



The Effect of New Zealand Kanuka, Manuka and Clover Honey on Bacterial Growth Dynamics and Cellular Morphology of the Species

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Abstract

Treatment of chronic wounds is becoming increasingly difficult due to antibiotic resistance. Complex natural products are under the spotlight as alternative treatments to antibiotics. Several studies have shown honey to have broad antibacterial activity in honey dressings, and resistance to honey has not been attainable in the laboratory. However not all honeys are defined both in geographic and chemical terms. Here we have used a range of concentrations of clover honey from various geographical locations, and for which the floral source and concentration of methylglyoxal and hydrogen peroxide were determined. The growth and cellular morphology of four bacteria: *Bacillus subtilis*, *Escherichia coli*, *Staphylococcus aureus* and *Pseudomonas aeruginosa* were measured. The effectiveness of growth inhibition was manuka > manuka-kanuka blend > kanuka > clover, the honeys had varied effects on the morphology of each bacterium, and each organism had a unique response profile to these honeys. *P. aeruginosa* was the most sensitive to honey overall. While hydrogen peroxide potential contributed to the antibacterial activity of the honey, it was not sufficient for complete growth inhibition. Cell morphology analysis also showed a varied and diverse set of responses to honey, including alterations to DNA appearance. These changes are likely to reflect the different regulatory circuits of the organisms.

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Introduction

Wounds of the skin and mucosal layers can be generated by accidental trauma, surgery, maceration, inflammation (e.g., insect piercing). For most superficial wounds, healing is prompt and requires no intervention. However, in some instances, such as impaired immunity or circulation, wounds can become non-healing, progressive and chronic. There is growing evidence of the interplay of host immunity and bacterial infection, and that infection can be due to a consortia of different species, some resistant to antimicrobial therapy [1]. Planktonic bacteria are also important in chronic and acute wounds, as they maintain the inflammatory response within the wound [2], [3], as well as allowing seeding to other areas. The use of antibiotics has exacerbated the problems associated with treating infected wounds, particularly in the hospital setting. Approaches to treat these infections, which are estimated to affect 6.5 million patients and to cost US\$25 billion annually [6].

Antimicrobial honey produced from the *Leptospermum scoparium* (manuka) plant from New Zealand has medicinal properties. Manuka honey is broad in spectrum and able to inhibit a diverse range of bacterial and yeast pathogens [7]–[9]. This honey has been found to prevent the formation of biofilms and can disrupt pre-formed biofilms. It has been observed and could not be attained under laboratory conditions that rapidly induced resistance to conventional antibiotics. It can promote wound healing [12]. There are a number of medicinal honey products on the market, including impregnated gels. However their use in mainstream medicine remains limited [13].

Honey has several antibacterial features that are distinct from classical antibiotics, including high osmolarity and the presence of bee-derived enzyme glucose oxidase [14]. Some honeys also contain levels of bee defensin-1 that are sufficient to inhibit bacterial growth. Honey contains high levels of the reactive dicarbonyl methylglyoxal (MGO) [17], [18], which forms non-enzymatically cross-linked products during ripening. A diverse range of phenolics, complex carbohydrates and peptides have also been reported to modulate antibacterial activity [19]–[20].

The antibacterial activity of honey is generally assessed by measuring the extent to which the indicator bacterium is inhibited using micro-dilution methods [21]. Similar tests have been performed to determine the inhibition of other bacterial species. For medicinal use generally uses a potency rating based on the “Unique Manuka Factor” (UMF), which measures the concentration of hydrogen peroxide, and is based on the *S. aureus* inhibition test. Alternatively, some medicinal honeys express other antibacterial components. It has been established that manuka honey can inhibit the growth of bacterial cells, its effect on growth and cell viability. How these change when the levels of the major antibacterial components, MGO and hydrogen peroxide, vary are important considerations for optimizing honey for wound care since sub-lethal levels of honey may have unanticipated effects on organisms infecting a wound may respond quite differently to the active honey components [16] [23].

To address these issues this study set out to examine the growth response and cellular morphology of four common wound pathogens, to a suite of natural honey samples that differ in their levels of MGO and hydrogen peroxide. Monofloral manuka honey with moderate to high MGO levels, samples of honey produced from the New Zealand bush honeydew plant, where levels are negligible but hydrogen peroxide is present, and manuka-kanuka blends that contain both active components. Controls to mimic the effects of sugar, to neutralize the effect of hydrogen peroxide, and to examine how MGO and hydrogen peroxide while clinically relevant concentrations of honey are effective at inhibiting growth of all four bacteria, the growth was measured significantly between species. Furthermore, *P. aeruginosa* responded strikingly differently to the other three species. At sub-lethal concentrations, MGO extended the lag phase of bacterial growth in a dose-dependent manner, presumably by detoxifying the MGO. Topical wound dressings should therefore contain a high level of active

Materials and Methods

Honey Samples

Table 1 lists the New Zealand honey samples used in this study, which included monofloral manuka (M1, M2, M3, M4), blends (MK1, MK2, MK3, MK4) and clover (C) honey. Samples were chosen based on their levels of methylglyoxal and hydrogen peroxide, determined in this study. Manuka, kanuka and manuka-kanuka honey samples were collected from their local environment and cannot be guaranteed to be 100% monofloral, however the supplied samples were from a single floral origin as possible. Details of other chemical components in the manuka and kanuka honey were determined and stored in the dark at 4°C and were diluted fresh for use in all assays. All honey concentrations are expressed as mg/mL.

