

# Real & Honest



## SESAME BUTTER - TAHINI



### 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, Iron 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, Iron and Magnesium contribute to the reduction of tiredness and fatigue
- Vitamin B6, Niacin, Thiamin, Manganese, Magnesium, Iron, Copper and Phosphorus contribute to normal energy-yielding metabolism
- Vitamin B6 and Folate contribute to normal homocysteine metabolism
- Folate contributes to normal amino acid synthesis
- Magnesium and Zinc contribute to normal Protein synthesis
- Magnesium contributes to electrolyte balance
- Iron contributes to normal oxygen transport in the body
- Zinc contributes to normal acid-base metabolism, to normal metabolism of Vitamin A, fatty acids, macronutrient metabolism and carbohydrate metabolism



#### Brain & Nervous System, Cognitive & Psychological Functions

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



#### Vision

- Zinc contributes to the maintenance of normal vision



#### Blood, Heart, Circulatory System

- Replacing saturated fats with unsaturated fats in the diet contributes to the maintenance of normal blood cholesterol levels. MUFA and PUFA, Oleic Acid and Linolenic acid are unsaturated fats. The beneficial effect is obtained with a daily intake of 10 g of Linolenic acid.
- Reducing consumption of Sodium contributes to the maintenance of normal blood pressure
- Vitamin B6 contributes to normal red blood cell formation
- Thiamine contributes to the normal function of the heart
- Folate contributes to normal blood formation
- Potassium contributes to the maintenance of normal blood pressure
- Iron contributes to normal formation of red blood cells and haemoglobin
- Copper contributes to normal Iron transport in the body



#### Immune System & Body's Defense

- Vitamin B6, Folate, Selenium, Copper, Iron and Zinc contribute to the normal function of the immune system
- 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.