

Sea Buckthorn Seed and Pulp Oils

in the Treatment of Skin, Mucous Membranes and Sjögren's Syndrome

KEY WORDS

Dry skin, Dry eyes, Dry mouth
Dry vagina and inflammation
Fatigue
Sea Buckthorn oil (SBA 24)
Hippophae rhamnoides L.
Omega 3, 6, 7, 9
Sjögren's Syndrome
Gastric ulcer

Beautiful skin and healthy mucous membranes, the signs of health and well being, are important roles in everyone's life but particularly in women. Skin and mucous membranes are constantly under challenges from different factors such as stress, aging, side effects of medical treatments and environmental contamination. A healthy diet and dietary supplementation of essential nutrients and bioactive components are becoming indispensable constituents of modern health care strategies. Healthy fats (lipids) are essential structural components of healthy skin and mucous membranes. Polyunsaturated fatty acids play an important role in multiple aspects of the whole body physiology. Antioxidants are also of extreme importance in order to protect polyunsaturated fatty acids and cellular components of the skin and mucous membranes from oxidative stress from the environment, aging and stress. Targeted oral supplementation of these bioactive components designed to correct an imbalance in the modern diet enhances the health and beauty of the skin and mucous membranes.

The wonders of Sea Buckthorn: The exceptional Sea Buckthorn tree is a hardy plant naturally grown in Europe and Asia and produces a berry with seed containing an exceptionally high content of Omega-7 fatty acid (palmitoleic acid). The Sea Buckthorn (*Hippophae rhamnoides L.*) edible berry has 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 E and C and carotenoids as well as enzymes such as superoxide dismutase isoenzymes. The berries have a long history of application, more than 1,000 years in Tibetan and Mongolian medicines, in the treatment of various diseases. In more than 300 ancient prescriptions

Sea Buckthorn was used to improve blood circulation, reduce inflammation, regenerate skin and mucous membranes and treat gynecology disorders. Oils extracted from Sea Buckthorn berries have been used for treating scalds, burns and other skin injuries. The pearl shaped berry of Sea Buckthorn is commonly referred to as a "nutrient bomb" and is claimed to contain more than 200 bioactive compounds among which natural vitamins, antioxidants, essential fatty acids and plant sterols have been well investigated.

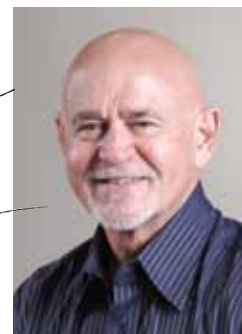
Women's health care: One special feature of Sea Buckthorn is that the berry contains oil both in the seed and soft pulp of the berry. The seed oil is rich in essential fatty acids (omega



fatty acids), linolenic and alpha-linolenic acids, and the pulp oil is the richest known source of palmitoleic acid (Omega-7) rarely found in the plant kingdom. Both seed and pulp oil contain exceptionally high levels of natural vitamin E, both tocopherols, tocotrienols, and plant sterols. During the past few decades scientists have carried out extensive research on Sea Buckthorn. This has resulted in an improved understanding of the health benefits and chemical composition of the berry and its oil. Due to the rich content of the essential fatty acids, antioxidants, vitamins and trace minerals, Sea Buckthorn oil offers exceptional support for women's health, not only to improve perimenopausal symptoms but also to maintain the health and well being of women throughout their lifetime.

Healthy skin: The beneficial effects of Omega-7 on the skin and mucous membranes have been substantiated by product specific clinical and experimental studies. The aging process considerably alters both the structure and the

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mechanical properties of skin. Aged skin is less extendable and less elastic than younger skin. Fine lines and wrinkles are characteristic signs of age, and especially photo-aged skin. Wrinkle formation is due to the decrease of elasticity, photo-aging and free radical attack on the skin. Sea Buckthorn oil is an excellent source of essential nutrients for regulating moisture and sensitivity of skin. A study was designed to evaluate the efficacy of Sea Buckthorn oil capsules to reduce the signs of aging through measurements of skin hydration, elasticity and skin roughness. In the clinical study, 30 healthy women average age of 61 years took 2 capsules twice a day for three months. **Skin hydration study results:** A highly significant increase in skin hydration was recorded during and after the treatment. Increase in moisturization after one month, 33.6%; after three months, 48.6%.

- Improves atopic eczema and dermatitis
- Has anti-inflammatory and analgesic effects
- Slows down the aging process of the skin
- Promotes wound healing and tissue regeneration

More...

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Proprietary Complex 1,000 mg
Sea Buckthorn (*Hippophae rhamnoides L.*) Oil (SBA 24) rich in phytosterols, tocopherols, tocotrienols and carotenoids; oil extracted in a specific ratio of berry pulp and seed oil, containing Omega 3, 6, 7 and 9 using supercritical CO2 extraction technology.

When in doubt, always consult your physician or health care practitioner. This column is to provide you with information to maintain your health.

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Healthy mucous membranes: Mucous membranes cover the digestive, respiratory and uro-genital tracts and inner surface of the eyes. They are important channels of interaction between the body and the environment and are the major routes for pathogens, toxins and allergens to enter the body. The 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, aging and side effects of medication.