Code	Previous code*	Honey	Floral source	Antibacterials	
				MGO ^b (mg/kg)	H ₂ O ₂ ^c (units)
M1	2	Manuka ^d	<i>Lepidogermium scoparium</i> var <i>leucum</i>	671.4	0.532
M2	13	Manuka ^e	<i>L. scoparium</i> var <i>leucum</i> /kanuka ^f (2)	1004.3	0.282
M3	7	Manuka ^d	<i>L. scoparium</i> var <i>leucum</i>	1361.3	0.239
K1	22	Kanuka ^d	<i>Kunzea ericoides</i>	5.6	0.360
K2	21	Kanuka ^d	<i>Kunzea ericoides</i>	37.1	0.327
MK1	23	Manuka-Kanuka ^d	<i>Kunzea ericoides</i> /manuka (2)	175.6	0.583
MK2	—	Manuka-Kanuka	<i>Kunzea ericoides</i> /manuka (c. 50%)	229.8	0.448
MK3	18	Manuka-Kanuka ^d	<i>L. scoparium</i> var <i>triflorum</i> /kanuka	269.9	0.345
MK4	15	Manuka-Kanuka ^d	<i>L. scoparium</i> var <i>triflorum</i> ^g	307.8	0.380
C	24	Clover ^h	<i>Trifolium</i> spp.	trace	0.029

*As reported in Stephens et al. (2010).
^bMGO (methylglyoxal) levels, reported in Stephens et al. (2010).
^cH₂O₂ hydrogen peroxide levels are expressed as mean H₂O₂ production rate in 1 mL of 10% w/v honey.
^dSamples collected from hive sites.
^eAged samples from drums supplied by apiarists and purchased as designated type.
^fObtained commercially.
^gAs reported in Stephens et al. (2010).
^hObtained commercially.
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Table 1. Floral source, MGO and H₂O₂ Levels of Honey.

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Hydrogen Peroxide Assay

The level of hydrogen peroxide produced by the honey samples was determined using a hydrogen peroxide assay kit (Hydrogen Peroxide Assay Kit, Invitrogen Technologies Corp., Carlsbad, CA, USA). The assay, which measures the oxidation of a fluorescent substrate by hydrogen peroxide, was conducted in 96-well microtitre plates according to the manufacturer's instructions. A standard curve was produced using a SpectraMax Gemini EM (Molecular Devices, LLC, Sunnyvale, CA, USA) and used to assess production in duplicate samples of each honey sample. Results were normalized to mM H₂O₂/h in 1 mL of 10% w/v honey solution.

Bacterial Strains and Growth Media

Four different bacterial species were examined: the Gram-positive bacteria *B. subtilis* 168 [25] and *S. aureus* ATCC 12228 [26] and Gram-negative bacteria *E. coli* O157:H7 [26] and *P. aeruginosa* PAO1 (ATCC 15692). *B. subtilis* is a well-studied clinically relevant pathogen. Growth media were selected to allow optimal growth of the different bacterial species. Nutrient broth and agar were used for *E. coli*, *P. aeruginosa* and *B. subtilis*, while Tryptone Soya Broth and agar were used for *S. aureus*.

Growth of Bacterial Cultures

Planktonic bacteria in wounds, while viable, are likely to be growing very slowly, if at all. We therefore added honey to a wound dressing that would more accurately represent the addition of a honey dressing to a chronic wound. Single colonies of each bacterial species were grown overnight at 37°C on an orbital shaker at 250 rpm (Bioline™, Australia) except for *S. aureus*, which was grown overnight at 37°C shaking using a gyrotory waterbath shaker (New Brunswick Scientific, Enfield, CT, USA). The slower shaking rate was used to prevent the bacteria from spending too long in stationary phase, which would delay entry into exponential growth upon dilution. Cell density was determined by optical density (OD) at 600 nm and was approximately 10⁹ colony-forming units (CFU)/mL. A suspension from the overnight culture was added to fresh media containing honey to give a final volume of 150 µL. For each growth assay, a freshly prepared 50 µL of honey was added to an appropriate amount of honey and mixing this with an equivalent amount of sterilized distilled water. This suspension was added to the growth medium to give the required honey concentration. Growth of each bacterial species was tested in six replicates (32% w/v) in a 96-well microtitre plate format. A microtitre plate reader (Biotek PowerWave HT®, Biotek Instruments Inc., Waltham, MA, USA) was used to measure the optical density (OD) at 600 nm.

the optical density hourly at 595 nm (OD_{595nm}) (Gen5®, BioTek) was used to assay cell growth over 24 hours (y-axis). Two biological replicates, each with four technical replicates were performed for the growth assay. The mean OD_{595nm} represents the average of all data. Growth curves were presented using GraphPad PrismV. 5.0c (Graphpad Software, San Diego, CA, USA).

A comprehensive range of control treatments was included for each organism in the microtitre-plate growth assay: (i) sugar solution comprising 45% glucose, 48% fructose and 1% sucrose, (diluted as above for honey) to identify the effect of sugar content in honey; (ii) honey plus catalase (1 mg/mL) to neutralize hydrogen peroxide [14]; (iii) a catalase or similar to those present in honeys M1, M2 and M3 (600, 1,000 & 1,500 mg/kg undiluted honey) at the various concentrations on bacterial growth; (iv) the same MGO dilutions plus catalase; and (v) MGO diluted in sugar solution to the same concentration as the MGO was obtained as a 40% solution in water (Sigma-Aldrich Co., St Louis, MO, USA).

Growth Curve Data Analysis

Initial inspection of the bacterial growth data indicated that the consistent major effect of honey on growth delay of exponential growth was delayed, and this increased with increasing honey concentrations. Thus, we focused on the lag phase. The lag phase was calculated as the period from inoculation to onset of log phase, or to 10% of maximal culture absorbance. In 128 individual growth assays with 6 different honey concentrations per assay, we automated the calculation of the lag phase from the bacterial growth experiments to a generalized logistic curve (equation 1), a sigmoid function used in GraphPad Prism 5.0c (PC/Windows) 28 January 2011, VSN International Ltd, UK). Due to variable T values, this generalized curve (not shown).

$$Y = A + C / [(1 + Te^{-B(x-M)})^{1/T}]$$

Here, A = the lower asymptote; C = the upper asymptote; M = time of maximum growth; B = growth rate, an inverse of the lag phase occurs.

With these parameters, we were able to compare the effect of the different honey samples on growth simply in the presence of varying honey concentrations (% w/v). This conversion from growth curve to lag phase duration in response to a series of manuka honey M3 dilutions (Fig. S2A, onset of log phase or 10% of maximum absorbance by "x") is converted to the corresponding lag-phase honey dose response (Fig. S2B).

