



# Mānuka Honey Grading Systems Explained

GRADING SYSTEM	ORIGIN	CRITERIA	COMMENT
 <p data-bbox="112 422 269 462">UNIQUE MANUKA FACTOR™</p>	<p data-bbox="334 273 668 433">New Zealand's Unique Mānuka Factor Honey Association™ (UMFHA™) is an internationally recognized third party that ensures authenticity, quality and purity of genuine mānuka honey.</p>	<p data-bbox="701 259 1013 447">The UMF™ grading system measures three unique signature compounds found only in genuine mānuka honey from New Zealand: Leptosperin, DHA (Dihydroxyacetone) and Methylglyoxal (MGO).</p>	<p data-bbox="1043 302 1366 379">Approved UMF™ license members must include UMF™ logo and license # on their packaging.</p>
 <p data-bbox="112 681 269 698">METHYLGLYOXAL</p>	<p data-bbox="339 567 665 644">Discovered in 2005 by German researchers to be a key compound in mānuka honey.</p>	<p data-bbox="722 540 988 671">MGO is formed in the honey from DHA, an ingredient found in mānuka nectar. As the honey ripens, the MGO content can increase.</p>	<p data-bbox="1053 540 1356 671">One marker only. Can be found in other honeys like kanuka and can be artificially added to table honey so it isn't enough on its own to establish authenticity.</p>
<p data-bbox="91 777 294 868"><b>OTHER - "FACTOR", "ACTIVITY", "ACTIVE" "BIO-ACTIVE" ETC.</b></p>	<p data-bbox="396 787 608 861">Invented by marketing departments of other mānuka brands.</p>	<p data-bbox="771 814 939 835">Unknown criteria.</p>	<p data-bbox="1048 745 1362 903">All honey has naturally occurring pollen grains, and mānuka honey measures non-peroxide activity. However, these components do not confirm this type of honey is genuine mānuka.</p>