

Honey mentioned in Quran
'There emerges from their bellies
a drink, varying in colors, in which
there is healing for people. Indeed in
that is a sign for a people who give
thought.'

Surah An Nahl: 69

It has been used by
humans since nearly
5500 years ago

Potassium is the
mineral with the
highest amount found
in honey

Honey Mentioned in As Sunnah
(The Prophet (ﷺ) said)
"Healing is in three things: A
gulp of honey, cupping, and
branding with fire
(cauterizing)." But I forbid my
followers to use (cauterization)
branding with fire."
Sahih al-Bukhari 5680

It has high
levels of
fructose and
glucose

Honey

It has an anti-
bacterial,
anticancer and
antioxidant
properties

Botulism Spore
that may be present are
not transmitted to baby
through
breastmilk



Natural & healthier
sweetener
25% sweeter than
tablet sugar

It is the best
cure for a cold
and sore throat

Consume honey
Not with hot water
to maintain the
nutrients and
enzymes in the
honey.

It is the only insect-
derived natural
product

Honey is the
oldest wound-
healing agent

There are 300
types of honey
recognized

Resources:

Al Quran

<https://quranvisu.com/2017/07/06/honey-according-to-quran/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5424551/>