

# Oak Honey

**ACTIVE INGREDIENTS:** OAK HONEY (honeydew from oak trees)  
**SHELF LIFE PRODUCT:** Lifespan: 2-5 years - Temperature: 10-20° C

<i>VITAMINS - MINERALS</i>	<i>CONCENTRATION IN mg/kg</i>	<i>FUNCTION</i>	<i>DAILY RECOMMENDED INTAKE</i>
<i>VITAMIN C</i>	2-5mg	Acts as an antioxidant, supports the immune system, aids in collagen synthesis for skin, and enhances iron absorption from plant-based foods.	80mg
<i>B Vitamins (B1, B2, B3, B5, B6, and B9):</i>	B1 (Thiamine): 0.1-0.5 B2 (Riboflavin): 0.3-3.0 B3 (Niacin): 1.0-20.0 B5 (Pantothenic Acid): 1.0-5.0 B6 (Pyridoxine): 1.0-5.0 B9 (Folate): 0.01-0.1	B vitamins are essential for energy production, brain function, and cell metabolism.	B1 (Thiamine): 1.15mg B2 (Riboflavin): 1.2mg B3 (Niacin): 15mg B5 (Pantothenic Acid): 5mg B6 (Pyridoxine): 1.6mg B9 (Folate): 400mg