

Test Report on NMR Analysis of Honey

Date: 17 March 2026

Honey sample with the following details has been tested and analyzed at CSIR-National Chemical Laboratory (NCL) using Bruker 400 MHz NMR Spectrometer as per the standard in-lab NMR based honey testing protocols.

Details of the honey sample

Name of the person/beehive holder	Not provided
Place of the beehive	Not provided
Batch of the honey	Not provided
Type of honey (which flora, if known)	Not provided
Type of bee	Not provided
Company/Brand	Prakruti Raga

Test Results:

Sample entry at CSIR-NCL: Prakruti Raga

Indications for honey adulteration by syrups: None by invert sugar syrup, high fructose corn syrup, jaggery syrup, brown rice syrup.

Quantification of the metabolites

Name	Observed Quantity	FSSAI recommended range
Glucose (per 100 gms of honey)	30.22	nd
Fructose (per 100 gms of honey)	38.35	nd
Glucose + Fructose (per 100 gms of honey)	68.57	>65 gms
Fructose to Glucose Ratio (per 100 gms of honey)	1.27	0.95-1.50
Sucrose (per 100 gms of honey)	4.77	<5 gms
Maltose (per 100 gms of honey)	4.69	nd
Turanose (per 100 gms of honey)	1.49	nd
HMF (per 100 gms of honey)	0.0269	<0.080
Formic acid (per 100 gms of honey)	0.0035	nd
Ethyl alcohol (per 100 gms of honey)	0.0146	nd

nd = not defined.

Supervising Authority

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Central NMR Facility

CSIR-NCL