

Chestnut Honey

ACTIVE INGREDIENTS: Chestnut Honey 0,250g

SHELF LIFE PRODUCT: Lifespan: 2-5 years - Temperature: 10-20 C degrees

VITAMIN C	3–10 mg/kg	Acts as an antioxidant, supports the immune system, aids in collagen synthesis for skin, and enhances iron absorption from plant-based foods.	80µg
B Vitamins (B1, B2, B3, B5, B6, and B9):	B2 (Riboflavin): 0.3–1 mg/kg B3 (Niacin): 0.2–1.5 mg/kg B5 (Pantothenic Acid): 0.1–1 mg/kg B6 (Pyridoxine): 0.1–0.5 mg/kg	B2: Supports energy production, cellular function, and skin health. B3: Important for energy metabolism, nervous system health, and DNA repair. B5: Vital for energy production and hormone synthesis. B6: Plays a role in amino acid metabolism, neurotransmitter synthesis, and red blood cell formation	
Potassium	200–800 mg/kg	Maintains fluid balance, nerve function, and muscle contraction	15-30mg
Calcium	5–15 mg/kg	Supports bone health, muscle function, and nerve transmission	
Magnesium	3–8 mg/kg	Involved in over 300 biochemical reactions, including energy production, muscle and nerve function, and DNA synthesis.	
Phosphorus	2–6 mg/kg	Important for bone health, energy production, and cell membrane structure	
Iron	0.1–0.6 mg/kg	Essential for oxygen transport in the blood, energy production, and immune function	
Zinc	0.1–0.6 mg/kg	Supports immune function, wound healing, and protein synthesis.	

Chestnut honey is particularly valued for its iron content, which makes it beneficial for individuals seeking to support iron intake and overall mineral health." Acts as an antioxidant, supports the immune system, aids in collagen synthesis for skin, and enhances iron absorption from plant-based foods.