

Orange Honey

ACTIVE INGREDIENTS: Orange Blossom Honey 0,250g

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

<i>VITAMINS - MINERALS</i>	<i>CONCENTRATION IN mg/kg</i>	<i>FUNCTION</i>	<i>DAILY RECOMMENDED INTAKE</i>
<i>Potassium</i>	Approximately 200-700 mg/kg	Maintains fluid balance, nerve function, and muscle contraction	15-30mg
<i>Calcium</i>	Approximately 4-6 mg/kg	Supports bone health, muscle function, and nerve transmission	
<i>Magnesium</i>	2-3 mg/kg	Involved in over 300 biochemical reactions, including energy production, muscle and nerve function, and DNA synthesis.	
<i>Phosphorus</i>	2mg-5mg	Important for bone health, energy production, and cell membrane structure	
<i>Iron</i>	0.2-1.0	Essential for oxygen transport in the blood, energy production, and immune function	
<i>Zinc</i>	0.1-05mg	Supports immune function, wound healing, and protein synthesis.	

Antioxidants in Orange Honey:

- *Polyphenols: These antioxidants help protect cells from damage caused by free radicals and may reduce the risk of chronic diseases.*
- *Flavonoids: Found in citrus sources, these can support heart health and have anti-inflammatory properties.*