



Since
1997

NATURAL SWEETNESS *with* LOW GLYCEMIC INDEX

Jamun Blossom Honey is sourced from the pristine orchards of Indian black berry. It offers a rich, earthy flavor with natural antioxidants.



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Beneficial in
Diabetes



Improves Metabolism &
circulation of blood



Good effect on
cardiovascular system



Supports Immune
System



Reduces stress &
calms the mind

Now Also Available at



OUR RANGE

Fresh 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.

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.

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

Jamun Honey

- Beneficial in Diabetes
- Supports Immune system
- Improves circulation of blood
- Rich source of Antioxidants
- Good effect on Cardiovascular system
- Improves Metabolism

- Very useful for skin care
- Helps in Detoxification of our body
- Reduces Stress and calms the mind

Usage: Take 1-2 tea spoons of Jamun Honey with lukewarm water in the morning, or as directed by the physician.



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