In the vast majority of cases when growth of a culture was detected by absorbance measurement, the maximum absorbance was similar to the control culture. However in a few cases the maximal absorbance of the treated culture was less than 10% of the control. In these cases, it was assessed as 'no growth' over the 24-hour period.

Cell Staining and Microscopy

Bacterial cultures treated with either 4% (w/v) honey M3 or honey MK1 (Table 1) were harvested from samples induced by honey treatments, and at log phase (which we will refer to as log phase) when cultures had resumed exponential growth. If no growth was observed, lag phase cells were obtained from within the first half hour of incubation. Untreated cells were used as a control. For cell analysis, with the lag-phase cells collected 30 min after inoculation as described above. Harvested cells were fixed with the following modifications: 20 μ L of fixed cells were diluted 1:1 with the DNA staining agent DAPI (4',6-diamidino-2-phenylindole) dihydrochloride (Molecular Biology, Loughborough, UK) to a final DAPI concentration of 0.4 μ g/mL for *E. coli*, *B. subtilis* and *P. aeruginosa*, and 0.8 μ g/mL for *S. aureus*. Cells were then placed in separate wells of a multi-well microscope slide (MP Biomedicals, LLC, Eschwege, Germany) that was used for fluorescence microscopy (Microscopy Sciences, Hatfield, PA, USA). After 15 min at room temperature, the liquid was removed and 50 μ L of mounting medium was then placed on all samples and the edges of the coverslip were sealed with nail polish.

Cells were imaged using phase-contrast and fluorescence microscopy with a Zeiss Axioplan 2 fluorescence microscope (Carl Zeiss AG, Oberkochen, Germany) objective lens, and images were captured using a Zeiss AxioCa software (version 4.5; Carl Zeiss). Fluorescence microscopy to visualize DNA stained with DAPI used a 100 W xenon arc lamp (Carl Zeiss) as a light source. Image processing was performed using AxioVision software version 4.5 (Carl Zeiss).

Image Data Analysis

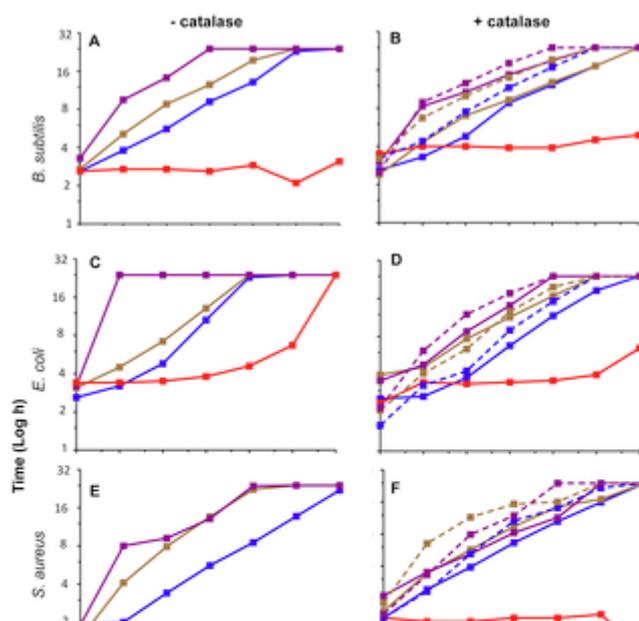
Cell length, cell lysis and DAPI staining were assessed by digital analysis of the captured images. Cell length total of 152 fields of cells were imaged and analyzed. Cell length (or diameter in the case of *S. aureus*) was used this MATLAB-based software to detect and outline bacterial cells in the microscopy images and measure (incorporated into the MicrobeTracker software) included a modification to algorithm 4 to enable accurate case of *E. coli*, *B. subtilis* and *P. aeruginosa*. For *S. aureus* algorithm 1 was optimized to enable measurement cell length information was then extracted and statistical analysis was performed in GraphPad Prism. One-way ANOVA was performed with the no-honey treated cells as controls. Cells that appeared lysed due to changes in their core cell lysis was expressed as a percentage of the whole population. Only cells that remained intact but appeared underestimated of cell lysis was possible, but this was consistent across all samples. For all experiments, a *B. subtilis* and *S. aureus* cells, where at least 50 cells were scored.

Results

Growth Responses to Honey, MGO, Sugar and Catalase

The growth response of two Gram-positive bacteria, *B. subtilis* 168 and *S. aureus* ATCC 25923, and two Gram-negative bacteria, *E. coli* PAO1 (ATCC 15692) to the 10 honeys and various control solutions were assessed. These data comprised honey treatments each graph represents a particular honey at six concentrations with a single organism as each honey sample on the multi-well plates. A comprehensive range of control treatments were included in components on growth of the four bacteria (see Materials and Methods).

Time spent in lag phase before entry into exponential growth emerged as the most notable difference among (see Materials and Methods). We therefore focused our analysis on growth inhibition on this parameter, exponential growth to reach 10% maximal culture absorbance. The graphs presented in Figure 1 and Figure 2 summarize the growth control solutions (Fig. 1) and the honeys (Fig. 2). In these graphs, the time (h) taken for a culture to enter logarithmic growth (y-axis) is plotted against the honey (or component) concentration (x-axis) for each organism (panel) of catalase. Note that the faster the rise of the line, the longer the cells are arrested in lag phase at that particular honey is at inhibiting the growth of that organism. Culture growth was monitored over 24 hours, and 'no growth' or complete inhibition.



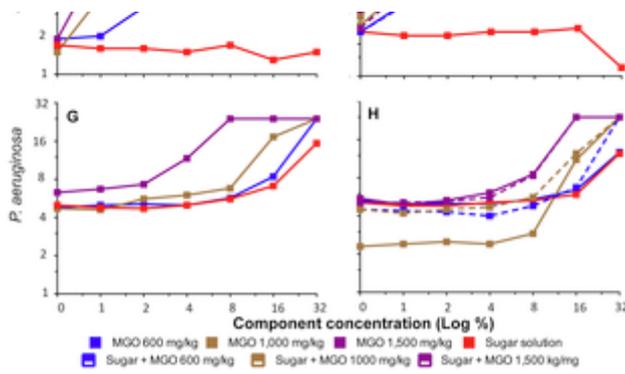


Figure 1. Effect of sugar, MGO and catalase on growth of bacteria.