- Nourishes and regenerates mucous membranes
- Regenerates uro-genital mucous membranes
- Protects gastric mucosa – maintains the health of stomach and intestines, cures gastric ulcers
- Relieves dry mouth symptoms

Sjögren's Syndrome: Sjögren's Syndrome is an auto-immune disease. This particular auto-immune illness causes inflammation in certain glands of the body. Inflammation of the glands that produce tears leads to decreased fluid for tears causing eye dryness. Inflammation of the glands that produce saliva in the mouth leads to dry mouth and dry lips. Sjögren's Syndrome can also be associated with a connective tissue disorder such as rheumatoid arthritis, lupus and scleroderma. It is also found more commonly in families that already have members experiencing auto-immune illnesses such as lupus, auto-immune thyroiditis (Hashimoto's thyroiditis) and juvenile diabetes. About 90% of patients with Sjögren's Syndrome are female. Other inflammatory conditions associated with Sjögren's Syndrome include those of the lining of the breathing passages causing lung infections, and the vagina sometimes causing pain during intercourse and recurrent vaginal infections. In a placebo-controlled double-blind crossover study, 24 female Sjögren's Syndrome patients took Sea Buckthorn oil (SBA 24) in a vegetable based capsule manufactured by supercritical CO₂* extraction technology. Fractionated coconut oil (FCO) was used as a placebo, 6 capsules (3.0 g oil) per day. Each product was taken for three months. The conditions of 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. A higher percentage of patients had the condition of genital mucosa improved by Sea Buckthorn (SBA 24) than FCO (placebo). In addition, the use of SBA 24 led to better improvement in symptoms of Sjögren's

Syndrome suggesting beneficial effects of Sea Buckthorn oil softgel on the overall condition of the mucous membranes. *Dramatic improvement was noticed in reduced itching, burning, pain, secretion, dryness, dry eyes, mouth and nose, fatigue, joint pain, skin eczema and pale finger (Fingers that change color when they are exposed to cold temperatures or stress are a sign of cyanosis. Cyanosis is a bluish discoloration of the skin and mucous membranes from lack of oxygen).*

Cardiovascular Health: The effect of Sea Buckthorn oil on cardiovascular health has been widely studied by scientific investigations. The results strongly support that Sea Buckthorn oil improves the blood lipid profile and reduces risk factors of cardiovascular disease. Sea Buckthorn oil (SBA 24) increases the level of good cholesterol, reduces harmful effects of bad cholesterol and significantly reduces platelet aggregation. This prevents the blood from clotting and keeps the blood vessels open for normal circulation. Inflammation is actively involved in the process of cardiovascular diseases. Inhibiting inflammation in blood vessels, Sea Buckthorn oil (SBA 24) reduces the risk of cardiovascular diseases.

Anti-inflammatory: Oils from seed and pulp/peel of Sea Buckthorn berries have been traditionally used in treatment of skin disorders. Topical application of the oils promotes the healing process of burns, scalds, wounds and dermatitis. In previous studies, the oils of SBA 24 improved atopic dermatitis. Topically applied Sea Buckthorn oil (SBA 24) significantly alleviated inflammation. The result of the test where Sea Buckthorn was orally administered, suggested significant analgesic effect of the oils.

Microcirculation: Disorders in microcirculation have been shown to be a key issue in a wide range of health problems including inflammation, cardiovascular disease and diabetes. Reduced microcirculation is also an important factor in the cause of skin problems such as couperosa and cellulite. Couperosa is brought about by a disorder of facial circulation, or to be precise, the enlargement of small blood vessels. The enlarged blood vessels are visible through skin as a redness and thin reddish or bluish lines. Couperosa is generally seen in the case of thin, dry and delicate skin with capillaries locat-

ed close to the skin surface. Thus couperosa is more frequently found in women, as men tend to have a thicker, stronger skin more resistant to environmental effects. Oxidative stress is often the major cause of damage to the microcirculation system. Antioxidants such as vitamin C and vitamin E as well as those found in grape seed, pine bark and blackcurrant have been shown to improve microcirculation.

Gastric ulcer: A recent study was done on four experimental models where the effects of supercritical CO₂ extracted Sea Buckthorn seed and pulp oils was investigated for the first time in treating gastric ulcers. The results showed both protective and curative effects of the oils. Even though the fatty acid compositions of the two oils are very dissimilar, no significant differences were observed in gastric protective effects of the two oils. Results of the study suggest that the anti-ulcer effects of the tested Sea Buckthorn oils may not have been due solely to their fatty acid content. The oils contain exceptionally high levels of beta-carotene, alpha-tocopherol and beta-sitosterone, of which the latter has shown in previous studies to have curative effects on ulcers. 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.

Summary: Clinical studies of Sea Buckthorn oil (SBA 24) support the use for the following indications and treatments. Alleviates dryness of oral mucous membranes; promotes regeneration of uro-genital mucous membranes; relieves inflammation and sensitivity of skin and mucous membranes; alleviates atopic dermatitis; protects gastrointestinal mucous membranes and treats gastric ulcers; protects cell membrane lipids against oxidation; increases the level of good HDL cholesterol in the blood; improves chronic vaginal dryness and inflammation.

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*Supercritical CO₂ is the extraction process of choice for producing high grade bioactive plant and oil extracts. Carbon dioxide is non-toxic, odorless and tasteless, and can be easily and completely removed from the extract. CO₂ extracts meet the most stringent process methods and have a high biologically active extract ratio, and can be labeled as all-natural. Oils in plants that are extracted using the CO₂ method contain no heavy metals, are completely pure and safe, provide no base for germ growth or need preservation. Supercritical CO₂ extraction works at very low temperatures, preserves sensitive plant constituents and avoids the risk of biologically active components being destroyed by oxidation. CO₂ extracts are 100% natural, authentic, highly concentrated and offer the user the highest level of key active constituents that are found in the plant or oil.