

## PRODUCT INFORMATION

Product: 1) Honey Coffee (RD1004067/03) 2) Honey Habatussauda Coffee (RD13042697/02)

### Nutritional value per 100 g (3.5 oz)

<b>Energy</b>	1,272 kJ (304 kcal)
<b>Carbohydrates</b>	82.4 g
- Sugars	82.12 g
- Dietary fiber	0.2 g
<b>Fat</b>	0 g
<b>Protein</b>	0.3 g
<b>Water</b>	17.10 g
Riboflavin (vit. B <sub>2</sub> )	0.038 mg (3%)
Niacin (vit. B <sub>3</sub> )	0.121 mg (1%)
Pantothenic acid (B <sub>5</sub> )	0.068 mg (1%)
Vitamin B <sub>6</sub>	0.024 mg (2%)
Folate (vit. B <sub>9</sub> )	2 µg (1%)
Vitamin C	0.5 mg (1%)
Calcium	6 mg (1%)
Iron	0.42 mg (3%)
Magnesium	2 mg (1%)
Phosphorus	4 mg (1%)
Potassium	52 mg (1%)
Sodium	4 mg (0%)
Zinc	0.22 mg (2%)

#### 4.0 HEALTH BENEFIT

##### **Easily digested**

Because sugar molecules in honey can convert into other sugars (e.g. fructose to glucose), honey is easily digested by the most sensitive stomachs, despite its high acid content. It helps kidneys and intestines to function better.

##### **Good source of antioxidants**

It plays a big role in the prevention of cancer as well as heart disease.

##### **Has a low calorie level**

Another quality of honey is that, when it is compared with the same amount of sugar, it gives 40% less calories to the body. Although it gives great energy to the body, it does not add weight.

Rapidly diffuses through the blood: When accompanied by mild water, honey diffuses into the bloodstream in 7 minutes. Its free sugar molecules make the brain function better since the brain is the largest consumer of sugar, thus, reduces fatigue.

##### **Supports blood formation**

Honey provides an important part of the energy needed by the body for blood formation. In addition, it helps in cleansing the blood. It has some positive effects in regulating and facilitating blood circulation. It also functions as a protection against capillary problems and arteriosclerosis.