Overnight cultures of *B. subtilis*, *E. coli*, *S. aureus* and *P. aeruginosa* were treated with various components of MGO and sugar at various concentrations equivalent to honeys at the corresponding concentrations as performed in the absence (left-hand graphs) and presence (right-hand graphs) of catalase as indicated. mg/kg MGO), M2 (1004.3 mg/kg MGO) and M3 (1541.3 mg/kg MGO) at 1%–32% (w/v). Optical density at each component concentration, the time it takes for the culture to reach log phase (assessed as at least culture) is plotted on the x-axis. The derivation of this value is described in Materials and Methods. A valid untreated control was performed alongside each particular treatment, and the starting OD₅₉₅ (zero time-experiment).

doi:10.1371/journal.pone.0055898.g001

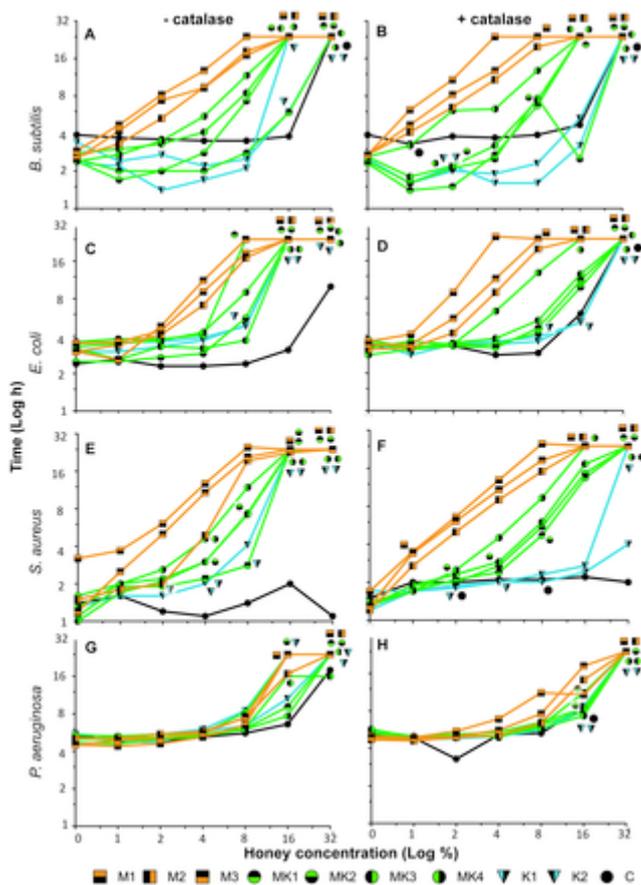


Figure 2. Effect of New Zealand manuka, kanuka and manuka-kanuka blended honeys on bacteria: Overnight cultures of *B. subtilis*, *E. coli*, *S. aureus* and *P. aeruginosa* were treated with ten different honeys

M2 and M3; two kanuka honeys, K1 and K2; four manuka-kanuka blended honeys, MK1, MK2, MK3 and concentrations (from 1%–32% (w/v), increasing in 2-fold series). Optical density was recorded at 595 nm concentration, the time it takes for the culture to reach log phase (assessed as at least 10% of the final c the x-axis. The derivation of this value is described in Materials and Methods. A value of 24 hours on the particular honey overlap, we have surrounded the point on the graph by all the symbols relevant to that honey treatments. An untreated control was also performed alongside each particular honey treatment, plotted for that particular honey experiment.
doi:10.1371/journal.pone.0055898.g002

The starting absorbance values differ in each case in Figures 1 and 2 because for each honey, the no-honey experimental conditions during that particular experiment.

Growth Dynamics in Response to Controls: MGO and Sugar in the Presence

The addition of catalase to an overnight culture of bacterial cells had essentially no effect on the duration of organisms when compared with an untreated control culture (Fig. S1). Sugar alone had a small but variable species *B. subtilis* and *S. aureus* were unaffected even at high concentrations, while the two Gram-negative

The addition of MGO at 0–32% of the concentrations present in manuka honey samples M1, M2 and M3 (st honey) generally showed a dose-dependent extension of lag phase (Fig 1A, 1C, 1E, 1G). This was most se was lowest in *P. aeruginosa*. The difference in sensitivity to MGO alone between the organisms was most of Fig. 1A, 1C, 1E, 1G).

The addition of catalase to the MGO treatments shortened the lag-phase extension in most cases, so that of *P. aeruginosa*, the bacteria were still increasingly sensitive to increasing MGO concentrations in the prese addition of sugar to MGO in the presence of catalase had a small but noticeable effect on delaying the onse *aeruginosa*, particularly at the lower sugar concentrations tested (equivalent to $\leq 8\%$ honey; Fig. 1).

Growth Response in the Presence of Natural Honeys

Graphs summarizing the effect of the different honey types on growth of the four bacterial species are show apparent: first, there is a general trend of greater growth inhibition by honeys containing more MGO, with M causes a shift of the curves to the right for most honey types indicating a rescue of growth inhibition; third, *F* inhibition compared to *B. subtilis*, *E. coli* and *S. aureus*; and fourth, the effect of clover honey is different for below, where the response of the bacteria to each honey type is described.

Manuka honey.

