



Since  
1997

**Think Clearer,  
Live Smarter *with*  
-White**



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[www.freshhoneyfarm.com](http://www.freshhoneyfarm.com)

**White Honey** is delicately crafted from the pristine, high-altitude hills of Kashmir valley, having numerous herbs known for their medicinal & food values. Its pure, smooth texture & naturally sweet flavor reflect the untouched



Brain Booster  
& nerve tonic



Helps in Skin  
nourishment



Immune  
Supporter



Enhances  
Manpower

amazon



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# OUR RANGE

**F**resh Honey Farm, founded in 1997, began its journey with a vision for purity and wellness. Over the years, it has evolved into a trusted name, offering a wide range of Natural honey, Honey-based products, and Fitness essentials. Rooted in tradition and driven by quality, Amolak continues to promote health through nature's finest, delivering authentic and nourishing solutions to homes across India.

**Acacia Honey:** It is sourced from the upper hills of Srinagar from Acacia flower. This variety of honey have Low Glycaemic index, pre-biotic, Promotes Digestion, Immunity Booster, soothing effect on throat and lower BP.

**Kashmir Honey:** Sourced from the untouched apple orchards and wild mountain flora of the Srinagar region, this honey is a true gift of nature. Naturally rich in vitamins, minerals, and antioxidants, it helps strengthen immunity, purify the blood, and promote healthier skin.

**Jamun Blossom Honey:** Harvested from the lush Jamun (Indian Blackberry) orchards of the Jammu region, this honey is known for its therapeutic benefits. It supports blood sugar management, boosts metabolism, enhances blood circulation, aids in detoxification, and helps relieve stress naturally.

**Himalayan Honey:** It is collected from the pristine hills of Himachal and Jammu region. Prebiotic & antioxidant, good appetizer, Boosts energy, beneficial in Liver & respiratory disorders. Blood Purifier & Promotes healing of ulcers.

**Basant Honey:** Is collected by honey bees from flowers like sunflower, barseem, eucalyptus etc. of ground area. This is beneficial in Asthma, cough & throat infections, this is also useful in chest problems, fatigue and wound healing.

**Be-Fit Natural Honey:** It is harvested from Ajwain and other wild flora of forest in Madhya Pradesh. This unique

**M-Fit Natural (Bee Pollen):** Is a natural supplement designed for males, packed with essential nutrients. Antioxidant, prebiotic, immunity booster, enhances Manpower. Good for Diabetics, improves metabolism. Growth promoter, Brain booster, beneficial in stress & depression, prostatitis and fatty liver.

**Fe-Fit Natural (Bee Pollen):** Is a natural supplement designed for females. Packed with essential nutrients. Good for females reproductive health, PCOD & PMS. Antioxidant, Prebiotic, immunity booster, Good for Diabetics, improves metabolism. Brain booster, beneficial in stress & depression, useful in fatty liver.

**G-Fit Natural:** It is a honey based gulkand crafted with premium organic honey, rose petals, cinnamon & natural herbs. A natural antioxidant & immunity booster appetizer. Very beneficial in migraine, headache, fatty liver, bacterial & viral infection. Improves Gut health.

**D-tox Natural :** It is a unique blend of Ajwain and natural herbs, crafted to support digestion and detoxification. Helps to relieve Gas, Acidity & constipation, Reduces triglyceride level, Enhances Metabolism, beneficial in Diabetes & Joint Problems.

**Honey Garlic Spread:** It is a mixture of Raw organic honey with premium garlic cloves for a sweet, tangy, and savory delight. It acts as an Immunity Booster, Blood

## White

- Brain Booster & nerve tonic
- Enhance Manpower & self confidence
- Immune System Booster
- Helps to reduce Acne and Pimples

- Helps in improving vision of eyes
- Very helpful in weakness & fatigue
- Keeps Skin glowing when used with ground

Use:- take 2 tea spoons of white honey with lukewarm water in the morning.

For Memory:- 1 tea spoon Bran soaked with water mixed with 2 spoons of



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