

Omega 7[®]
Sea Buckthorn Oil Capsule
for Women's Health

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Introduction to Women's Health Care



Toward Modern, Natural Health Care

Beautiful skin and healthy mucous membranes are in important role in women's life – they are the signs of health and well-being. However, skin and mucous membranes are constantly under the challenges of different factors such as stress, ageing, side effects of medical treatments and environmental contamination.

The perception of women's health and personal care has in recent years developed in more holistic direction, as opposed to conventional cosmetic or syndrome-related medicinal approach. A healthy diet and dietary supplementation by essential nutrients and bioactive components are becoming indispensable constituents of modern healthcare strategies.

Lipids are essential structural components of the skin and mucous membranes. Polyunsaturated fatty acids play an important role in multiple aspects of the whole body physiology. Antioxidants are of extreme importance in order to protect polyunsaturated fatty acids and other cellular components of the skin from oxidative stress of the environment, ageing and stress.



Targeted oral supplementation of these bioactive components, designed to correct an imbalance in modern diet enhances the health and beauty of the skin and mucous membranes.

Unique Sea Buckthorn

Sea Buckthorn (*Hippophaë Rhamnoides*) is a berry-bearing hardy plant naturally distributed in Europe and Asia and cultivated in these regions as well as in North America. Through a long history of adaptation to the harsh climate, Sea Buckthorn has developed a unique composition that meets perfectly the needs of human health.

The pearl-shaped berry is known as "nutrient bomb" and is claimed to contain more than two hundred bioactive compounds, among which natural vitamins, antioxidants, essential fatty acids, and plant sterols have been well investigated (Yang, 2001; Yang and Kallio, 2002).

Introduction to Women's Health Care



One special feature of Sea Buckthorn is that the berry contains oil both in seed and in the soft parts.

The seed oil is rich in essential fatty acids (often called Omega fatty acids), linoleic and alfa-linolenic acids, and the pulp oil is the richest source of palmitoleic acid, rarely found in the plant kingdom. Both seed oil and pulp oil contain high levels of natural vitamin E (tocopherols and tocotrienols) and plant sterols.

From Ancient Traditions to Modern Health Care

Since ancient times Sea Buckthorn berry has been used as a valuable source of nutrient by local people, and its application in Asian traditional medicines dates back to more than one thousand years ago. In more than 300 ancient prescriptions Sea Buckthorn is used to improve blood circulation, reduce inflammation, regenerate skin and mucous membranes and treat gynaecology disorders.

During the past few decades scientists have carried out extensive research in Sea Buckthorn. This has resulted improved understanding of the health effects and chemical composition of the berry.

Due to the rich content of essential fatty acids, antioxidants and vitamins, Sea Buckthorn Oils offer support to women's health – not only to improve perimenopausal symptoms but also to maintain the health and well-being of women throughout life-time.



Omega 7[®] Sea Buckthorn Oil Capsule for Women's Health

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Omega 7[®] Sea Buckthorn Oil Capsule for Women's Health



Omega 7[®] Sea Buckthorn Oil Capsule

The health of skin and mucous membranes plays an important role in the well-being and quality of life of women. Omega 7[®] supports Women's Health by nourishing, regenerating and strengthening the skin and the mucous membranes.

Ancient knowledge about Sea Buckthorn

For more than a thousand years sea buckthorn has been used in Asian traditional medicines for healing wounds in skin and treating infections and inflammation in mucous membranes. It is often used to improve the blood circulation and cell renewal of gynecological tissues.

Standardised product based on modern technology

Sea buckthorn berry is known to contain hundreds of natural bioactive compounds. Omega 7[®] is a vegetable-based capsule product of SBA24 Sea Buckthorn Oil, manufactured by supercritical CO₂ extraction technology. Omega 7[®] is a standardised concentrate of the most important beneficial components of sea buckthorn.



Clinically substantiated health effects

The beneficial effects of Omega 7[®] on the skin and mucous membranes have been substantiated by product-specific clinical and experimental studies.

Omega 7[®] and skin

- improves atopic eczema
- has anti-inflammatory and analgesic effects
- slows down the ageing processes of skin

Omega 7[®] and mucous membranes

- regenerates uro-genital mucous membranes
- improves dry mouth conditions
- protects gastric mucosa, cures gastric ulcer

In addition, Omega 7[®] increases blood HDL-cholesterol level.

Unique composition of Omega 7®

Omega 7® Sea Buckthorn Oil Capsule



Sea buckthorn oil concentrates the most important bioactive compounds of the berries. Both the composition and the quality of sea buckthorn oils of different sources vary greatly because of the huge differences in berries and processing technologies.

Omega 7® is a standardised sea buckthorn oil based on a long research experience, a well established raw material supplying network as well as strong expertise in processing technology.



Omega7® contains fatty acids of all biologically important families, omega-3, 6, 7 and 9. Especially, it is the richest source of natural vitamins and antioxidants such as carotenoids, tocopherols and tocotrienols as well as plant sterols. The uniqueness of Omega 7® is the natural combination of a wide range of physiologically important compounds in one product, which ensures synergistic health effects.



