

Honey is well known as a natural dietary antioxidant. The components responsible for the redox properties of honey are likely to be phenolic acids, flavonoids, vitamins, and enzymes, as well as a small amount of mineral content, particularly copper and iron.

Numerous studies have reported that most chronic diseases such as cancer, coronary, and neurological degeneration are a consequence of oxidative damage. It is also proven that the therapeutic potential of honey is always associated with antioxidant capacity against reactive oxygen species. Therefore, in recent years, studies have been focused on the composition of honeys and their biological properties such as antioxidant, anti-inflammatory, and antimicrobial activities in wound healing, as well as in the treatment of skin ulcers and gastrointestinal disorders.

Honey – Original Research Article

‘Comparative analysis of antioxidant activity of honey of different floral sources using recently developed polarographic and various spectrophotometric assays.’

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Quote (pg. 1): „Honey consist of a saturated solution of sugars, of which fructose (38%) and glucose (31%) are the main contributors, but also contains a wide range of minor constituents, including phenolic compounds. A growing number of evidence about honey antioxidant (AO) activity, a parameter useful to evaluate biological function and possible therapeutic potential, has been accumulated. Honey intake increases blood vitamin C, beta-carotene and glutathione reductase, and improves AO activity in human plasma.“