**SCOTT-TISH BEE HONEY “BLACKBERRY”**

 **PRICES: 8oz. $10.00 16oz. $15.00**

**Blackberry honey is not only delicious but also packed with numerous health benefits. Here are the top 10 health benefits:**

* **Boosts Immunity**: Blackberry honey is rich in vital nutrients like vitamin C, vitamin K, and antioxidants, which play a significant role in maintaining a strong immune system
* **Antioxidant Properties**: This honey is one of the best antioxidant honeys available. Its dark color indicates a high level of antioxidants, which help protect your cells from damage caused by free radicals
* **Antibacterial and Antifungal Properties**: Blackberry honey has excellent antibacterial and antifungal properties due to its low water content and low pH. It can be used topically as an antiseptic to dry out wounds and hinder the growth of fungi and bacteria
* **Digestive Health**: The natural enzymes in blackberry honey can aid in digestion and promote a healthy gut. It can soothe stomach upset and improve overall digestive health
* **Skin Health**: Blackberry honey's antibacterial and antifungal properties make it effective in treating skin conditions like psoriasis and eczema. It can also help with wound healing and improve skin health
* **Heart Health**: “Regular” consumption of blackberry honey can support heart health by improving cholesterol levels and reducing the risk of heart disease. The antioxidants in blackberry honey help protect your heart and blood vessels
* **Respiratory Health**: Blackberry honey can help alleviate symptoms of colds and respiratory issues. Its soothing properties can calm coughs and soothe throat soreness
* **Energy Booster**: The natural sugars in blackberry honey provide a quick and sustained energy boost, making it an excellent natural sweetener for athletes and those needing an energy lift
* **Anti-inflammatory Effects**: The anti-inflammatory properties of blackberry honey can help reduce inflammation in the body, which is beneficial for conditions such as arthritis and other inflammatory diseases
* **Nutritional Benefits**: A single tablespoon of blackberry honey contains essential nutrients, including vitamins and minerals, that contribute to overall health and well-being

**Blackberry honey is not only delicious but also packed with a variety of nutrients. Here are some of the key nutrients found in this honey:**

* **Carbohydrates**: Blackberry honey is primarily composed of carbohydrates, mainly in the form of natural sugars like glucose and fructose. These sugars provide a quick and sustained energy boost, making it an excellent natural sweetener for athletes and those needing an energy lift.
* **Vitamins**: Blackberry honey contains essential vitamins such as vitamin C and vitamin K. Vitamin C is well known for its immune-boosting qualities because it aids in the production of white blood cells, which the body uses to fight off infections. Vitamin K plays a crucial role in blood clotting and bone health
* **Antioxidants**: This honey is rich in antioxidants, which help protect your cells from damage caused by free radicals. The dark color of blackberry honey indicates a high level of antioxidants
* **Organic Acids**: These acids, including gluconic acid, contribute to the honey’s flavor and its antimicrobial properties
* **Minerals**: Blackberry honey contains trace amounts of minerals such as calcium, iron, potassium, and magnesium. These minerals are essential for various bodily functions, including bone health, oxygen transport, and muscle function
* **Enzymes**: The natural enzymes in blackberry honey can aid in digestion and promote a healthy gut. These enzymes help break down food and improve nutrient absorption
* **Amino Acids**: Blackberry honey contains small amounts of amino acids, which are the building blocks of proteins. These amino acids are essential for various bodily functions, including tissue repair and immune system support

 **In summary, Blackberry honey is a remarkable natural product with a multitude of health benefits.**