Manuka honey samples M1, M2 and M3 (Table 1) have the highest MGO concentrations of the honeys teste These three honeys were the most effective in inhibiting growth of *B. subtilis*, *E. coli* and *S. aureus* and all re concentrations (1–4%) caused significant lag-phase extension and growth was completely inhibited once cc

In the presence of catalase the monofloral manuka honeys remained the most effective of the natural honey indicating that the non-peroxide component/s in these honeys is the over-riding component responsible for t

In contrast to *B. subtilis*, *E. coli* and *S. aureus*, there was very little or no lag-phase extension when *P. aerug* M1–M3, and complete inhibition only occurred at 16% of honeys M3 and M1 and 32% of honey M2. *P. aeru*, likely accounts for some of the inhibition. The addition of catalase increased the concentration of honeys M1 32%). These data and those shown in Figure 2 indicate that *P. aeruginosa* is relatively insensitive to both hy inhibition can be attributed to non-peroxide component/s.

Kanuka honey.

The kanuka honeys, K1 and K2, had very low levels of MGO (5.6 and 37.1 mg/kg, respectively), but moderate H₂O₂ (1.1 and 1.2 mM/h, respectively) compared to the other honeys tested. At low concentrations (1–8%), and particularly in the most effective of the honeys at inhibiting growth of *B. subtilis*, *E. coli* and *S. aureus*, with very little or no lag phase. Complete growth inhibition with K1 and K2 occurred at 16% or 32%.

Although the addition of catalase to K1 and K2 made them less effective at inhibiting growth of *B. subtilis*, *E. coli* and *S. aureus* occurred at 32%; the exception being honey K1, where lag phase was only extended by 4 hours (Fig. 2F). This is not likely to be due to MGO, or at least MGO acting alone, since the amount present in 32% K1 and K2 is of 660 mg/kg MGO and is therefore too low to affect growth of these bacteria (Fig. 1A, 1C, 1E; light blue line for *S. aureus* suggests that the component/s that contribute to complete growth inhibition of *B. subtilis* and *E. coli* is a component in honey that is specifically active against *S. aureus* but requires hydrogen peroxide for its pro-growth effect on only species that was not inhibited by clover honey (see below).

P. aeruginosa growth was completely inhibited by kanuka honeys at 16% (K1) and 32% (K2), and very little catalase rescued this effect to some extent, but at 32% the kanuka honeys completely inhibited growth of *P. aeruginosa*. Hydrogen peroxide is present in these honeys that affect growth of this organism. The most striking observation for *P. aeruginosa* organisms was that growth was similarly affected by kanuka honeys as by manuka honeys.

Manuka-kanuka honey blends.

The responses of bacteria to the manuka-kanuka honey blends, designated MK1–MK4, are shown in green in Fig. 1. MGO (ranging from 173.6–307.8 mg/kg) that are between those of the pure manuka and kanuka honeys, are shown in Table 1. Treatment with these honeys gave a level of inhibition that was generally between that of the pure manuka and kanuka honeys. Hydrogen peroxide was removed by catalase. In addition, the degree of growth inhibition related largely to the MGO of the blended honeys (Table 1), normally being the most effective at inhibiting growth.

While the overall pattern of growth inhibition of *B. subtilis*, *E. coli* and *S. aureus* by the MK honeys was similar, they responded to the different blends. In the absence of catalase MK1 inhibited *E. coli* growth to a similar extent to 8%. MK1 has a low level of MGO (173.6 mg/kg) compared to the manuka honeys but has the highest hydrogen peroxide. Addition of catalase to MK1 reduced the level of growth inhibition for *E. coli* to a level well below that of all three manuka honeys. *S. aureus* was maximally inhibited by honeys that either have a high level of hydrogen peroxide production or have high levels of MGO.

P. aeruginosa displayed little or no lag-phase extension or growth inhibition for any of the blended honeys in the absence of catalase. There was no clear trend in how *P. aeruginosa* responded to the varying levels of MGO and hydrogen peroxide in the blends. Complete growth inhibition was achieved at 32% in the presence of catalase, indicating that the inhibition does not require hydrogen peroxide.

Clover honey.

The clover honey sample had no detectable MGO and almost no hydrogen peroxide production (0.029 mM H₂O₂/h) compared to the other honeys tested. The effect on the growth of the four organisms (Fig. 2). At 32%, *S. aureus* growth remained unaffected, while the two other organisms showed significant lag-phase extension. This is commensurate with the response of these two organisms to 32% sucrose. Addition of catalase to clover honey slightly increased lag phase extension, this was not seen for the corresponding manuka and kanuka honeys. Complete growth inhibition of *B. subtilis*, both in the presence and absence of catalase even though sugar alone at equivalent concentrations inhibited growth of *B. subtilis*, both in the presence and absence of catalase even though sugar alone at equivalent concentrations inhibited growth of *B. subtilis*. This suggests the presence of one or more components in clover honey to which *B. subtilis* growth is inhibited.

Other observations not fitting growth inhibition trends.

Although there were clear trends in growth inhibition in response to treatment with honeys and control solutions, some observations did not fit these trends that are worth acknowledging. This includes: M1, which has the lowest level of MGO and hydrogen peroxide, but showed the highest level of inhibition of *S. aureus* in the presence of catalase (Fig. 2B, 2D, 2F); the apparent abrupt (and reproducible) decrease in growth inhibition at 16% in the presence of catalase (Fig. 2B); the incomplete inhibition of *P. aeruginosa* by honey MK3 only at 32% (Fig. 2E); and the higher level of inhibition of *E. coli* by clover honey in the presence of catalase (Fig. 2D). Given the complexity of the interactions in these analyses cannot always be solely accounted for by the presence of MGO and hydrogen peroxide, and other components can modulate the response of bacteria to MGO- and hydrogen peroxide-based toxicity.

Cellular Morphology Response in the Presence of Natural Honeys

To determine morphological changes that occur in response to honey containing relatively high levels of MGO *P. aeruginosa* were exposed to honey samples M3 (highest MGO with lowest hydrogen peroxide production peroxide and relatively low MGO; Table 1). Cells were treated with 4% (w/v) of each honey, which is the high bacteria (see above; Fig. 2). Cell morphology was analysed during lag- and log-phase growth and included (breakage of cells or leakage of cytoplasm indicating cell envelope or growth abnormalities), and detection of

High-level MGO honey and cell morphology.