The superior and constant quality of Omega7® is achieved by a close monitoring of raw material supplying chain and a strict control of oil extraction process according to the ISO9001 quality system. Manufactured by supercritical CO2 extraction technology, Omega 7® is a solvent-free, 100% natural product.

(Yang and Kallio, 2002)



Omega 7® and SKIN



Omega 7® promotes wound healing and tissue regeneration

Sea buckthorn oil has some tissue regenerative effects and it has long been used for promoting wound healing and for treating skin scalds and burns. Sea buckthorn oil also speeds up the regeneration and renewal of normal skin.

Omega 7® improves dermatitis and eczema

In both oral and topical applications, sea buckthorn oil is especially effective in treating different types of dermatitis such as atopic eczema and irradiation-induced dermatitis.

Omega 7® reduces skin inflammation

Inflammation is commonly found in different skin disorders and sensitive skin types. Omega 7® is a wonderful solution for inflammatory skins.

Omega 7® protects skin cells from oxidative attacks

Skin is exposed to a wide range of oxidative stresses such as UV, air pollutants and ageing.

Omega7® contains multiple antioxidants, which synergistically protect skin cells from the oxidative attack.

(Yang, 2001; Yang and Kallio, 2003)

Omega 7® slows down the ageing processes of skin

Omega 7® significantly slows down the ageing processes of mature skin by hydrating the skin, increasing the softness and elasticity of the skin as well as decreasing the amount of deep wrinkles.

(A long-term human study, 2007)

Efficacy of Omega 7[®] on Atopic skin

Study design

The characteristic signs of atopic dermatitis include dry, scaly, itchy skin with with eczematous inflammation and typical distribution of lesions. In a placebo-controlled,, parallel, randomized, double-blind study 49 atopic dermatitis patients took **Sea Buckthorn Seed and Pulp Oil** and paraffin (as a placebo) capsules, ten capsules (5.0 g oil) per day, each product for 4 months. Sea Buckthorn oils were manufactured by supercritical CO₂ extraction processing method.

The changes in plasma lipids were controlled and the condition of the dermatitis was followed based on the SCORAD system.

Results

During the follow-up dermatitis improved. The mean SCORAD values representing symptom severity were significantly or remarkably lower after 1-month and 4-month administration by Sea Buckthorn Oils. The positive correlations were found between symptom improvement and the increase in alfa-linolenic acid in plasma phospholipids and neutral lipids.

