**SCOTT-TISH BEE HONEY “ALFALFA”**

 **PRICES: 8oz. $11.00 16oz. $16.00**

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

* **Antioxidant Properties**: Alfalfa honey is rich in antioxidants, such as flavonoids and phenolic acids, which help protect your cells from damage caused by free radicals. This can reduce the risk of chronic diseases like diabetes and heart disease
* **Immune Response Enhancement**: The anti-inflammatory and immune response-enhancing properties of honey make it a good tool for mood elevation
* **Bone Health**: Alfalfa honey contains trace amounts of minerals such as calcium and magnesium, which are essential for maintaining strong and healthy bones
* **Digestive Health**: The natural enzymes in alfalfa honey can aid in digestion and promote a healthy gut. It can soothe stomach upset and improve overall digestive health
* **Weight Management**: Alfalfa honey can be a healthier alternative to refined sugars and artificial sweeteners. Its natural sugars provide a quick energy boost without the negative effects associated with processed sugars
* **Natural Sweetener**: Alfalfa honey can be used as a natural sweetener in various recipes, including teas, smoothies, and baked goods. Its mild flavor makes it a versatile ingredient
* **Serotonin Production**: Honey, including alfalfa honey, enables serotonin production through a certain amino acid called tryptophan. Serotonin is a neurotransmitter responsible for a **good mood and a healthy sleeping pattern**
* **Natural Remedy**: Honey has been used for centuries in folk and traditional medicines as a healing remedy for several physical and mental complaints, **including anxiety**

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

* **Minerals**: Alfalfa honey contains trace amounts of minerals such as calcium, iron, magnesium, phosphorus, potassium, and zinc. These minerals are essential for various bodily functions, including bone health, oxygen transport, and muscle function
* **Enzymes**: The natural enzymes in alfalfa honey can aid in digestion and promote a healthy gut. These enzymes help break down food and improve nutrient absorption
* **Amino Acids**: Alfalfa 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
* **Probiotics**: Alfalfa honey has probiotic properties that can help maintain a healthy balance of gut bacteria, which is essential for overall digestive health
* **Carbohydrates**: Alfalfa 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
* **Flavonoids**: These antioxidants help reduce inflammation and protect against chronic diseases
* **Phenolic Acids**: These compounds have antioxidant properties that help protect your cells from oxidative stress
* **Chlorophyll**: Alfalfa honey contains chlorophyll, which has detoxifying properties and can help improve overall health

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