Currently, Barley Malt Syrup (BMS) is one of the forms of growing adulteration in honey. It was found that a marker peak primarily falling around the 5.40 ppm region exhibited discrimination between pure and adulterated samples. The findings demonstrate that NMR sugar profiles region, when combined with PCA analysis, can effectively detect varying degrees of adulteration. In this aspect, we proposed a 1H NMR profiling method to discriminate between authentic and honey adulterated with BMS. Despite qualitative nature of the outcomes, spiking studies have revealed that approach can reliably identify sugar addition at levels as low as 5–10%. The authenticated honey samples were artificially adulterated with varying percentages of BMS. Furthermore, NMR data of the samples were analyzed using statistical models. However, there have been no reports regarding its identification by NMR.

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