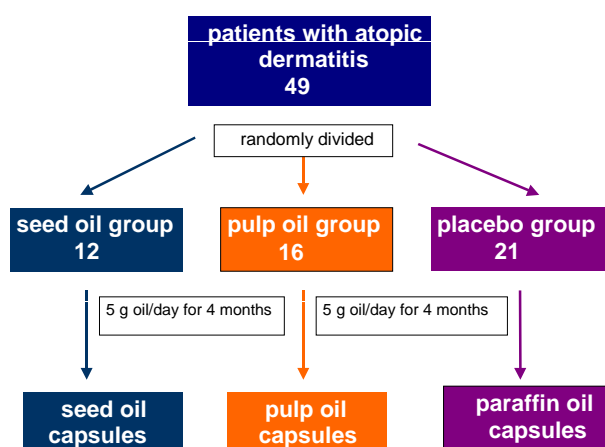


Figure 1. Study design

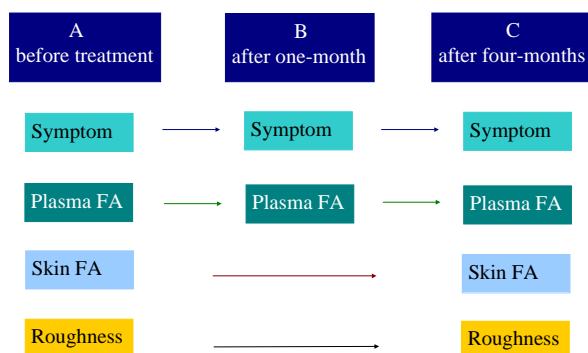


Figure 2. Study control

Efficacy of Omega 7[®] on Atopic skin

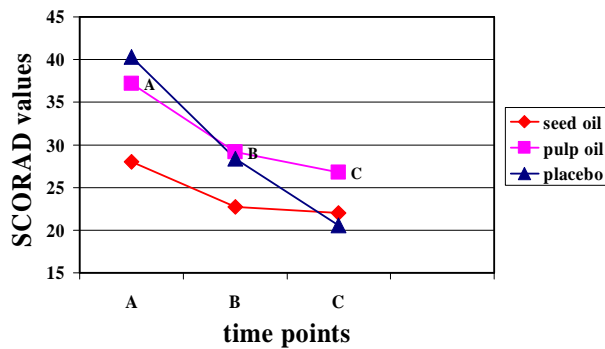
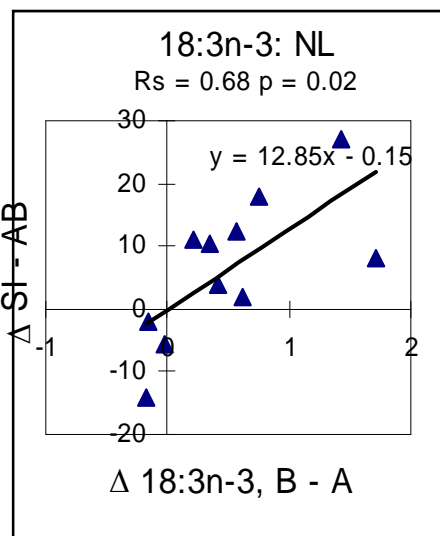
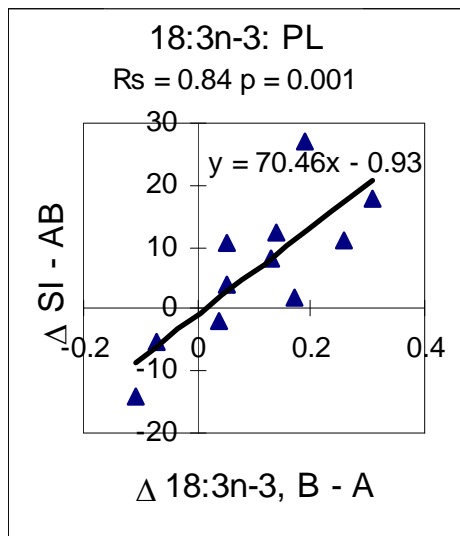


Figure 3. Change in SCORAD values in the beginning, after 1-month treatment and after 4-month treatment.

Atopic eczema symptom improvement positively correlates with increase in proportion of essential fatty acid in plasma



Figures 4. and 5. .A, before treatment; B, after one-month treatment; PL, phospholipid; NL, neutral lipids.

(Yang et al., J.Nutr.Biochem. 10:622-630, 1999)

Omega 7[®] and Skin ageing



Omega 7[®] Sea Buckthorn Oil Capsules for Natural Skin Care

The ageing process considerably alters both the structure and the mechanical properties of skin. Aged skin is less extensible and less elastic than younger skin. Fine lines and wrinkles are a characteristic signs of aged and especially photo-aged skin. Wrinkle formation is due to the decrease of elasticity, photo-aging and free radical attack on skin.

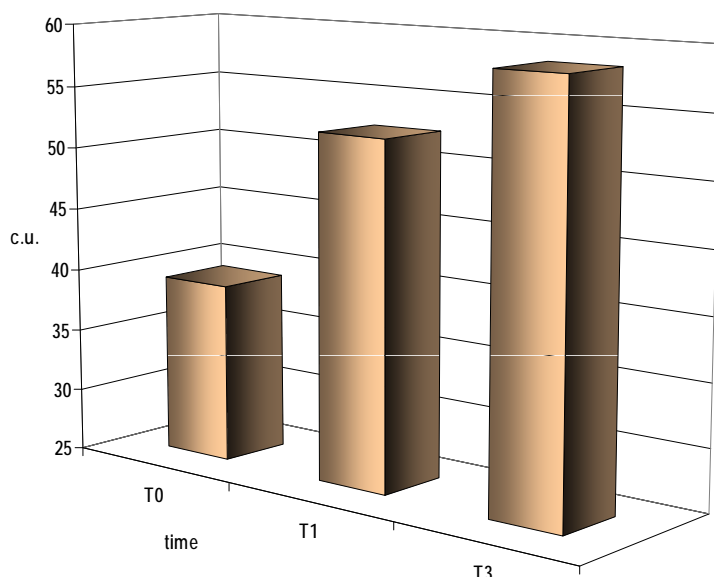
Omega 7[®] Sea Buckthorn Oil Capsule is an excellent source of essential nutrients for regulating moisture and sensitivity of skin.

Study Design

The aim of the study was to evaluate the efficacy of Omega 7[®] Sea Buckthorn Oil capsules to reduce the signs of ageing through measurements of skin hydration, elasticity and skin roughness.

In a clinical study 30 healthy women (average age 61 years) took 2 capsules twice a day for three months.

Instrumental measurements of the selected parameters were performed on the forehead at the beginning, after 1 month and after 3 months of the treatment.



T0 = mean value at the beginning of the treatment

T1 = mean value after one month of the treatment

T3 = mean value after three months of the treatment

Skin hydration - Results

A highly significant increase ($p=0.0001$) in the skin hydration was recorded during and after the treatment:

increase in moisturisation	after 1 month: 33.6%
	after 3 months: 48.6%

Skin hydration – Measurements

Corneometer CM 825 (Courage & Khazaka) was used to investigate skin hydration. The physical principle of the instrument is based on its capacitance. The measured value is directly proportional to the amount of water contained in stratum corneum and it represents the hydration level of cutaneous surface, expressed by corneometric units (c.u.), which are the instrument arbitrary units. The device can measure values ranging between 0 and 150 corneometric units.

