

Thyme Honey with Pistachio

ACTIVE INGREDIENTS: THYME HONEY 150G - PISTACHIO 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 C</i>	13	Antioxidant, immune support, collagen synthesis, iron absorption	80mg
<i>Vitamin A</i>	4150	Vitamin A plays several crucial roles in the human body, owing to its involvement in various physiological processes	900mg
<i>B3</i>	13	Energy conversion, digestive and skin health	16mg
<i>B1</i>	8.7	Energy conversion, glucose metabolism, nerve function.	1.25mg
<i>B2</i>	1.60-2.0	Energy production, cellular function, metabolism.	1,2mg
<i>B6</i>	17	Amino acid metabolism, neurotransmitter synthesis	1.6mg
<i>B5</i>	5	Synthesis of coenzyme A, metabolism	5mg
<i>Vitamin E</i>	3.0-23.00	Antioxidant, protects cells from oxidative damage	15mg
<i>Natrium</i>	10.00-96.00	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
<i>Magnesium</i>	1170-1210	Nerve and muscle function, bone health, energy metabolism	320mg
<i>Kalium</i>	6240-10000	Potassium is an essential mineral and electrolyte that plays a vital role in maintaining fluid balance, nerve transmission, muscle function, and heart health. It also helps regulate blood pressure by counteracting the effects of sodium	4100mg
<i>Calcium</i>	1070-1700	1. 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
<i>Copper</i>	7.5-17.00	Formation of red blood cells, immune support, antioxidant.	0.9mg
<i>Zink</i>	27.70-67.70	Immune function, wound healing, DNA synthesis.	9mg
<i>Iron</i>	4.1-88.6	Formation of hemoglobin, oxygen transport	9mg
<i>B9</i>	510	DNA synthesis and repair, cell division	400mg