

SEABUCKTHORN-OIL is an exclusive formulation that is rich in unsaturated fatty acids, combining Sea-buckthorn oil and Goji seed oil. It provides omega-7, a monounsaturated fatty acid that is very beneficial for skin and mucous membrane health. It also provides an appropriate combination of omega-3, omega-6 and omega-9 fatty acids, complementing the amount of essential fatty acids in the diet. The oils included in this formulation are from organic cultivation, obtained through supercritical CO<sub>2</sub> extraction techniques, leading to a 100% natural oil, solvent-free and free from oxidation thanks to the antioxidant activity of the vitamin E contained in our formula.

**Ingredients:** Sea-buckthorn fruit oil (*Hippophae rhamnoides*), sea-buckthorn seed oil (*Hippophae rhamnoides*), goji seed oil (*Lycium barbarum*), D-*alpha*-tocopherol (vit. E, from sunflower), softgel (glacing agent: gelatin; humectants: purified water and glycerol).

Nutritional information:	1 softgel (1 392 mg)
Sea-buckthorn fruit oil <sup>1</sup>	600 mg
Palmitoleic acid (omega-7)	16-54%
Oleic acid	2-35%
Linoleic acid	1-15%
Sea-buckthorn seed oil <sup>1</sup>	400 mg
Linoleic acid	30-40%
Oleic acid	13-30%
Goji seed oil <sup>1</sup>	40 mg
Vitamin E (D- <i>alpha</i> -tocopherol)	6,7 mg α-TE (55,8%*)

<sup>(1)</sup> controlled cultivation

\*NRV: Nutrient Reference Value in %.

All oils are supercritical CO<sub>2</sub> extracted from organically grown berries in the **Qinghai-Tibetan plateau**.

**Contains no:** Preservatives, artificial flavour or colour, sugar, milk or milk products, starch, wheat, corn, or yeast.

**Size and format:**  
30 softgels

**Recommended daily dose:**  
1 softgel daily. Consult a health-care practitioner for use beyond 3 months.

Do not exceed the stated recommended daily dose.

## Indications and uses:

Different studies have shown that the components of SEABUCKTHORN-OIL can be of help for the following:

Care for dry, very dry, aged or devitalized skin, and improving skin regeneration and nutrition in cases of burns, eczema, atopic dermatitis and psoriasis.

It keeps mucous membranes in good condition (gastric, oral, genitourinary, ocular...). It improves the symptoms associated with gastroduodenal ulcer and ulcerous stomatitis. It decreases dryness of the mucous membranes associated with age, stress, hormonal changes, certain medications or Sjögren's Syndrome.

It provides broad spectrum omegas, favouring cardiovascular health (hypertension, cholesterol, diabetes).

## Cautions:

Sea-buckthorn has an effect on coagulation for which persons who are taking anticoagulation or antiplatelet medication should not use this product. There are also studies that show a possible interaction between Goji and anticoagulants. Persons with coagulation disorders, or with allergies to plants in the nightshade family (Solanaceae) should consult their health care practitioner before consuming this product.

**SEA-BUCKTHORN:** This bush grows in China and along the European Atlantic coast, and the berries (seeds and pulp) are used for its oil extraction. This plant resists extreme adverse conditions. It lives under climatic stress, which allows for the development of superior and extraordinary biodefence mechanisms, with a unique composition from which we can obtain a multitude of benefits.

Both the seeds and the fruit are very rich in unsaturated fatty acids, specifically linolenic acid (omega-3), linoleic acid (omega-6) and oleic acid (omega-9), but the fruit is the richest source of palmitoleic acid, or **omega-7**. It also contains other antioxidant compounds (carotenoids, tocopherols and tocotrienols) and phytosterols.