Omega 7[®] and Skin ageing

Skin elasticity – Measurements

The Cutometer SEM 575 (Courage & Khazaka) was used to measure the vertical deformation of the skin. The data obtained by the device were expressed in millimetres.

The skin surface was sucked into the opening of a measuring probe, in which a constant level of depression was created (350 mbar) for an established time (1 second). The air depression was then annulled and the released skin could return to its original position.

Three measurement cycles (1 cycle: suction/release) were performed on the same point.

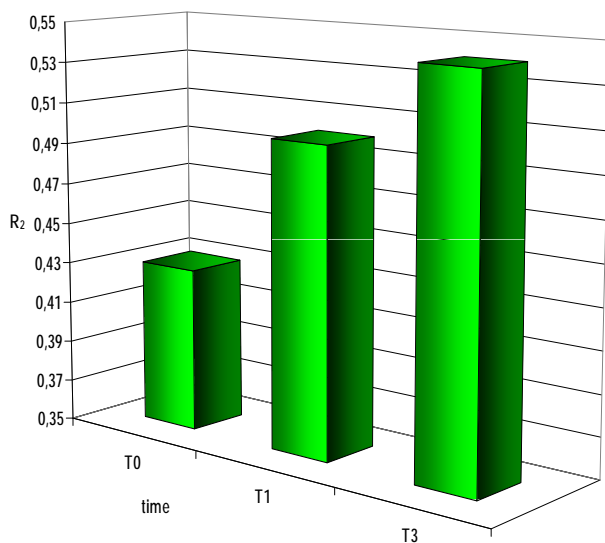
An optical system measured the variations in electrical capacitance. These were proportional to the rise of the skin surface which had been measured (expressed in mm).

The skin rises were shown on Cartesian axes, where the deformation of the skin (expressed in mm) is a function of time (expressed in seconds).

Therefore the three suction/release cycles were represented as three successive curves, which provide the measurement of the deformation parameters relating to the elastic features of the skin.

The overall elasticity was announced as a ratio between the total deformation recovery at the end of the stress-off period (U_a) and the maximal deformation of the skin (U_f):

U_a / U_f =overall elasticity referred to as parameter R2



T0 = mean value at the beginning of the treatment
T1 = mean value after one month of the treatment
T3 = mean value after three months of the treatment

Skin elasticity - Results

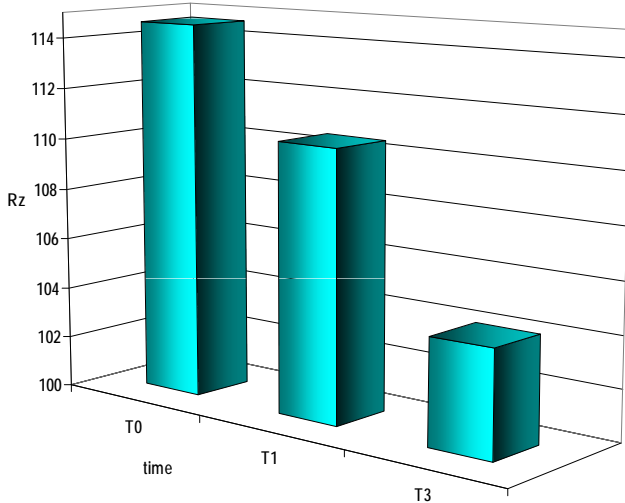
A highly statistically significant increase ($p=0.0001$) in the skin overall elasticity was recorded during and after the treatment.

increase in skin overall elasticity:

after 1 month: 16.3%

after 3 months: 25.8%

Omega 7[®] and Skin ageing



T0 = mean value at the beginning of the treatment
T1 = mean value after one month of the treatment
T3 = mean value after three months of the treatment

Skin roughness – Measurements

Image analysis (Monaderm) was used in measuring the wrinkles. Skin replicas were taken and analysed by a designed image processing software (Quantilines, Monaderm) which allows a global data analysis of some relief parameters, according to the method described by Corcuff. Each silicon replica of the cutaneous surface was lightened by a light source with a defined incident angle (35°) with the purpose of generating shadows: the higher the furrows, the wider the shadows.

The software allowed the measurement of the following parameters; mean roughness value and maximum roughness value (deep wrinkles). The anti-wrinkle efficacy could be proved by a decrease of R_a or R_z values (R_z value=maximum roughness value)

Skin roughness - Results

A moderate decrease in the skin maximum roughness was recorded during and after the treatment.

decrease in deep wrinkles: after 1 month: 3.6 %
 after 3 months: 9.2 %

Summary

Omega 7[®] Sea Buckthorn Oil Capsules significantly slow down the ageing processes of mature skin by hydrating the skin, increasing the softness and elasticity of the skin as well as decreasing the amount of deep wrinkles. Being a rich source of valuable antioxidants Omega 7[®] Sea Buckthorn Oil Capsules also protect skin from the photo-ageing and from other free radical attacks caused by stress, smoking and environmental pollution.

