

Chapter 3

Honey: A Natural Postbiotic Product

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Abstract

Since the beginning of time, people have ingested honey, the main product of beekeeping. In general, plant nectar is necessary for the production of honey. The glands in plant flowers create nectar, a tasty liquid fluid. Through enzymatic characteristics, the productive microbiota of honey bees and their own enzyme, invertase, affect nectar and honey conversion. Fermentation turns honey into a postbiotic. Bees stimulate the enzyme glucose oxidase, which changes glucose into gluconic acid and hydrogen peroxide, since honey substitutes nectar. These elements play a big part in how honey tastes and functions biologically. Depending on the process used to change the nectar, acids and other compounds may or may not be present. Because the composition of the converted nectar determines the quantity of acids and other compounds in the honey, certain honeys have stronger antibacterial effects than others. The co-fermentation of nectar and nectar

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