Treatment with honey M3 induced an extended lag phase for all bacterial cultures except *P. aeruginosa* (Fig 2 and charted in Table 2, and mean cell lengths are recorded in Table S1. During the extended lag phase (or *E. coli* and *S. aureus* were significantly shorter ($p < 0.05$) than untreated cells, while *P. aeruginosa* cells were longer. Of the shorter cells of *B. subtilis* (29%) and *S. aureus* (57%) had a condensed chromosome (green arrows in Fig 3). DAPI staining occurred instead of the characteristic two regions that represent replicating chromosomes (Fig 3). Chromosomes showed one or two very small spots of DAPI-stained DNA, unlike the two larger lobes of DNA in control cells. No changes to DNA appearance under these conditions were observed for *E. coli* or *P. aeruginosa*.

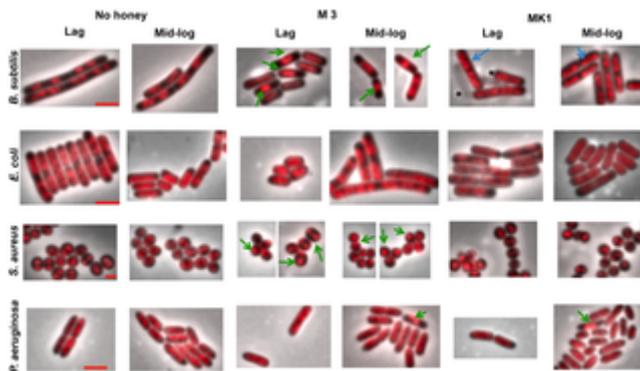


Figure 3. Cellular morphology of bacterial cells treated with a high-MGO honey and a high-hydrogen peroxide honey. The effects of 4% (w/v) of a high-MGO honey (M3) and a high-hydrogen peroxide honey (MK1) on bacterial cultures of *B. subtilis*, *E. coli*, *S. aureus* and *P. aeruginosa* were treated with these honeys, cells collected during lag and mid-log phase growth, fixed with glutaraldehyde, stained with DAPI and imaged using fluorescence microscopy. All images are shown in the DAPI-stained (red) fluorescence image. The two left-hand panels show the no-honey treated control and the two right-hand panels show the MK1 honey-treated cells. In all images, condensed DNA is shown by blue arrows. An asterisk indicates lysed cells for *B. subtilis* (MK1, lag-phase cells). The images, where it represents 1 μm.

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	<i>B. subtilis</i>			<i>E. coli</i>			<i>S. aureus</i>			<i>P. aeruginosa</i>		
	Length	Lysis	DNA	Length	Lysis	DNA	Length	Lysis	DNA	Length	Lysis	DNA
M3 lag	↓ (1.86)	--	Condensed (29%)	↓ (1.86)	--	--	↓ (1.26)	--	Condensed (57%)	↓ (1.14)	--	--
M3 log	↓ (1.66)	--	Condensed (27%)	↓ (1.66)	--	--	↓ (1.26)	--	Condensed (57%)	↓ (1.14)	--	Condensed (2%)
MK1 lag	↓ (1.26)	34%	Dispersed (90%)	--	--	--	↓ (1.14)	--	--	--	--	--
MK1 log	↓ (1.26)	2%	Dispersed (99%)	--	--	--	--	--	--	↓ (1.66)	--	Condensed (2%)

*Actual mean cell lengths and statistics are shown in Table S1.
 † Statistically significant decrease compared to no-honey treated cells ($p < 0.05$).
 ‡ Statistically significant increase compared to no-honey treated cells ($p < 0.05$).
 -- No change.

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Table 2. Cell morphology changes with high-MGO honey and high-hydrogen peroxide honey treatment.

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Following entry into log phase, cells treated with M3 honey were still significantly different to untreated culture. *E. coli* cells remained shorter, to a similar degree observed in lag phase, and chromosomes remain condensed. *E. coli* counterparts, while *P. aeruginosa* cells became slightly but significantly shorter (Table 2). In addition, 2% of *E. coli* chromosome by DAPI staining (green arrows in Fig. 3; Table 2).

In summary, treatment with 4% M3 honey changed mean cells lengths of all four populations of bacteria in both phases. The extent of change varied. The greatest changes to cell length were observed with *B. subtilis* and *E. coli* (Table 2). DNA for both growth phases.

High-level hydrogen peroxide honey and cell morphology.

Treatment with 4% MK1 honey did not result in an extended lag phase for any organism, however this honey induced significant changes to cell morphology during the initial stages of growth were observed in *B. subtilis*, as was seen with M3 but to a lesser extent. A significant proportion of cells (34%) appeared lysed by phase-contrast microscopy (asterisks in Fig. 3; Tables S1 and 2), and the DNA in the vast majority of unlysed cells (Fig. 3; Table 2). No morphological changes were observed in *E. coli* or *P. aeruginosa* cultures, and the only decrease in cell diameter (Table 2).

In log-phase MK1-treated *B. subtilis* cultures, the extent of cell lysis was reduced from 34% in the lag-phase average compared to control cells (Table 2 and Table S1; Fig. 3), and the frequency of cells with a dispersed DNA. *S. aureus* cells showed a normal morphology (Fig. 3; Table 2), while *P. aeruginosa* cells were significantly shorter. In log-phase MK1-treated *P. aeruginosa* cells had the same condensed chromosome phenotype seen in the lag-phase cells remained similar in appearance to the control cells (Table 2).

In summary, MK1 honey caused less alteration to cellular morphology than the high-MGO honey, M3. *B. subtilis* dispersed DNA, cell lysis and cell length changes. *E. coli* and *S. aureus* had little or no apparent change. *P. aeruginosa* had significant changes.

