

# Fir Vanilla Honey

**ACTIVE INGREDIENTS:** Fir Vanilla Honey 250g

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

<b>VITAMIN C</b>	51.2 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>B Vitamins (B1, B2, B3, B5, B6, and B9):</b>	B2 (Riboflavin): 0.2–1 mg/kg B3 (Niacin): 0.3–1.5 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	
<b>Potassium</b>	423 mg/kg	Maintains fluid balance, nerve function, and muscle contraction	15-30mg
<b>Calcium</b>	45.6 mg/kg	Supports bone health, muscle function, and nerve transmission	
<b>Magnesium</b>	3–8 mg/kg	Involved in over 300 biochemical reactions, including energy production, muscle and nerve function, and DNA synthesis.	
<b>Phosphorus</b>	3–7 mg/kg	Important for bone health, energy production, and cell membrane structure	
<b>Iron</b>	3.5 mg/kg	Essential for oxygen transport in the blood, energy production, and immune function	
<b>Zinc</b>	0.1–0.5 mg/kg	Supports immune function, wound healing, and protein synthesis.	

## Unique Characteristics of Fir Vanilla Honey

- **Low Sugar Content:** Fir vanilla honey has one of the lowest sugar levels among honey types, making it suitable for individuals with concerns about blood sugar levels.
- **Rich Antioxidants:** It contains phenolic acids and flavonoids, which protect against oxidative stress and support overall health.
- **High Mineral Content:** Fir vanilla honey is particularly valued for its high potassium and magnesium levels, beneficial for heart health, muscle function, and energy production.

*Fir vanilla honey is considered a highly nutritious and rare honey, perfect for those seeking a honey with low sweetness and high health benefits.*