



Since  
1997

## BOOST IMMUNITY NATURALLY WITH BEE POLLEN



Good for female's  
Reproductive health



For PCOD, PMS &  
Thyroid Problems



Immunity &  
Brain Booster



Beneficial in Stress  
& Depression

**F**e-fit Natural is a bee pollen supplement tailored for women. Rich in essential nutrients, it supports energy, hormonal balance, and overall health, promoting vitality and wellness naturally.



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 **FRESH  
HONEY FARM**

Plot No-16, St. No-2, Urban Nagar, Patiala-  
147002, Punjab, India  
Tel: +91-73298-20004, +91-73298-20005  
E-mail: [info@freshhoneyfarm.com](mailto:info@freshhoneyfarm.com)  
Web: [www.freshhoneyfarm.com](http://www.freshhoneyfarm.com)

# 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.

**White Honey:** It is delicately crafted from the pristine, high-altitude hills of Kashmir valley. It acts as Prebiotic, nerve tonic, Manpower Enhancer, Immunity Booster, also helps in prevention of acne/pimples & black head in youth.

**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 blend helps to lower body weight, prevents, indigestion, constipation & gas trouble. Beneficial for acidity, migraine, headache also detoxify our body.

**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.

**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 Thinner, lowers blood pressure & cholesterol level. Reduces inflammation, Joint Pain & Uric Acid, regulates blood sugar levels also Beneficial in Cough, flu and sore throat.



- Antioxidant & Pre-biotic
- Immunity and brain Booster
- Good for Diabetics, improves metabolism
- Acts as growth promoter
- Regulates menses and reproductive system
- Beneficial in Hormonal Disorders

- Reduces Stress & Depression
- Beneficial in fatty Liver and liver damage
- Very helpful in PCOD, PMS & Thyroid Problems

**Usage:** Take 1/4 tea spoon 2 times daily with water, 1 hr after breakfast and dinner for 3 days. Then increase dose to 1/2 tea spoon. It can be taken 3 time daily In chronic ailments like diabetes, fatty liver etc

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