



Clinical trials are lacking.

- Radiation side effects

Clinical trials did not find any benefit with manuka honey for either radiation-induced oral mucositis or esophagitis, but one study found that it reduced bacterial infections.

- Oral health

One small study suggests using manuka honey may help reduce buildup of plaque and gingivitis. Large-scale studies are needed.

## What are the side effects?

- The sugar content in manuka honey may raise the blood glucose level in those with diabetes.

## What else do I need to know?

Patient Warnings:

Although manuka honey has antibacterial effects, patients should not self-medicate with honey products. Any infection should be examined by a physician or a qualified healthcare professional for proper care.

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit [www.mskcc.org/pe](http://www.mskcc.org/pe) to search our virtual library.

Manuka Honey - Last updated on May 23, 2023

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