Sea-buckthorn oil has traditionally been used to regenerate skin and mucous membranes, to reduce inflammation, to improve blood circulation and to treat diverse gynaecological disorders. There are currently many studies showing its effect on skin and mucous membranes. In skin, studies have confirmed that sea-buckthorn oil improves certain parameters associated with cutaneous ageing, since the administration of 2 g of sea-buckthorn to a group of women with an average age of 61, increased hydration by 48.6%, and softness and elasticity by 25.8%, and decreased deep wrinkles by 9.2%. The oil has also been used for certain skin problems such as atopic dermatitis and psoriasis, thanks to its anti-inflammatory, analgesic, antioxidant, moisturising, nutritive and regenerative effects, which have been useful for these disorders<sup>(1-3)</sup>.

Sea-buckthorn oil also has a very positive effect on mucous membranes. These cover the digestive tract, respiratory tract, genitourinary tract and the eyes. They allow for interaction between the outside environment and the body, and any alteration favours the entry of pathogens, toxins and allergens into the body. Their function and integrity is therefore very important, and the administration of omega-7 supports this function. Sea-buckthorn oil has been used in patients with gastroduodenal ulcer, ulcerous stomatitis, as well as vaginal inflammation and dryness. In a study in which sea-buckthorn was administered to 116 patients with peptic ulcer, the oil showed anti-ulcer activity, promoting the regeneration of the gastric mucosa and accelerating the recovery process. Its effectiveness has also been proven in Sjögren's Syndrome, an autoimmune disease characterized by dryness of the mucous membranes, especially ocular and oral membranes<sup>(4-6)</sup>.

Research also shows antiatherogenic and cardioprotective activity in sea-buckthorn oil. It helps maintain a healthy lipid profile, increasing HDL cholesterol and decreasing atherogenic cholesterol. It also exerts a dilating effect on blood vessels that can be helpful for good blood pressure control. Studies also indicate that it possesses anticoagulant activity upon reducing platelet aggregation, so it can contribute to normal blood vessel maintenance<sup>(7,8)</sup>.

This oil provides an adequate, broad spectrum supply of omega-3, omega-6, omega-7 and omega-9 unsaturated fatty acids that help balance the lipid profile of our diet, for general well-being and an improvement in the symptoms of certain disorders that require a greater supply of these fatty acids<sup>(7,8)</sup>.

**GOJI SEED OIL:** The fruit of *Lycium barbarum*, known as Goji, has been used for centuries in traditional Chinese medicine to improve health and longevity. Its fruit (berry) has a very complex composition and is considered a “superfood” because of its content in polysaccharides and antioxidant compounds that give it extraordinary nutritive properties and numerous beneficial effects for health. Experimental studies in recent years have shown the broad range of activity backing the use of *Lycium barbarum* as a therapeutic agent in complementary nutrition. It is considered to improve general well-being, longevity, neurophysiological and gastrointestinal function, sleep quality and menstrual problems. It stimulates metabolism, is immunomodulating and neuroprotective, and exerts beneficial effects on cardiovascular health (cholesterol, diabetes, hypertension). It has also been used for ocular problems, inflammation, skin protection from UV radiation, sexual health and fertility, menopause and reducing the adverse effects of chemotherapy and radiotherapy. We can't ignore its extraordinary antioxidant power, responsible for many of the benefits attributed to Goji<sup>(9,10)</sup>.

Normally, the fruit extract is what's used, but from its seeds comes an oil that is very appreciated because of its difficult extraction and its extraordinary composition. It is practically unavailable on the market, and its presence gives our formulation an added plus, especially when taking into account its organic cultivation. This makes for a unique final product for skincare and the prevention of cutaneous ageing. It concentrates several phytonutrients, which have a high content of essential fatty acids, especially omega-6 (69.2% omega-6), carotenoids (zeaxanthin,  $\beta$ -cryptoxanthin,  $\beta$ -carotene and other smaller ones),  $\beta$ -elemen and vitamin E. This oil protects and regenerates skin by stimulating intracellular oxygenation, helping restore balance to the hydrolipid mantel of the skin, providing the luminosity, firmness and elasticity needed to maintain beautiful, healthy skin. This oil also has a skin lightening and photoprotective effect, ideal for preventing cutaneous photo-ageing and age spots<sup>(10,11)</sup>.

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