









## Health and Longevity Treasure by a Beekeeper

Honey collection has been an age-old craft, almost as old as time itself. The use of honey and its production have a long and varied history as an ancient activity. It is the world's first sweetner having numerous health benefits while satiating our sweet tooth. Because of its unique chemical composition and structure, pure unadulterated honey does not spoil even after thousands of years.

This naturally occuring superfood has piqued the interest of mankind leading them to harvest honey from forests as well as commercially culture bees to produce honey. While some people still prefer honey collected from wild beehives, the commercial culture of bees has gained







We at bees and bites believe that honey is a natural healer. When combined with other fruits and herbs it works wonders for the human body. Ancient India incorporated honey in various medicinal practices, combining it with other herbs to treat various ailments.

In an effort to revive these traditions, Bees and Bites started in 1998. With 5 bee colonies to begin with we were excited to start our journey in apiculture. But soon, some of the bees died and we could not figure out the reasons for their death. Disheartened, we decided to give it another try and bought 5 more bee colonies. Though, this time around we cared for the bees like it was our own child. With constant love and nuturing, the colonies flourished and we were successful in harvesting our first batch of pure unadulterated honey.

Even through various successes and some failures, this journey threw a lot of curve balls in our way but we still persisted. Our belief in the brand and its vision to provide organic and pure honey kept us going. We soon started prospering and overtime we became a well-known name in apiculture.

This journey sparked the idea of the name "Bees and Bites". It is a combination of love and compassion that has kept us going. Bees and Bites is an outcome of 20 years of love and compassion we have poured into this brand to bring out what is best for you and your health.





## An Attempt at Increasing Apiculture in India



Our Mission: It is our dream to uplift the bee farmers life & introduce new technology in beekeeping & honey extraction, to serve the best for health and vitality.

We believe purity is of utmost importance when it comes to the food industry. But, sadly in today's scenario, people mix all kinds of adulterants in food for various reasons such as increasing the quantity, changing colour and for the purpose of preservation. When it comes to honey, substances such as corn syrup, sugar, artificial sweetners are mixed in the honey. This decreases the shelf life of the honey and makes it harmful. There are many brands of honey in the country today that follow such malpractices. We being the consumer should always be cautious and only buy

> At Bees and Bites our main priority is pure honey. We do not believe in engaging in wrong practices of such kind and always make sure the honey we obtain is pure.



## Enjoy the Real Goodness of Health with our delicious 16 flavors

Numerous studies have shown honey to be a complete food that contains all the nutrients essential for the human body. It contains a range of immunity boosting vitamins that are quickly absorbed by the body while being tasty to consume. Honey is a popular folk treatment for burns and other skin injuries. Preliminary evidence suggests that it aids in the healing of burns 4–5 days faster than other dressings, and moderate evidence suggests that post-operative infections treated with honey heal faster and with fewer adverse events than with antiseptic and gauze.

We at Bees and Bites, offer *16 different flavors of honey*. Flavouring honey adds a variety and more variation into our daily routine. While being nutritional it also offers a break from the regularity of just honey.



























Garlic

Tulsi









Almond & Walnut





Eucalyptus



Unlike other brands engaging in number of FMCG goods, our brand only sells honey and its flavoured variants. It is important to note here that Flavouring honey is different from adding adulterants. Flavouring honey does not make it unfit for consumption. It is infact a practice being followed since the past times. Flavored honey is as fit for consumption as raw honey.

We at Bees and Bites offer the widest range of flavors. Our honey is carefully collected and packaged to protect it from all kinds of pollutants. It comes in clean and well sterilized glass jars unlike store bought honey that comes in plastic bottles. We believe in environmentally friendly packaging.

## Our Gifting Range

We also offer exclusive gift sets for special occasions. Corporate gifting is also available.





To establish our mission we have certifications from GMP, Fssai, ISO 9001:2000, FDA and National Bee Board. All these certifications are only given after stringent quality checks to make sure and maintain the purity of the product.