Omega 7® and MUCOUS MEMBRANES



Health of mucous membranes

Mucous membranes cover the digestive, respiratory, and urogenital tracts and the inner surface of eyes. They are important channels for interactions between the body and the environment and are the major routes for pathogens, toxins and allergens to enter the body. Thus mucous membranes play an important role in the health and general well-being of the whole body. Mucous membranes are often attacked by diseases, stress, ageing and side effects of medication.

Omega 7® nourishes and regenerates mucous membranes

Omega 7® not only promotes mucous membrane regeneration but also provides the nutrients essential for the proper functioning and renewal of mucous membranes.



Omega 7® maintains health of stomach and intestine

Omega 7® prevents and heals chemically- and stress-induced damage in the mucosa of the inner side of the stomach and intestine.

Omega 7® restores health of genital tract

Both topical and oral use of Omega 7® improve the symptoms of chronic vaginal inflammation and dryness.

Omega 7® relieves dry mouth symptoms

Uncomfortable and dry mouth often troubles people suffering from diseases, medication, stress and ageing. In clinical studies, Omega 7® improves dry mouth symptoms. Omega 7® also reduces inflammation and improves the general condition of mouth mucosa.

(Yang, 2001; Le Bell et al 2001; Erkkola and Yang, 2003; Xing et al, 2002; Yang, B. Effect of oral supplementation with capsules of supercritical CO2 extracted sea buckthorn (*Hippophaë rhamnoides*) oil on mucous membranes of patients of Sjögren's syndrome. 97th AOCs Annual Meeting&Expo 2006, April 30-May 3, St.Louis, Missouri, USA)

Efficacy of Omega 7[®] on Sjögren's syndrome



Study design

Omega 7[®] is a vegetable-based capsule product of SBA 24 Sea Buckthorn Oil manufactured by supercritical CO₂ extraction technology (Figure 2).

In a placebo-controlled, double-blind, cross-over study, twenty four female Sjögren's syndrome patients took **Omega 7[®] (SBA 24)** and fractionated coconut oil (FCO, as a placebo) capsules, six capsules (3.0 g oil) per day, each product for three months. The conditions of the mucosa of the eyes, mouth and genital tract and the skin were evaluated using a visual analogue scale (VAS) before and after each of the supplementation periods.

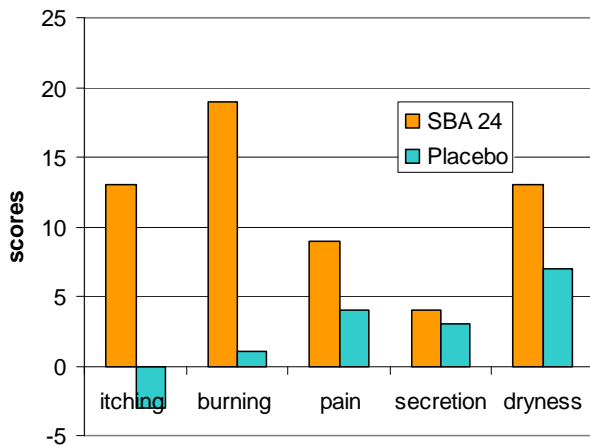


Figure 1. Scores describing improvement after the treatments measured by VAS. Scores 1= an improved case, 0 = an unchanged case, -1 = a worsened case

Results

More patients had the condition of the genital mucosa improved by the use of **Omega 7[®] SBA 24** than FCO (placebo) ($P < 0.01$, Figure 3). In addition, the use of SBA 24 led to a better overall improvement in the symptoms of Sjögren's syndrome (Figure 4), suggesting beneficial effects of **Omega 7[®] (SBA 24) Sea Buckthorn Oil Capsule** on the overall condition of the mucous membranes.

*The study has been published at the 97th Annual Meeting & Expo of the American Oil Chemists' Society (April-May, 2006, St. Louis, USA).

