

Real & Honest



PEANUT BUTTER WITH COCONUT & HONEY



NUTRITION AND HEALTH CLAIMS *



Body Growth, Muscles, Bones & Joints

- Protein contributes to the growth and maintenance of muscle mass
- Protein, Manganese, Magnesium, Phosphorus and Zinc contribute to the maintenance of normal bones
- Niacin contributes to the maintenance of normal mucous membranes
- Folate, Magnesium and Zinc has a role in the process of cell division
- Folate contributes to maternal tissue growth during pregnancy
- Potassium and Magnesium contribute to normal muscle function
- Manganese contributes to the normal formation of connective tissue
- Phosphorus contributes to normal function of cell membranes
- Copper contributes to maintenance of normal connective tissues



Beauty, Skin, Hair, Teeth, Nails

- Niacin and Zinc contribute to the maintenance of normal skin
- Magnesium and Phosphorus contribute to the maintenance of normal teeth
- Selenium and Zinc contribute to the maintenance of normal hair and nails
- Copper contributes to normal skin and hair pigmentation



Energy, Stimulation, Metabolism, Digestion

- Vitamin B6 contributes to normal Protein and glycogen metabolism and to normal cysteine synthesis
- Vitamin B6, Niacin, Folate and Magnesium contribute to the reduction of tiredness and fatigue
- Vitamin B6, Niacin, Manganese, Magnesium, Copper and Phosphorus contribute to normal energy-yielding metabolism
- Folate contributes to normal amino acid synthesis
- Vitamin B6 and Folate contribute to normal homocysteine metabolism
- Magnesium contributes to electrolyte balance
- Magnesium and Zinc contribute to normal Protein synthesis
- Zinc contributes to normal acid-base metabolism



Brain & Nervous System, Cognitive & Psychological Functions

- Vitamin B6, Niacin, Potassium, Magnesium and Copper contribute to normal functioning of the nervous system
- Vitamin B6, Niacin, Folate, and Magnesium contribute to normal psychological function
- Zinc contributes to normal cognitive function



Vision

- Zinc contributes to the maintenance of normal vision



Blood, Heart, Circulatory System

- Replacing saturated fats in the diet with unsaturated fats contributes to the maintenance of normal blood cholesterol levels. Oleic acid, MUFA and PUFA are unsaturated fats.
- Reducing consumption of Sodium contributes to the maintenance of normal blood pressure
- Vitamin B6 contributes to normal red blood cell formation
- Folate contributes to normal blood formation
- Potassium contributes to the maintenance of normal blood pressure
- Copper contributes to normal Iron transport in the body



Immune System & Body's Defense

- Vitamin B6, Folate, Selenium, Copper and Zinc contribute to the normal function of the immune system
- Vitamin E, Manganese, Selenium, Copper and Zinc contribute to the protection of cells from oxidative stress



Hormones & Reproductive Function

- Vitamin B6 contributes to the regulation of hormonal activity
- Selenium contributes to the normal thyroid function and to normal spermatogenesis
- Zinc contributes to normal fertility and reproduction
- Zinc contributes to the maintenance of normal testosterone levels in the blood and to normal DNA synthesis

* Nutrition and Health Claims mentioned, comply with the requirements of the EC Regulations 1924/2006 and 432/2012, in relation to a balanced diet and a healthy lifestyle.