

Thyme Honey with Walnuts

ACTIVE INGREDIENTS: THYME HONEY 150G - WALNUTS 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>	3.5	Antioxidant, immune support, collagen synthesis, iron absorption	80mg
<i>Vitamin E</i>	20.85	Antioxidant, protects cells from oxidative damage	15mg
<i>Vitamin B1</i>	0.01-0.05	Energy conversion, glucose metabolism, nerve function	1.1
<i>Vitamin B2</i>	0.03-0.5	Energy production, cellular function, metabolism	15mg
<i>Vitamin B3</i>	0.1-20.0	Energy conversion, digestive and skin health	5mg
<i>Vitamin B5</i>	0.35	Synthesis of coenzyme A, metabolism	5mg
<i>Vitamin B6</i>	0.4	Amino acid metabolism, neurotransmitter synthesis	1.6mg
<i>Vitamin B9</i>	45	DNA synthesis and repair, cell division	400mg
<i>Magnesium</i>	1580-2010	Nerve and muscle function, bone health, energy metabolism	360mg
<i>Kalium</i>	4440-5520	Bone and teeth health, energy metabolism	700mg
<i>Copper</i>	25.4	Formation of red blood cells, immune support, antioxidant	900mg
<i>Calcium</i>	610-980	Bone health, metabolism, antioxidant	2
<i>Zinc</i>	15-33	Immune function, wound healing, DNA synthesis	10.5
<i>Iron</i>	29.50-57.10	Formation of hemoglobin, oxygen transport	12.5