

Thyme Honey with Cashew

ACTIVE INGREDIENTS: THYME HONEY 150G - CASHEWS 100G
SHELF LIFE PRODUCT: Lifespan: 2-5 years - Temperature: 10-20° C

VITAMINS - MINERALS	CONCENTRATION IN mg/kg	FUNCTION	DAILY RECOMMENDED INTAKE
Vitamin C	10.6-11.00	Antioxidant, immune support, collagen synthesis, iron absorption	80mg
Vitamin A	0	Vitamin A plays several crucial roles in the human body, owing to its involvement in various physiological processes	900mg
B3	10.8	Energy conversion, digestive and skin health	16mg
B1	4.2	Energy conversion, glucose metabolism, nerve function.	1.25mg
B2	0.6-1.0	Energy production, cellular function, metabolism.	1,2mg
B6	4	Amino acid metabolism, neurotransmitter synthesis	1.6mg
B5	9	Synthesis of coenzyme A, metabolism	5mg
Vitamin E	0.0-1.0	Antioxidant, protects cells from oxidative damage	15mg
Natrium	120	Sodium plays a crucial role in maintaining fluid balance, transmitting nerve impulses, and supporting muscle function. It also helps regulate blood pressure and pH levels in the body	2300mg
Magnesium	2920	Nerve and muscle function, bone health, energy metabolism	320mg
Kalium	6600	Potassium is an electrolyte that helps maintain fluid balance, nerve transmission, and muscle contraction. It plays a vital role in regulating heartbeat and blood pressure. Potassium also supports kidney function and helps prevent muscle cramps	4100mg
Calcium	370	Calcium is essential for building and maintaining strong bones and teeth. It also plays a role in muscle contraction, nerve signaling, blood clotting, and cell division. Calcium levels in the blood are tightly regulated to ensure proper function of these processes.	1150
Copper	5.6	Formation of red blood cells, immune support, antioxidant.	0.9mg
Zink	9.6-57.8	Immune function, wound healing, DNA synthesis.	9mg
Iron	38.5-66.2	Formation of hemoglobin, oxygen transport	9mg
B9	2.5	DNA synthesis and repair, cell division	400mg