

# Thyme Honey with Pine Nuts

**ACTIVE INGREDIENTS:** Theme Honey: 150g – Pine Nuts: 100g

**SHELF LIFE PRODUCT:** Lifespan: 2-5 years - Temperature: 10-20 C degrees

<b>VITAMINS-MINERALS</b>	<b>CONCENTRATION IN mg/kg</b>	<b>FUNCTION</b>	<b>DAILY RECOMMENDED INTAKE</b>
<i>VITAMIN E</i>	93.3 mg/kg	Vitamin E is an antioxidant, protecting cells from oxidative damage, and is important for immune function and skin health!	<i>15mg</i>
<i>VITAMIN K</i>	53.9 mg/kg	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	B2: Supports energy production, cellular function, and skin health. B3: Important for energy metabolism, nervous system health, and DNA repair. B5: Vital for energy production and hormone synthesis. B6: Plays a role in amino acid metabolism, neurotransmitter synthesis, and red blood cell formation	