Correlation of Growth Inhibition and Morphological Changes Induced by Honey

A summary of combined growth and morphology data is given in Table 3. Overall this shows that MGO and high-MGO honeys affected the growth of all organisms except *P. aeruginosa*, followed by manuka-kanuka blended honeys, kanuka honeys and the clover honeys compared to the other three organisms, with little difference in growth inhibition by the different honeys. *B. subtilis* was the most affected by honey, with little difference in growth inhibition by the different honeys, followed by *E. coli* and *S. aureus*. *P. aeruginosa* was the least affected by honey, with little difference in growth inhibition by the different honeys, followed by *E. coli* and *S. aureus*. *P. aeruginosa* was the least affected by honey, with little difference in growth inhibition by the different honeys, followed by *E. coli* and *S. aureus*. *P. aeruginosa* was the least affected by honey, with little difference in growth inhibition by the different honeys, followed by *E. coli* and *S. aureus*.

Organism	Growth Inhibition						Cell Morphology*	
	MGO	Sugar	Clover	M	K	MK	High-MGO Honey (M3)	High-H ₂ O ₂ Honey (MK1)
<i>B. subtilis</i>	XXX ^a	- ^b	X	XXXX	XX	XXX	Shorter cells; condensed DNA (2%)	Shorter cells; lysed, dispersed DNA (2%)
<i>E. coli</i>	XXXX	XX	X	XXXX	XX	XX	Shorter and longer cells	-
<i>S. aureus</i>	XXX	-	-	XXXX	XX	XX	Shorter cells; condensed DNA (2%)	Shorter cells
<i>P. aeruginosa</i>	XX	X	X	XX	XX	XX	Shorter and longer cells; condensed DNA (2%)	Shorter cells; condensed DNA (2%)

*This data includes data from both the lag and log phases of growth.
^aThe number of crosses increases the more growth is inhibited.
^bMeans no effect.
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Table 3. Summary of growth and morphological effects of honeys and control treatments on all organisms.
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Discussion

With the dearth of development of new classes of antibiotics to treat infections caused by resistant organisms, antibacterial activity and effectiveness as a treatment for chronic wound infections. However, as with all natural products, there are differences between different honey preparations [19] and this is likely to affect the level of antibacterial activity, and possibly the effectiveness. We assessed a series of geographically- and chemically-defined New Zealand manuka, kanuka and manuka-kanuka and hydrogen peroxide to determine their effectiveness in inhibiting the growth of different species of bacteria. The most effective at inhibiting growth, followed by the manuka-kanuka blends and then the kanuka honeys. At sub-inhibitory concentrations of these different honeys varied with bacterial species, with each having a unique response very different to the other three bacteria in being both less sensitive overall and in having a similar response.

High-throughput Analysis of Growth Dynamics Reveals that MGO in Honey E

A high-throughput approach was used to assess the growth and morphological effects of a large number of novel honey types in honey studies and was employed here to address the challenge of assessing multiple parameters to explore the heterogeneous and variable composition of natural honey by analyzing large numbers of samples. We measured cell growth in response to the effects of honey toxicity. Such an approach may be useful in the study of other natural products and interacting factors.

Visual inspection of the resulting large number of growth curves revealed a distinctive dose-dependent extension of lag phase for *E. coli* and *S. aureus* were treated with manuka honey. This growth behavior was also observed when MGO alone was consistent with a previous study where *E. coli* was subjected to MGO treatment [29]. Lag-phase extension in the presence of MGO growth was either unaffected or was completely inhibited, and there was no evidence for dose-dependent reduction in lag phase. Lag phase is presumed to be largely or completely due to MGO and is likely to be unique to honey derived from natural products.

Growth and Morphology of Different Bacteria are Affected by Honey in Market

The dynamics of growth in the presence of the different honey types was relatively similar for *B. subtilis*, *E. coli* (Figs. 1 and 2). The extended duration of lag phase and the eventual resumption of logarithmic growth in the presence of MGO in the system used to detoxify MGO [30]. All organisms produce MGO, which appears to be important in allowing them to survive in an environment changes [31]–[32]. However, as MGO is toxic, cells detoxify this compound to D-lactate using the metabolic capability of *P. aeruginosa* to grow in the presence of higher MGO levels than the other bacteria may reflect more by the discovery, through genome sequencing, that *P. aeruginosa* is unique among eubacteria in its possession of the genes for MGO production [33].

To date, few microscopy studies have been performed to identify morphological changes to bacterial cells treated with honey. We used phase-contrast and fluorescence microscopy that allows a large number of cells to be imaged and measured. We observed morphological changes in organisms treated with manuka (high-MGO) honey. This is caused by an adjustment to the frequency of cell division, such that division occurs at a different cell length to untreated cells [34]. Condensed DNA was observed in *S. aureus* cells treated specifically with manuka honey. This could be a consequence of inhibition of initiation of DNA replication with previous studies demonstrating that MGO alone inhibits this phase of DNA replication in bacterial cells. The addition of hydrogen peroxide (MK1) caused significant changes to the morphology of *B. subtilis* cells, including a decrease in the degree of DNA degradation due to hydrogen peroxide in the honey causing oxidative DNA damage [38].

With the exception of *B. subtilis*, the number and severity of morphological changes do not link clearly to the effectiveness of the honey to inhibit growth. This is not entirely unexpected since cell morphology often reflects the organism's ability to adapt to that environment without having to change its rate of growth. Different organisms respond differently to environmental conditions, such as oxidative or nutrient stress. This might reflect, at least in part, the degree of inhibition of growth [39]. We therefore speculate that the differences in morphology that we observe in response to a particular honey are due to regulatory circuits that coordinate growth with cellular physiology.

MGO and Hydrogen Peroxide Production cannot Account for All Activity Present

Commensurate with previous studies [8], [15], [40], [41], we found that even when the peroxide activity was of MGO present, honey could inhibit bacterial growth. Even clover honey, with only trace levels of MGO and bacteria that in most cases could not be attributed to sugar alone. These observations are in line with previous antibacterial components that may be directly active or may modulate the activity of the dominant active components include: (i) phenolics derived from the floral source [19]; (ii) bee-derived antimicrobial peptides (although not Revamil honey [8], could not be identified in manuka or kanuka honeys) [23] [42]; and (iii) as yet undefined transition metals [38], [43], [44].

