



WWW.QNUTRAPHARMA.COM



ESSENTIALS

SEA BUCKTHORN OIL

Omega 7 fatty acid to support skin and eye health

Nutritional Information

One capsule provides:

Sea Buckthorn Oil	500 mg
of which:	
Palmitoleic Acid	150 mg

Take two capsules daily with food. Swallow with water.



SUMMARY

- Omega 7 for the health of the mucus membranes.
- A natural source of tocopherols, tocotrinols and carotenoids.
- Rich in monounsaturated fatty acids.

DESCRIPTION

Sea buckthorn oil is a rich source of monounsaturated fatty acids (MUFA) including palmitoleic acid (omega-7), gamma-linolenic acid (omega-6) and alpha linolenic acid (omega 3). Sea buckthorn oil is also a rich source of alpha and beta carotene and vitamin E. It is high in antioxidants and has anti-inflammatory properties. Sea buckthorn oil nourishes the delicate mucous membranes particularly in the eye and the vagina, where it reduces post-menopausal vaginal atrophy. Sea buckthorn oil also aids with the skin, and is used therapeutically with atopic dermatitis, ulcers, wounds and burns.

HOW DOES SEA BUCKTHORN OIL SUPPORT THE HEALTH OF THE SKIN AND MUCOUS MEMBRANES?

Sea buckthorn oil is rich in palmitoleic acid, which is also found abundantly in the skin. When taken orally, sea buckthorn oil has multiple therapeutic benefits to the skin and mucous membranes². It is also a rich source of tocopherols³ and carotenoids of which lycopene, carotenes, and zeaxanthin⁴ which enhances its therapeutic action even further.

Anti-inflammatory: Multiple studies confirm the significant anti-inflammatory action of sea buckthorn oil^{5,6,7}. Sea buckthorn oil reduces C-reactive protein (inflammatory marker) within the human body. Sea buckthorn oil contains omega 3 and GLA omega 6, both of which contribute to the production of anti-inflammatory prostaglandins. This has major benefits for any inflammatory disease, including inflammatory diseases of the skin.

Antioxidant: Rich in carotenoids and vitamin E, sea buckthorn oil possesses antioxidant properties⁶. This has major benefits for the skin, blood vessels and joints. Antioxidants scavenge free radicals which would otherwise contribute to a damage in DNA. Sea buckthorn oil taken orally significantly increases reduced glutathione (GSH) levels and decreases reactive oxygen species (ROS)⁸.

Post-menopausal vaginal atrophy: Sea buckthorn oil is often taken for post-menopausal vaginal dryness and atrophy. Studies confirm sea buckthorn oil as a potential alternative for oestrogen cream for increasing the mucosal integrity of the vaginal wall⁷. Sea buckthorn oil benefits the mucus membranes in many ways. It is rich in vitamin E, alpha & beta carotene, which is converted to vitamin A in the body, an essential fat-soluble vitamin for the health of mucous membranes.

Dry eyes (keratoconjunctivitis sicca): Dry eye is a multifactorial disorder and involves inflammation of the ocular surface, lacrimal gland (tear duct) and meibomian gland dysfunction (gland at the rim of the eyelids). Sea buckthorn oil decreases the level of inflammation within the body, and improves symptoms of dry eyes. The omega 7 in sea buckthorn oil restores the level of fatty acids found in the membrane of the eyes. One placebo controlled study completed with 86 subjects with dry eye, found a statistically significant improvement on tear film osmolarity, and positively effected the symptoms of dry eye⁹.

General eye health: Sea buckthorn increase the production of collagen type 3⁸, a type of fibrous scleroprotein (structural protein) found in the lens of the eye. It also contains zeaxanthin, a predominant carotenoid in the retina of the eye¹⁰, and an important nutrient that decreases the risk of developing cataracts¹¹.

Collagen production: Sea buckthorn oil is a multi-therapeutic tool for the health of the skin due to its MUFA composition, carotenoids and antioxidants. The antioxidants helps to protect the cells from ROS damage and help to preserve the length of cell telomeres, an important factor in cell collagen production. Sea buckthorn oil not only preserves telomeres, but actually increases the production of collagen type 3⁸.

Eczema: Taken orally, sea buckthorn oil is beneficial for treating systemic skin diseases such as atopic dermatitis and aids with the healing of the skin. Palmitoleic acid is a large component of the skin and is also found abundantly in sea buckthorn oil, providing the raw materials for the regeneration of the skin and ensuring that the fatty membranes of the skin cells are kept flexible and less likely to crack or flake.

Wounds and burns: Sea buckthorn oil increases collagen production in granulation tissue (new connective tissue) and possesses unique wound healing activity⁸, beneficial for the healing of wounds, burns and eczema.

HOW SHOULD SEA BUCKTHORN OIL BE TAKEN?

Take two capsules daily with food. Swallow with water.

ARE THERE ANY PRECAUTIONS BEFORE OR WHILE TAKING SEA BUCKTHORN OIL?

This product is intended exclusively for people wanting to support the health of their skin and mucus membranes and is not suitable for:

- Pregnant and breastfeeding women;
- Children;

FEATURES

- A rich source of monounsaturated omega 7 fatty acids.
- A natural source of tocopherols, tocotrienols and carotenoids.

HEALTH NEEDS



SKIN, HAIR AND
NAILS



EYES



MENOPAUSE

SCIENTIFIC REFERENCES

1. Lipids in Health and Disease.2017;16:95
2. Journal of Biological Sciences.2004;4:5: 687-693
3. Journal of the American Oil Chemists' Society.2003;80:1:55-58
4. Plos ONE. 2012;74:e34099.
5. International Immunopharmacology.2005;5:12:1675-1684
6. Food Chemistry.2011;125:2:652-659
7. Maturitas. 2014;79:3:316-321
8. Food and Chemical Toxicology.2009;47:6:1146-1153
9. J. Nutr. August 2010 vol. 140 no. 8 1462-1468
10. Archives of Biochemistry and Biophysics.2001;385;128-40
11. Arch Ophthalmol. 2008;126(3):354-364.