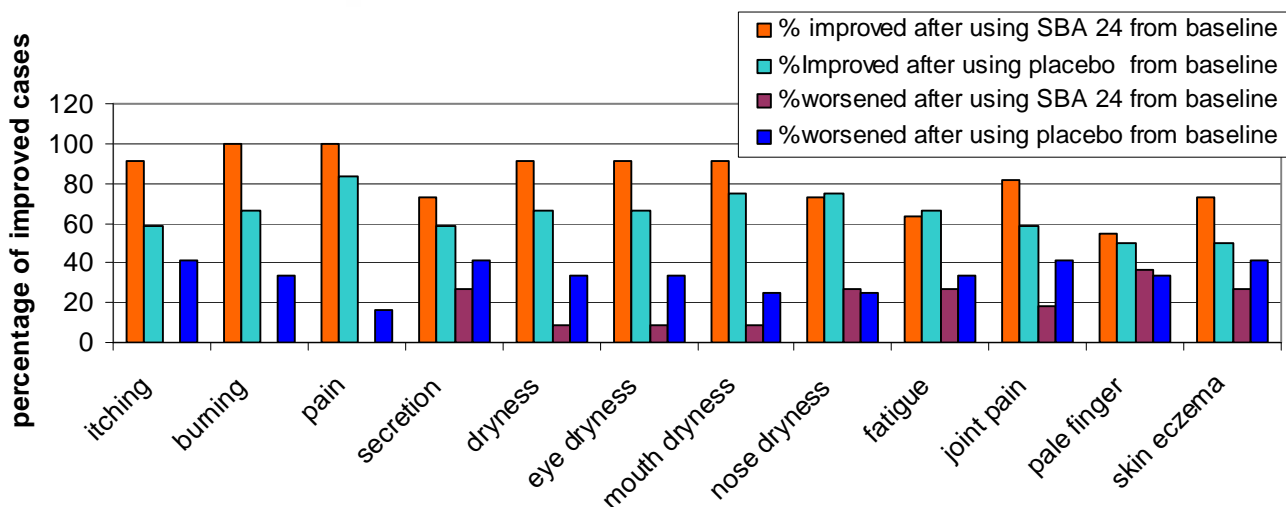


Figure 4. Improvement in symptoms of Sjögren's syndrome after the first three months of treatments measured by VAS

Omega 7® and HEART HEALTH



Omega 7® Sea Buckthorn Oil Capsule

The effect of sea buckthorn oil on cardiovascular health has been widely studied by scientific investigations. The results strongly support that the sea buckthorn oil improves the blood lipid profile and reduces the risk factors of the cardiovascular disease.

Omega 7® increases the level of good cholesterol

Good cholesterol HDL speeds up of the clearance of cholesterol and maintains the lipid balance. Eating Omega 7® increases blood HDL levels.



Omega 7® reduces the harmful effects of bad cholesterol

Oxidation of LDL is the key point for the detrimental effects of the bad cholesterol. Through the synergy of multiple natural antioxidants, Omega 7® inhibits LDL oxidation.

Omega 7® inhibits blood clotting

In clinical studies Omega 7® significantly reduces platelet aggregation. This prevents the blood from clotting and keeps the blood vessel open for normal circulation.

Anti-inflammatory property of Omega 7® is important

Inflammation is actively involved in the process of cardiovascular diseases. Inhibiting inflammation in blood vessels, Omega 7® reduces the risk of cardiovascular diseases.

(Johansson et al, 2000; Yang, 2001; Yang and Kallio, 2002; Eccleston et al, 2002)

Omega 7[®] has anti-inflammatory and anti-analgesic properties

Omega 7[®] is anti-inflammatory



Oils from seed and pulp/peel of Sea Buckthorn (*Hippophaë Rhamnoides*) berries have been traditionally used in the treatment of skin disorders. Topical application of the oils promotes the healing process of burns, scalds, wounds of skin and radio dermatitis. In previous study the oils (Omega 7[®]) improved atopic dermatitis.

Sea Buckthorn Oils are rich in phytosterols, tocopherols, tocotrienols and carotenoids. These components are probably responsible for the anti-inflammatory effects of the oils.



The anti-inflammatory and anti-analgesic effect of the Omega 7[®] was studied by different animal experimental models. Topically applied Omega 7[®] significantly alleviated inflammation. The results of the test, where Omega 7[®] was orally administrated, suggested also significant analgesic effect of the oils.

(Kallio and Yang et al., 2001)

Omega 7® enhances microcirculation

Supercritical CO₂ extracted sea buckthorn pulp oil and seed oil improve microcirculation

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Abstract

The effects of supercritical CO₂-extracted sea buckthorn seed oil (SBSO) and pulp oil (SBPO) on microcirculation were investigated using two independent experimental models. In the mouse auricular microcirculation model, topical application of SBSO and SBPO on mouse ear, once or twice per day, for three days increased the count of capillary net intersections by 17.4% and venular calibers by 11-25% on auricular area. Application of SBPO twice per day for three days increased the arteriolar calibers by 55%. In the rat mesenteric microcirculation model, a ten-minute immersion of mesenteries in 1-2% SBPO or SBSO in the Locke solution increased the count of mesenteric capillary net intersections by 22-41% and venular calibers by 11-25%. Immersion in 2% SBPO resulted in an increase of 25% in the mesenteric arteriolar calibers. These effects of sea buckthorn oils were found to be statistically significant by comparisons carried out between the corresponding values before and after treatment as well as between sea buckthorn oil-treated groups and the negative control groups, i.e. the group treated with distilled water in mice auricular microcirculation model and the group treated with 100% Locke solution in mesenteric microcirculation model. The effects of sea buckthorn oils were dose responsive in both models. The results suggest that supercritical CO₂-extracted sea buckthorn seed and pulp oils have great potential in improving microcirculation.

