

Thyme Honey

ACTIVE INGREDIENTS: THYME HONEY 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>VITAMIN C</i>	2.4	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): 0.1-0.2 B2 (Riboflavin): 0.6-5.0 B3 (Niacin): 1.0-20.00 B5 (Pantothenic Acid): 1.0-2.0 B6 (Pyridoxine): 1.0-3.0 B9 (Folate): 0.01-0.1	B vitamins are essential for energy production, brain function, and cell metabolism.	1.15mg