

# SEABUCKTHORN OIL / YOUTH AND HEALTH



Chinese medicine believes smooth, silky skin is a result of a healthy and balanced digestive system (spleen and kidneys). The main ingredient in this product is Seabuckthorn Seed oil (nature's own formulation of vitamins E, C, fatty acid Omega 3:Omega 6, Omega 7, Omega 9, and calcium).

## BENEFITS:

Supports the digestive system:

- Helps lower fatty acid synthesis in the liver, lowering triglyceride levels
- Helps with inflammation, mucous-membrane-related disorders in the stomach

Supports healthy skin and hair through balancing the digestive system:

- Purifies and helps maintain youthful, healthy, vibrant skin and energy
- Contains substantial amounts of vitamin E, C, beta-carotene and essential fatty acids
- Helps combat wrinkles, dryness and other symptoms of malnourished or prematurely aging skin
- Promotes the healing of skin injuries such as burns, sunburns, wounds, eczema, etc.

Beneficial to learning and memory:

- Essential in learning, memory, and communication disorders.

Also:

- Can be used to support and maintain a healthy cholesterol profile
- Other ailments including cough, and gastric problems.

## UNIQUE FEATURES

- The main ingredient in this product is Seabuckthorn seed oil (nature's own formulation of vitamins E, C, fatty acid, omega 3, 6, 7, 9 and calcium).
- It is a natural source of Omega 7 – palmitoleic acid, rarely found in plant sources.

Seabuckthorn Oil is extracted from the seeds using CO2 – because no solvents are used, this process allows for the highest amount of available nutrients to remain in the finished product – and minimal saturated fats and no cholesterol.

Seabuckthorn is the only oil that naturally provides a 1:1 ratio of Omega 3:Omega 6 (linolenic and linoleic acid respectively). These fatty acids are essential, as they carry the vitamins A, D, E and K within the body.

Seabuckthorn oil has been shown to help control blood cholesterol levels because of its oleic and other fatty acid content (International Centre for Research and Training on Seabuckthorn)

Seabuckthorn Oil can be used both internally and externally. Simply open the capsule to use on face.

## FREQUENTLY ASKED QUESTIONS:

Who should take this product?

- Anyone who wants to ensure that they are getting a daily balance of Omega-3, 6, 7, 9 fatty acids
- People that consume large amounts of refined vegetable oils and fast food
- People with learning difficulties and communication disorders
- People exposed to free radicals from air, food, water pollution (Vitamin E content helps the body fight free radicals)

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**Why should I take this product?**

Our diet no longer provides the ideal 1:1 ratio of Omega-3:Omega-6 fatty acids that we were designed to have – today it is closer to a ratio of 1:20 (3:6). This is why it is vital to include a supplement, such as Tiens Seabuckthorn oil as part of our diet.

**How does Seabuckthorn oil compare to other oils?**

Seabuckthorn oil is a superior oil as it contains a significant amount of Vitamin E – 9.5mg/10g (compared to Corn and Canola oil, which contain 2.4 mg/10g and 2.0mg/10g of Vitamin E).

**KEY REFERENCES:**

1. Both DHA and EPA, components of Omega-3 fatty acids, have shown to lower the rate of fatty acid synthesis in the liver, therefore, decreasing triglyceride levels.  
(Ikuo Ikeda, et al., Effects of dietary alpha-linolenic, eicosapentaenoic and docosahexaenoic acid on hepatic lipogenesis and beta-oxidation in rats).
2. Seabuckthorn Seed Oil holds many anti-inflammatory properties.  
(Zhou Pengyuan, Jiang li. A Clinic Observation: Seabuckthorn Oil Treatment of Reflex Esophagitis. Hippophae. 1995, Vol.8 (1):20-25)
3. A study showed that Vitamin E, which is a component of Seabuckthorn Oil, shows promise in preventing neurodegeneration in humans.  
(Shiro Urano, et. al. Aging and oxidative stress in neurodegeneration)
4. In a study of school children, those that were given Omega-3 supplements, showed significant improvement with learning and communication difficulties.  
(Dr. Madeleine Portwood, Durham Local Education Authority, UK)

**SUPPLEMENTAL FACTS:**

Each softgel capsule contains:

Seabuckthorn seed oil (hippophae rhamnoides) 600mg

Non-medical ingredients: gelatin, microcrystalline cellulose, magnesium stearate.

**DIRECTIONS FOR USE:**

Take 1 capsule, twice daily, with meals.

For freshness store in a cool, dry place.

**WARNINGS:**

Keep out of reach of children. If you are pregnant or lactating, or taking a prescription medication, consult a physician before using this product.

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