Clinical Applications of Antibacterial Honey

The range of effects induced by the different honeys in the bacterial species tested reflects a diversity of resistant chronic wounds. Our findings here have important implications for the clinical application of honey in the treatment of MGO may be neutralized by bacteria which then resume normal growth, thus any honey formulation should be able to overcome this. Second, honey without significant levels of MGO or hydrogen peroxide, such as clover honey, may be able to overcome this. Therefore not recommended for infected wounds where multiple species may be present. Third, MGO at 600 U/kg, higher concentrations, and increasing MGO above this threshold may not result in a more effective honey. A higher peroxide, MGO provides an over-riding activity and if this level is high enough, hydrogen peroxide does little to inhibit bacterial growth.

To date, more than 80 different microbial species, including bacteria and yeast pathogens known to infect wounds [46]. In the current study, the use of sub-inhibitory concentrations of honey has enabled us to examine the effect of honey well below those that would be used in a clinical situation, where whole honey is generally applied and compared to conventional treatments.

Emerging evidence from clinical studies suggests that honey is at least as effective as conventional treatments such as in diabetics, the elderly, and extensively burned patients [47], [48], but more clinical data are needed. This study demonstrated the potency of natural honey as an antimicrobial wound dressing, and that multiple effects arise from honey allows active honey to be uniquely broad in spectrum, but also reduces the potential for resistant microbial growth. Therefore recommended for the treatment of infected wounds. Understanding the complex nature of honeys and the development of specific blends with an optimal combination of antibacterial components, thus ensuring a more effective option.

Supporting Information

Figure_S1.pdf

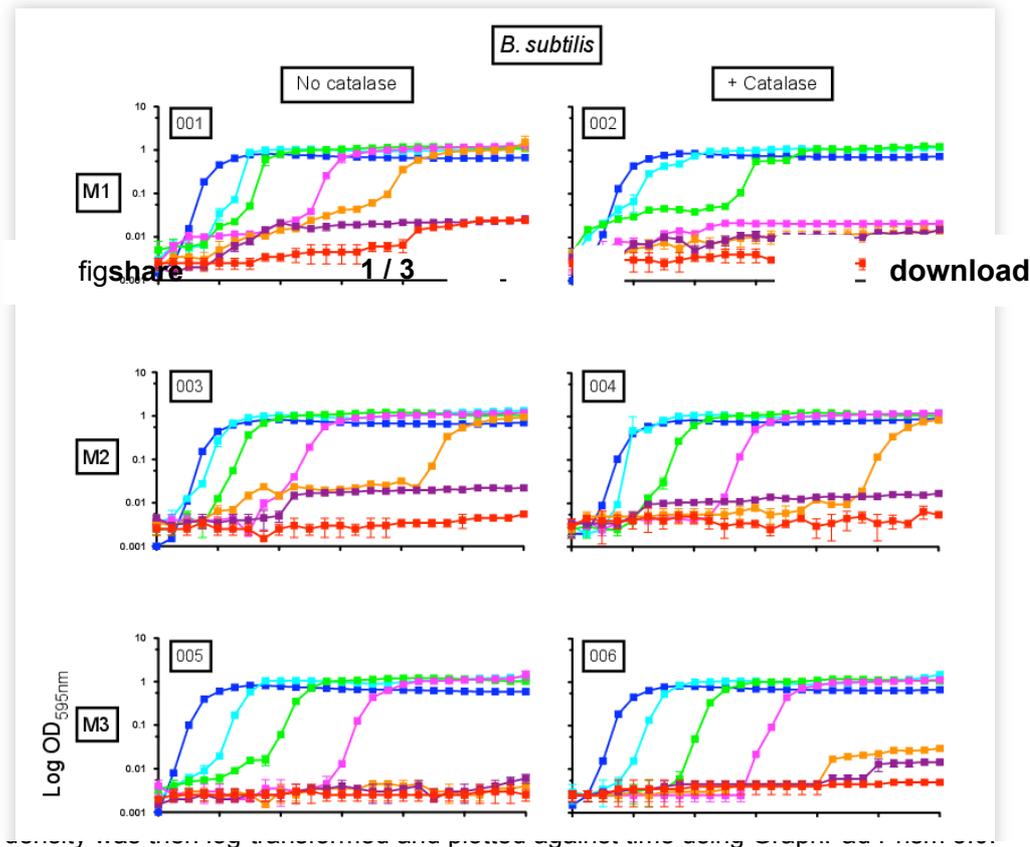


Figure S1.

The effect of New Zealand honey treatments on bacterial growth. Growth curves of *B. subtilis* (001–032) *aeruginosa* (097–128) were treated with 10 different honeys (three manuka honeys, M1, M2, M3; four manuka honeys, K1, K2; and a clover honey, C) and a comprehensive range of controls, which included (i) a and 1% of sucrose; (ii) honey plus catalase (1 mg/mL); (iii) a catalase-only control; (iv) three MGO solutions undiluted honeys M1, M2 and M3 (600, 1,000 & 1,500 mg/kg) and diluted the same as honey; v) a range of MGO concentrations in the presence of both catalase and sugar solution at various concentrations (0% - as represented by dark blue, light blue, green, pink, orange, purple and red color respectively). Optical density was then log-transformed and plotted against time using GraphPad Prism 5.0.

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(PDF)

Figure S2.

Transformation of data obtained for bacterial growth with honey treatment. Panel A illustrates the effect of *E. coli* growth over 24 h as a simple log OD_{595nm} versus incubation time. The point at which 10% of the final curve. Panel B summarizes all the data from panel A as a simple relationship between honey concentration value of 24 hours on the y-axis denotes 'no growth'.

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(TIF)

Table S1.

Average cell length after different honey treatment (µm). Cell lengths were not significantly affected by treatment (not significantly different ($p < 0.05$); $n \geq 50$). M3–4% manuka M3 (high-MGO) honey treatment. MK1–4% manuka

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(DOCX)

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Author Contributions

Conceived and designed the experiments: E JH JL SG DR RS. Performed the experiments: JL SG JS DR. A
Contributed reagents/materials/analysis tools: JS DH E JH DR. Wrote the paper: E JH JL DC GS JS DR.

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