

# SEA BUCKTHORN OIL

## 500mg

### C130



VEGAN

VEGETARIAN

A rich source of omega 7 fatty acids, providing 500mg of pure oil per capsule.

- Each vegan capsule contains 500mg of Sea buckthorn oil, providing the essential fatty acids palmitoleic acid (omega 7) and oleic acid (omega 9). This makes the oil very rich in mono and polyunsaturated fat, which are two types of healthy fat.
- Sea Buckthorn Oil is extracted from the berries of the sea buckthorn plant which originates from the Himalayas but is now widely naturalised in coastal areas around the UK.
- We use pure organic extract obtained from the berry, which is a much higher source than the seed. No solvents are used in the oil extraction process, this guarantees that important properties are retained within the supplement and the product is of high quality.
- Omega-7 is very uncommon within the plant kingdom, therefore difficult to introduce into the diet through vegetable food sources. Sea buckthorn is one of the few plants that present this fatty acid in abundance.

### Product Information:

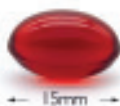
60 capsules = 30-60 days supply

### Suitable for:

Men and women

### Form:

Capsule



### Sea Buckthorn Oil

1 capsule provides on average:

Active Nutrient	Strength	%NRV+
Sea buckthorn oil	500mg	*
providing:		
Palmitoleic acid (omega 7)	125mg	*
Oleic acid (omega 9)	90mg	*
+NRV = Nutrient Reference Value		
* Indicates no NRV		

**Ingredients:** Sea buckthorn oil (*Hippophae rhamnoides*), 25% providing palmitoleic acid (omega 7) and oleic acid (omega 9), capsule shell: tapioca starch gel, glycerin, purified water.

**Suggested Intake:** 1-2 capsules daily with food as a food supplement or as directed by a practitioner.

**Allergen Advice:** None.

**Contraindications:** If you are taking anticoagulant medication check with your Doctor or practitioner before use.

**Storage:** Keep cool, dry & out of direct sunlight.

