Honey Found to Have Potent Anti-Influenza Effects

By Sayer J.

Honey is appreciated the world over as one of nature’s most delicious foods, but did you know it may have potent anti-viral properties as well?

A study published in the Archives of Medical Research, titled “Anti-Influenza Viral Effects of Honey In Vitro: Potent High Activity of Manuka Honey,” reveals that honey may actually provide a natural drug alternative to anti-viral drugs, but without the numerous side effects associated with this drug class.

The study tested a commonly researched unhealthy H1N1 influenza strain by infecting Madin-Darby canine kidney (MDCK) cells with the virus and then exposing them to various forms of honey, including manuka (L. scoparium), stars (Leucospeceae), rau (Honey melon, C. melo var. doux), acacia (Acacia), buckwheat (A. esculentum), and wildflower (S. maximowicze).

The researchers concluded their study on a promising note: “In conclusion, the results obtained showed that honey, in particular, and particularly manuka honey, has potent inhibitory activity against influenza virus, demonstrating a possible medicinal value. Further investigations are required to identify the viral components in manuka honey and to determine its synergistic effects with well known antiviral drugs.”

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FDA and ADA are aware of the potential of natural ingredients to provide a natural alternative to certain ingredients that may cause side effects.

Honey may provide a natural alternative to artificial ingredients that may cause side effects.