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What is the Natural Health Product Sea Buckthorn?

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Many individuals are not familiar with Sea Buckthorn which is unfortunate. It is unfortunate because Sea Buckthorn is literally packed with nutrients and contains more than 190 phytonutrients and active ingredients. Sea Buckthorn is a fruit, and its berries are known to contain large amount of vitamins, flavonoids, minerals, and plant lipids, and much more. For this reason, consumers should become familiar with this amazing fruit.

For years, this nutritional supplement has been studied and some have even speculated that because of its intense nutrition level it certainly must have been originally cultivated by a long-ancient horticulturist. Many of those familiar with the fruit consider it a true super fruit that is capable of providing consumers with a healthy variety of balanced nutrients which are crucial to maintaining health and boosting the human immune system.

The fruit has also been shown to help promote tissue regeneration and anti-inflammatory action in the hair, skin, and mucosa of internal organs. This can be important as it relates to protecting the respiratory system, digestive system, and uro-genital tract. As a Natural Health Product, Sea Buckhorn has a lot to offer.

While some individuals already know that Sea Buckthorn contains huge levels of important nutrients, they may not know that it is the only natural plant source that also provides its users with omega 3, 6, 7 and 9 fatty acids. They may also not be aware that its level of vitamin C value is just about at the top of list of fruits humans eat. Also, its Omega-7 level can help protect skin and membrane cells. Compared to other nutritional supplements, Sea Buckthorn is rich in Omega-7.

This natural health product is packed with vitamins A, B, C, and E complexes; it also contains beta carotenes, essential fatty acids (omega 7, 3, 6, 9), phytoserols, and numerous other nutrients. Sea Buckthorn berries are rich in other various vitamins such as B1, B2 and K. As for the Sea Buckthorn flavonols, they contain quercetin and salicyns which are some of nature's most useful and powerful anti-inflammatory sources. For those seeking high levels of anti-oxidants, Sea Buckthorn berries contain high levels of those as well. And while it is known that omega-7 is not often found in the plant kingdom, Sea Buckthorn oil is known to contain up to 50 percent omega-7 fatty acids.

As you can see, this fruit and its berries are very powerful as a natural health product that is easy to consume. But where does one find it? Consumers may want to consider buying their Sea Buckthorn from Natura-Nutra. This company provides source berries that are organically cultivated and organically processed. Their goal is to provide consumers with all natural and pure herbal products that are only of the best quality possible.

To learn more about this amazing natural health product, visit the Natura-Nutra website. The site contains in-depth information on Sea Buckthorn as well as other herbal products. Consumers can learn how these products promote overall good health and how they do so in an environmentally friendly manner.

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