

Omega-7 Sea Buckthorn Fruit Oil

Vegan, Non-GMO Omega-7



Sea buckthorn branch with berries

Preliminary studies indicate that the *omega-7*, palmitoleic acid, is a healthy monounsaturated fat with important health properties. This *omega-7* is derived from the fruit pulp of the sea buckthorn plant. For hundreds of years, the sea buckthorn was renowned for benefits to the liver, the immune system, and lungs. In modern science, cell culture research has suggested that palmitoleic acid, a normal component of body fats and cell membranes, may work together with the body's insulin to support the uptake of glucose by cells.*

The sea buckthorn is a prickly, thorny bush from the inhospitable mountains of Russia and northern China. Yet the berries of sea buckthorn (*Hippophae rhamnoides*) are now appreciated the world over for many health benefits.*



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*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Scientific Confirmation

- May help support healthy glucose metabolism
- Premier plant source of palmitoleic acid
- Appropriate for vegetarians and vegans
- Healthy, monounsaturated fatty acid*

In cell studies, it was shown that palmitoleic acid facilitates the movement of two glucose transporters (GLUT1 and GLUT4) to the cell surface or plasma membrane of muscle cells. The incorporation of glucose transporters into the cell membrane is necessary for glucose uptake by cells.*

Palmitoleic acid has additionally been seen to help support liver metabolism and liver health.*

The *omega-7* in this product has been extracted from the sea buckthorn berry oil with a supercritical CO₂ process. Each 500 mg vegetarian softgel of sea buckthorn berry oil extract contains 160 mg of the monounsaturated *omega-7*, palmitoleic acid.*

Educational References

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