Keywords: Supercritical CO₂ extraction, Sea buckthorn seed oil, Sea buckthorn pulp oil, Microcirculation, *Hippocretum thymoides*



Microcirculation refers to the blood circulation of the smallest blood vessels (diameter <100µm) of the body. Due to its crucial function in the exchange of substances, gases and liquids between tissues and blood, microcirculation plays a vital role in the physiology of the whole body.

The effects of supercritical CO₂-extracted sea buckthorn seed oil (SBSO) and pulp oil (SBPO) on microcirculation were investigated using two independent experimental models. In the animal auricular microcirculation model, topical application of SBSO and SBPO on the ear, once or twice per day, for three days increased the count of capillary net intersections by 17-41% and venular calibers by 11-25% on auricular area. Application of SBPO twice per day for three days increased the arteriolar calibers by 55%. In the mesenteric microcirculation model, a ten-minute immersion of mesenteries in 1-2% SBPO or SBSO in the Locke solution increased the count of mesenteric capillary net intersections by 22-41% and venular calibers by 11-25%. Immersion in 2% SBPO resulted in an increase of 25% in the mesenteric arteriolar calibers. These effects of sea buckthorn oils were found to be statistically significant by comparisons carried out between the corresponding values before and after treatment as well as between sea buckthorn oil-treated groups and the negative control groups, i.e. the group treated with distilled water in auricular microcirculation model and the group treated with 100% Locke solution in mesenteric microcirculation model. The effects of sea buckthorn oils were dose responsive in both models. The results suggest that supercritical CO₂-extracted sea buckthorn seed and pulp oils have great potential in improving microcirculation.

Good microcirculation is important also to the skin

Disorder in microcirculation has been shown to be a key issue in a wide range of health problems including inflammation, cardiovascular disease and diabetes. Impeded microcirculation is also an important factor in skin problems such as couperosa and cellulite. Oxidation stress is often the major cause of damage to the microcirculation system. Antioxidants such as vitamin C and vitamin E have been shown to improve microcirculation.

Sea Buckthorn seed oil and pulp oil are rich in natural tocopherols, tocotrienols, and carotenoids, which synergistically protect the cellular components from oxidation damage.

(Yang et al., 2007)

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Omega 7® improves gastric ulcer



Sea Buckthorn (*Hippophaë rhamnoides*) is an edible berry with exceptionally high contents of nutrients and phytochemicals such as lipids, water and fat soluble vitamins and flavonoids. The total antioxidative capacity of the berry is due to the presence of vitamins C and E, carotenoids as well as enzymes such as various superoxide dismutase isoenzymes. The berries have a long history of application (more than 1000 years) in Tibetan and Mongolian medicines in the treatment of various diseases. Oils extracted from sea buckthorn berries have been used for treating scalds, burns and other skin injuries.



In the following study, the effects of supercritical CO₂-extracted Sea Buckthorn Seed and Pulp oils on gastric ulcer were investigated for the first time.



The effect of CO₂-extracted Sea Buckthorn Seed and Pulp Oils on the gastric ulcers in four experimental models was studied. The results showed both protective and curative effects of the oils. Even though the fatty acid compositions of the two oils are very divergent, no significant differences were observed in the gastric protective effects of the two oils. The result suggest that the antiulcer effects of the tested Sea Buckthorn Oils may not have been due to their fatty acids only. The oils contain high levels of beta-carotene, alfa-tocopherol and beta-sitosterone, of which the latter one has shown to have curative effects on ulcer in previous studies. Sitosterol is also reported to increase the gastric protective activity of unsaturated phospholipids. In addition, evidence exists showing that administration of Sea Buckthorn Oil inhibits lipid peroxidation in gastric mucosa in experimental models of gastric ulcer. The antiulcer activity of Sea Buckthorn Oils may be related to an increase in the hydrophobicity of the mucosal surface, retarding the gastric emptying process, inhibiting proteolytic activity in gastric liquid and promoting the wound reparation processes of mucosa.

(Yang et al., 2002)

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Translation of OMEGA-7 case reports

Omega-7 presentations

Instrumental evaluation of skin hydration, elasticity, luminosity, roughness and thickness and subjective evaluation of a treatment by Omega 7® Sea Buckthorn Oil capsules

TECHNICAL DATA

Omega 7® Sea Buckthorn Oil Capsule

Technical data

Ingredients

SBA24 Sea Buckthorn Oil (72.2%) (Supercritical CO2 Extract); Capsule shell material (modified maize starch, glycerol, gelling agent carrageenan, acidity regulator disodium phosphate); Antioxidant (alpha-tocopherol) Free of yeast, sugar and gluten. Suitable for vegetarians.

