

Bolanos de la Torre, A. A. S., Henderson, T., Singh Nigam, P., & Owusu-Apenten, R. K. (2015). A universally calibrated microplate ferric reducing antioxidant power (FRAP) assay for foods and applications to Manuka honey. *Food Chemistry*, 174, 119–123.

“Previous research demonstrated that Manuka honey possess antimicrobial activity. Though the mode of action of Manuka honey remains under discussion current evidence suggests that antioxidant components may contribute to their bioactivity (Weston, 2000; Snow & Manley, 2004; Kwakman, Velde, de Boer, Vandenbroucke-Grauls, & Zaat, 2011)” (p. 120).

[The authors refer to Manuka honey possessing antimicrobial activity, and link it to antioxidants]

“The antioxidant capacity of Manuka honey was found to be directly related to the UMF rating” (p. 119).

“The present study demonstrates also that FRAP values for Manuka honey are highly correlated with their UMF rating ($R^2 = 0.977$).” (p. 122).

“Analysis of New Zealand Manuka honey showed that the total antioxidant capacity is related to the UMF rating.” (p. 122).

[The authors in the above three quotes state that UMF rating correlates to Manuka honey’s antioxidant capacity]