

# Heather Honey

**ACTIVE INGREDIENTS:** 0,250g Heather Honey

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

<b>VITAMIN C</b>	3–8 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): 0.3–2 mg/kg B5 (Pantothenic Acid): 0.1–1 mg/kg B6 (Pyridoxine): 0.1–0.6 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>	250–800 mg/kg	Maintains fluid balance, nerve function, and muscle contraction	15-30mg
<b>Calcium</b>	5–12 mg/kg	Supports bone health, muscle function, and nerve transmission	
<b>Magnesium</b>	3–6 mg/kg	Involved in over 300 biochemical reactions, including energy production, muscle and nerve function, and DNA synthesis.	
<b>Phosphorus</b>	2–6 mg/kg	Important for bone health, energy production, and cell membrane structure	
<b>Iron</b>	0.2–1.5 mg/kg	Essential for oxygen transport in the blood, energy production, and immune function	
<b>Zinc</b>	0.1–0.7 mg/kg	Supports immune function, wound healing, and protein synthesis.	

Heather honey, produced in Greece and other regions, is known for its robust flavor and health benefits. Greek heather honey in particular is valued for its high antioxidant content, as well as potential benefits for cholesterol management and overall heart health.

*Benefits of Heather Honey for Cholesterol and Heart Health. Heather honey, especially Greek heather honey, is rich in phenolic acids, flavonoids, and antioxidants, which can help. Improve Cholesterol Levels: Some studies suggest that regular consumption of honey, particularly types high in antioxidants like heather honey, may help lower LDL (bad) cholesterol while potentially raising HDL (good) cholesterol. Support Heart Health: The antioxidants in heather honey help protect against oxidative stress, which can benefit heart health and reduce inflammation associated with cardiovascular disease. Considerations: Blood Sugar Caution: While heather honey may offer cholesterol benefits, it still contains natural sugars. People with blood sugar concerns should consult a healthcare provider before regular consumption. Balanced Diet: Heather honey can be part of a balanced diet for cardiovascular health, along with other heart-healthy foods like fruits, vegetables, whole grains, and healthy fats.*