

# Vanilla Honey mit Royal Jelly

**ACTIVE INGREDIENTS:** VANILLA HONEY 240G ROYAL JELLY 10G  
**SHELF LIFE PRODUCT:** Lifespan: 2-5 years - Temperature: 10-20° C

VITAMINS - MINERALS	CONCENTRATION IN mg/kg	FUNCTION	DAILY RECOMMENDED INTAKE
Potassium (K)	423	Contributes in healthy muscles, blood pressure, nervous system	2000 mg
Iron (fe)	5.58	Iron contributes to: normal cognitive function, normal energy-yielding metabolism, normal formation of red blood cells and haemoglobin, normal oxygen transport in the body, the normal function of the immune system, the reduction of tiredness and fatigue, and has a role in the process of cell division	14 mg
Calcium (Ca)	130.2	Calcium contributes to: normal blood clotting, normal energy-yielding metabolism, normal neurotransmission, normal muscle function, the normal function of digestive enzymes, has a role in the process of cell division and specialisation, is needed for the maintenance of normal bones, is needed for the maintenance of normal teeth.	800 mg
Magnesium (Mg)	122	Magnesium contributes to: a reduction of tiredness and fatigue, electrolyte balance, normal energy-yielding metabolism, normal functioning of the nervous system, normal muscle function, normal protein synthesis, normal psychological function, the maintenance of normal bones, the maintenance of normal teeth, and has a role in the process of cell division.	375 mg
nan	nan	nan	nan
Vit D	0.75	Vitamin D contributes to: normal absorption/utilisation of calcium and phosphorus, normal blood calcium levels, the maintenance of normal bones, the maintenance of normal muscle function, the maintenance of normal teeth, normal function of the immune system and has a role in the process of cell division	5 µg
Vit C	51	Vitamin C contributes to: maintain the normal function of the immune system during and after intense physical exercise, normal collagen formation for the normal function of blood vessels, normal collagen formation for the normal function of bones, normal collagen formation for the normal function of cartilage, normal collagen formation for the normal function of gums, normal collagen formation for the normal function of skin, normal collagen formation for the normal function of teeth, normal energy-yielding metabolism, normal functioning of the nervous system, normal psychological function, the normal function of the immune system, the protection of cells from oxidative stress, the reduction of tiredness and fatigue, the regeneration of the reduced form of vitamin E, and increases iron absorption	80 µg
Vit A	0.1	Vitamin A contributes to: normal iron metabolism, the maintenance of normal mucous membranes, the maintenance of normal skin, the maintenance of normal vision, the normal function of the immune system, and has a role in the process of cell specialisation	800 µg