Nutritional information	100 g	2-4 caps.
Energy	735 kcal/3029kj	10.1-20.2 kcal/42-84 kj
Protein	0 g	0 g
Carbohydrate	23.0 g	0.32-0.64 g
Fat	72.2 g	1.00-2.00 g
Of which:		
Saturated fatty acids	18.8 g	0.26-0.52 g
Monounsaturated fatty acids	30.3 g	0.42-0.84 g
Of which:		
Palmitoleic acid (16:1n-7)	17.3 g	0.24-0.48
cis-Vaccenic acid (18:1n-7)	4.3 g	0.06-0.12
Oleic acid (18:1n-9)	8.7 g	0.12-0.24 g
Polyunsaturated fatty acids	23.1 g	0.32-0.64 g
Of which:		
Omega-3 fatty acids	10.1 g	0.14-0.28 g
Of which:		
Alpha linolenic acid (18:3n-3)	10.1 g	0.14-0.28 g
Omega-6 fatty acids	13.0 g	0.18-0.36 g
Of which:		
Linoleic acid (18:2n-6)	13.0 g	0.18-0.36 g
Vitamin E (alpha tocopherol)	0.29 g	4.0-8.0 mg*

*40 - 80% of Recommended Daily Intake

Manufactured by Aromtech Ltd, 95410 Kiviranta / Tornio, Finland



Efficacy of Omega 7® on SKIN – customer testimonials

I will always love sea buckthorn

Irene Tarkka, a real estate agent from Kirkkonummi, Finland, had an itchy rash above her ankle a few years back. The rash proved very hard to get rid of. Cortisone and other ointments only made it worse. With Omega-7 sea buckthorn oil capsules from the health shop the terrible itch and the entire rash vanished in a couple of days. Terveyshymy (Finland), 2003.

Atopy settled and muscular pain vanished

Top orienteerer found the answer to her problems in Lappish herbs and Omega-7 Sea Buckthorn Capsules. For years, Terhi Holster has been one of the world's top sports women in orienteering on and off skis. She will be qualifying as a natural therapist and she feels that nature has offered her solutions to her problems. Atopic eczema was one of the problems and it almost destroyed her joy of life. "Now, the atopic eczema has completely vanished and my muscles are also well taken care of". Terveyshymy (Finland), 2003.

Efficacy of Omega 7® on MUCOUS MEMBRANES – customer testimonials

I have stopped taking saliva stimulating pills

Kajsa Andersson, 38, got symptoms of dryness of the mouth in connection with her menopause. A friend told her about Membrasin (Omega-7). "I tried it and started to feel the effects after 2-3 weeks of use. I was no longer dependent on all the previous treatments I had undergone to relieve the symptoms, because my mucous membranes felt moist without the treatments. I soon stopped taking pills for stimulating saliva secretion, of which I had been completely dependent before. I no longer feel totally dried out: I feel normal. What is the best is that my entire quality of life improved. I feel more energetic, more harmonious and feel altogether much better." AFTONBLADET Hälsa (Sweden), 2002.

Stine no longer suffers of tired eyes

Stine has always suffered of dry and tired eyes. Stine tried Membrasin (Omega-7) hoping that it would solve her problem. It became clear that the problem was not poor eyesight but dry mucous membranes.

Stine experienced a great improvement after she began taking the product. She has taken the capsules for three months today. She no longer has any problems in reading, and the urinal infections she suffered of before have also vanished.

"After one month's use, I began to feel a change in the mucous membranes in my nose and eyes. They no longer felt dry and irritated and I could much better concentrate my eyes when reading. The improvement continued and the symptoms had totally disappeared after two months. I still take two capsules a day to keep the symptoms from reappearing. I have now read more about sea buckthorn and the fatty acids the plant contains" (Stine). AFTONBLADET Hälsa (Sweden), 2002.

Efficacy of Omega 7[®] on MUCOUS MEMBRANES – customer testimonials

Sex doesn't hurt any more

Jennifer, 47, has suffered from an embarrassing but common problem for two years, which has had a disastrous effect on her sex life. But an ancient remedy traditionally used in Tibetan and Mongolian medicine has come to her rescue.

“I am going through the menopause... I begun taking Omega-7 in January and a month later I began to see a difference. I did not feel as dry as I used to and my skin looked a lot better. I've taken it ever since. Sex doesn't hurt any more, so my husband and I can enjoy a healthy sex life again” (Jennifer). Woman (UK), 2003.

Now I will never leave out sea buckthorn capsules

Carin Bergström, 57, from Stockholm was looking for something which could help her dry and sensitive eye problem. When she started taking capsules based on sea buckthorn she observed that they were useful for other mucous membranes of the body.

“During the daytime when I was outside, my eyes were running. At night they became so dry and sensitive that it hurt to open them. For eyelids I found synthetic eyedrops and cream which helped a little but did not cure the whole problem. So when my daughter mentioned that a new natural product designed for dry mucosa had become available, I wanted to test it. And it turned out to be a lucky choice,” says Carin Bergström.

Now she has taken Membrasin (Omega-7), a food supplement based on sea buckthorn, for more than a year. She cannot imagine dropping off the capsules.

-Now, when I found something which helps so well, I don't ever want to quit, she says.

Hjemmet, 2004.