghidap ulser perut. Saya juga dimasukkan ke hospital 8 kali dalam setahun kerana sakit perut. Ubat yang ditetapkan membantu mengurangkan kesakitan tetapi ia akan berulang setelah saya berhenti mengambilnya.

Saya disyorkan untuk mengambil HDI Clover Honey, setelah 3 bulan semua gejala secara beransur-ansur hilang. Selepas itu, saya berhenti mengambil ubat, selera makan saya telah kembali dan saya dapat meneruskan aktiviti harian saya tanpa rasa sakit.

Siti Fatonah
57 years old



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RM431

BV: 237.20 | BP: 316.26

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RM496

BV: 272.90 | BP: 363.86

HDI Network(M) Sdn. Bhd. (152404-V/AJL 93182)





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