

Daily Honey for your Health



How to take Daily Honey for Health.

It is very good to at least take these measures of organic local honey daily for all types of reasons.

How much Honey should we Take?

It's recommended:

Ingredients

0.8 - 1.2g /kg weight daily, About a teaspoon.

Time: For 1.5 - 2 months.

Effects are seen after 2- 3 weeks of use
(daily)

Therefore 1 Tablespoon = to 21 g of
Honey.

