



## Omega 7 Sea Buckthorn Oil-Capsules

dietary supplement

### Facts to know:

The berries of sea buckthorn (*Hippophae rhamnoides L.*) are counted among the richest in substance and most unusual indigenous fruits. Through a special separation process, a deep red, pleasant fruity-fragrant oil can be made from of the fruit flesh. This oil stands out through its content of palmitic and palmitoleic acid, an Omega-7-fatty acid. Sea buckthorn oil is particularly appreciated because of its soothing effect on the mucous membranes of the esophagus and the stomach-intestinal tract.

The sea buckthorn oil we use comes from organic farming.

Each capsule contains 500 mg pure, certified-organic sea buckthorn oil.

**Ingredients:** Seabuckthorn oil (71 %)\*, Gelatin, moisturizer Glycerin.

\* Certified organic. DE-ÖKO-001

79 % of the agricultural ingredients were produced in accordance with the rules of organic production

|  | per capsule | per daily dose<br>(=3 capsules) | per 100 g<br>capsules |
|--|-------------|---------------------------------|-----------------------|
| Seabuckthorn oil                       | 500 mg      | 1500 mg                         | 71 g                  |
| from which fat                         | 500 mg      | 1500 mg                         | 71 g                  |
| from which saturated fatty acids       | 185 mg      | 555 mg                          | 26 g                  |
| unsaturated fatty acids                | 315 mg      | 945 mg                          | 45 g                  |
| from which monounsaturated fatty acids | 301 mg      | 903 mg                          | 43 g                  |
| polyunsaturated, fatty acids           | 14 mg       | 42 mg                           | 2 g                   |
| palmitic acid                          | 150 mg      | 450 mg                          | 21 g                  |
| palmitoleic acid                       | 125 mg      | 375 mg                          | 18 g                  |

No nutrient reference value for the daily intake according to VO (EU) No. 1169/2011 has yet been established.

**Recommended dose:** 2-3 capsules daily. The capsules should be swallowed whole with sufficient liquid along with meals.

Keep dry and out of direct sunlight. Store below 25°C.

Nutritional supplements should not be used as a replacement for a balanced, varied diet, and do not replace a healthy lifestyle. Keep out of reach of young children. Do not exceed the recommended daily dose.

Our cold-pressed, only mechanically filtered sea buckthorn oil may contain suspended particles that may be deposited in the capsule. The cloudiness will not affect the durability.

Made in Germany

**Contents 100 capsules = 68 g**

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