

# THE ROLE OF MAMUNNO (Analaog Honey) as a supplement to body health

Yuyun Puspitasari<sup>1</sup>

<sup>1</sup>Djuanda University, Djuanda University , Indonesia ;  
<sup>1</sup>yuyunpuspita0303@gmail.com;

---

## Abstract

**Background** - Mamunno (Analog Honey) is an innovative product designed to resemble natural honey, both in terms of taste, texture, and nutritional content. The use of analog honey as a health supplement has become a concern in an effort to provide a more affordable and sustainable alternative to natural honey.

**Purpose** - This paper aims to discuss the role of analog honey as a supplement for body health, including its nutritional content, health benefits, and advantages and challenges.

**methodology** - This study uses a descriptive-qualitative approach to explore the role of analog honey as a supplement to body health.

**Findings** - Cassava sugar contains carbohydrates that are easily digested and absorbed by the body, besides that cassava sugar has nutrient content such as vitamin B complex, iron, calcium, antioxidants and has a lower glycemic index than pure sugar.

**Originality** - Mamunno is a supplement product that is enriched with nutrients and nutritional content derived from natural plants. Mamunno is analog honey that has the same taste and texture as honey in general. Analog Honey is a healthy honey alternative made from non-honey ingredients.

Keywords: analog honey, health supplements, antioxidants, artificial honey. .

---