

## Thyme Honey with Pine Nuts

**ACTIVE INGREDIENTS:** THYME HONEY 150G - PINE NUTS 100G  
**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 E</i>	93.3	Vitamin E is an antioxidant, protecting cells from oxidative damage, and is important for immune function and skin health!	15mg
<i>VITAMIN K</i>	53.9	Vitamin K is crucial for blood clotting and bone health.	105mg
<i>B Vitamins (B1, B2, B3, B5, B6, and B9)</i>	B1 (Thiamine): 12.40 B2 (Riboflavin): 2.3 B3 (Niacin): 43.90 B5 (Pantothenic Acid): 3.1 B6 (Pyridoxine): 1.2 B9 (Folate): 340	B vitamins are essential for energy production, brain function, and cell metabolism.	1.2mg on average for B Vitamins
<i>Vitamin C</i>	nan	Vitamin C is an antioxidant and is important for the immune system, skin health, and iron absorption.	80mg