Orange Honey

ACTIVE INGREDIENTS: Orange Blossom Honey 0,250g
SHELF LIFE PRODUCT: Lifespan: 2-5 years - Temperature: 10-20 C degrees

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

Arbutus Honey

ACTIVE INGREDIENTS: 0,250G Arbutus Honey
SHELF LIFE PRODUCT: Lifespan: 2-5 years - Temperature: 10-20 C degrees

VITAMIN C	*4–8 mg/kg*	Acts as an antioxidant, supports the immune system, aids in collagen synthesis for skin, and enhances iron absorption from plant-based foods.	80µγ
B Vitamins (B1, B2, B3, B5, B6, and B9:	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	
Potassium	200–700 mg/kg	Maintains fluid balance, nerve function, and muscle contraction	15-30mg
Calcium	5–10 mg/kg	Supports bone health, muscle function, and nerve transmission	
Magnesium	3–6 mg/kg	Involved in over 300 biochemical reactions, including energy production, muscle and nerve function, and DNA synthesis.	
Phosphorus	2–5 mg/kg	Important for bone health, energy production, and cell membrane structure	
Iron	0.3–1 mg/kg	Essential for oxygen transport in the blood, energy production, and immune function	
Zinc	0.1–0.5 mg/kg	Supports immune function, wound healing, and protein synthesis.	

Arbutus honey is particularly high in polyphenols and other bioactive compounds, contributing to its bitterness and health benefits:

- *Flavonoids: Act as antioxidants with anti-inflammatory properties, potentially helping to regulate blood sugar and support heart health.*
- *Phenolic Acids: Known for their antioxidant and anti-inflammatory effects, which help protect against oxidative stress.*
- *Arbutin: A unique compound in arbutus honey, arbutin has been studied for its potential benefits in blood sugar regulation and antioxidant effects.*

Arbutus honey is highly valued for its potential to support healthy blood sugar levels due to its low glycemic index and bioactive compounds:

- *Low Glycemic Index: Arbutus honey is digested more slowly than other types of honey, resulting in a gradual release of sugar into the bloodstream, which may help prevent blood sugar spikes.*
- *Arbutin: This compound is believed to have hypoglycemic (blood sugar-lowering) effects, making arbutus honey potentially beneficial for people with insulin sensitivity or diabetes. However, arbutus honey should still be consumed in moderation due to its natural sugar content.*

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.	80µγ
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.

Heather Honey

ACTIVE INGREDIENTS: 0,250g Heather Honey
SHELF LIFE PRODUCT: Lifespan: 2-5 years - Temperature: 10-20 C degrees

VITAMIN C	*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.	80μγ
B Vitamins (B1, B2, B3, B5, B6, and B9:	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	
Potassium	250–800 mg/kg	Maintains fluid balance, nerve function, and muscle contraction	15-30mg
Calcium	5–12 mg/kg	Supports bone health, muscle function, and nerve transmission	
Magnesium	3–6 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	0.2–1.5 mg/kg	Essential for oxygen transport in the blood, energy production, and immune function	
Zinc	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.

Pine Honey

ACTIVE INGREDIENTS: Pine Honey 0,250g
SHELF LIFE PRODUCT: Lifespan: 2-5 years - Temperature: 10-20 C degrees

VITAMIN C	*3–6 mg/kg*	Acts as an antioxidant, supports the immune system, aids in collagen synthesis for skin, and enhances iron absorption from plant-based foods.	80µγ
B Vitamins (B1, B2, B3, B5, B6, and B9:	B2 (Riboflavin): 0.1–1.5 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	B1 (Thiamine):	B1 (Thiamine): 1.25µγ
Potassium	250–750 mg/kg	Maintains fluid balance, nerve function, and muscle contraction	15-30mg
Calcium	5–10 mg/kg	Supports bone health, muscle function, and nerve transmission	
Magnesium	3–5 mg/kg	Involved in over 300 biochemical reactions, including energy production, muscle and nerve function, and DNA synthesis.	
Phosphorus	3–7 mg/kg	Important for bone health, energy production, and cell membrane structure	
Iron	0.3–1.5 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.	

"Antioxidants and Bioactive Compounds in Pine Honey

Pine honey is rich in antioxidants, which can provide significant health benefits:

- *Polyphenols: These antioxidants protect cells from oxidative stress, potentially reducing the risk of chronic diseases.*
- *Flavonoids: Known for their anti-inflammatory and cardioprotective effects.*
- *Phenolic Acids: Anti-inflammatory compounds that may support immune health."*