



The Lab @ The Honey Review | Honey Purity Scorecard

Sample Information

- Brand Name: _____
 - Variety (e.g., Clover, Sourwood): _____
 - Source Region: _____
 - Price per Oz: \$ _____
-

The 5-Step Purity Protocol

Perform these tests in order and circle the point value that matches your result.

Test 1: The "Ribbon" Pour (Viscosity)

Lift a spoon of honey 6 inches above the jar and let it fall.

- **5 Points:** Flows in a steady, unbroken "ribbon" that folds on itself at the surface.
- **1 Point:** Drips like water or breaks into droplets immediately.

Test 2: The Solubility Test (Density)

Drop one teaspoon of honey into a clear glass of cold water (do not stir).

- **5 Points:** Sinks immediately to the bottom and stays in a solid clump.
- **1 Point:** Begins to dissolve or "cloud" the water as it falls.

Test 3: The Blotter Test (Moisture)

Place one drop of honey on a paper towel or napkin.

- **5 Points:** Remains a solid bead on the surface for at least 60 seconds.
- **1 Point:** Soaks into the paper or creates a "wet ring" around the drop instantly.

Test 4: The Texture Rub (Processing)

Rub a small drop between your thumb and index finger.

- **5 Points:** Feels smooth and slightly "waxy" or grainy (natural crystals).
- **1 Point:** Feels very sticky, tacky, or like glue (signals added corn syrup).

Test 5: The Aromatic Bloom (Terroir)

Exhale into the jar and immediately take a deep sniff.

- **5 Points:** A complex scent profile (floral, medicinal, woody, or grassy).
 - **1 Point:** Smells like plain white sugar or has no scent at all.
-

The Final Verdict

Add up your points:

- **21–25 Points: LAB CERTIFIED.** High probability of raw, authentic honey.
- **15–20 Points: COMMERCIAL GRADE.** Likely real, but potentially over-processed or blended.
- **Under 15 Points: RED FLAG.** High risk of adulteration or heavy filtration.

Note: For 100% certainty, check for a **True Source Certified** logo or an **NMR Lab QR code** on the label.