

# SBT A Natural Way Of Being

## Seabuckthorn Oils– Superfruit Nutrition

Seabuckthorn's nutrient rich berries cluster on thorny branches like brilliant orange jewels. Having their genesis in the unforgiving landscapes of Siberia and Mongolia, the clear golden oil from the seed and the ruby red oil from the flesh of the berry are an unparalleled source of important phytonutrients<sup>1</sup>.

Although seabuckthorn's seed and berry oils have a long history of use in nutrition and skincare there is frequent confusion between the two. While they do have much in common there are notable differences in their nutrient content and bioactivity.

### Seabuckthorn Berry Oil

The rich red oil from the flesh of the berry is predominantly monounsaturated which in practical terms means it hardens at cooler temperatures. The major fatty acids are the C16 acids - Omega 7 (palmitoleic) ±35% and palmitic ±30%.

The most abundant vitamin in the berry oil is the carotenoids - 18 identified so far.<sup>2</sup> Current studies on carotenoids demonstrate measurable impact on age related macular degeneration, prostate cancer, cognitive performance and photo protection.<sup>3 3b,3c,3d</sup> The berry oil is a valuable source of tocopherols, tocotrienols and plant sterols.

### Application

Seabuckthorn berry oil is available in capsule form or as an oil. Its intense pigmentation limits its topical application, however it can be combined with the seabuckthorn seed oil and applied directly to skin. SBT berry oil like the SBT seed oil has demonstrated effectiveness in regenerating damaged skin and mucous membranes and is a prized ingredient in skincare.<sup>4</sup>

### Seabuckthorn Seed Oil

High levels of unsaturated C18 fatty acids, Omega 3 – alpha linolenic (±38%) and Omega 6 – linoleic (±34%) in a perfect 1:1 ratio are what characterize the oil from the seed of the seabuckthorn berry. Add to this Omega 9, Vitamin K, B<sup>12</sup>, tocopherols, tocotrienols, phospholipids and over 17 phytosterols and you have a potent nutritional mix. This unique profile is demonstrating effectiveness for cardiovascular and gastrointestinal health. Its anti-inflammatory and regenerative activity, has proven effective in the treatment of skin problems and it is a premium ingredient in skincare products.

**When selecting an oil for skincare the seed oil is recommended over the berry oil because of its much lighter colour.**

### Application

An exceptional anti-oxidant and anti-inflammatory, SBT seed oil is available in capsules and a nutritional oil. When selecting an oil for skincare the seed oil is recommended over the berry oil because of its much lighter colour. It is so fine and absorbent that it can be used in place of skin cream and can even be worn under foundation.

Research is just beginning to uncover the varied and important applications for seabuckthorn oils. Their combined nutritional capacity is impressive providing over 190 compounds – a *super duper superfruit*<sup>5</sup>!

Susan McLoughlin is the President of Seabuckthorn International Inc. Peachland, BC Canada.

She can be reached at [www.seabuckthorn.com](http://www.seabuckthorn.com) or 250 767 6100.

---

<sup>1</sup> Li TSC, Beveridge THJ. Sea buckthorn: a new medicinal and nutritional botanical. Agriculture and Agri-Food Canada, Publication No. 10320E, Ottawa, 2007.

<sup>2</sup> Li, Thomas S. C. and Beveridge, Thomas H. J. *Sea Buckthorn (Hippophae Rhamnoides L.): Production and Utilization*. Ottawa: NRC Research Press. 2003

<sup>3</sup> American Journal of Clinical Nutrition  
October 2007, Volume 86, Number 4, Pages 1210-1218  
"Dietary carbohydrate and the progression of age-related macular degeneration: a prospective study from the Age-Related Eye Disease Study"  
Authors: Chung-Jung Chiu, R.C. Milton, R. Klein, G. Gensler and A. Taylor

<sup>3b</sup> Nutrition Research (Elsevier)  
December 2007, Volume 27, Issue 12, Pages 794-801  
"Phytoene, phytofluene, and lycopene from tomato powder differentially accumulate in tissues of male Fisher 344 rats"  
Authors: J.K. Campbell, N.J. Engelmann, M.A. Lila and J.W. Erdman Jr

<sup>3c</sup> Journal of Gerontology: Medical Sciences  
Volume 62A, Number 3, Pages 308-316  
"Plasma Carotenoid Levels and Cognitive Performance in an Elderly Population: Results of an EVA Study"  
Authors: N.T. Akbaraly, H. Faure, V. Gourlet, A. Favier, C. Berr

<sup>3d</sup> Skin Pharmacology and Physiology  
2007, Volume 20, Pages 199-210, doi: 10.1159/000101807  
"Beneficial Long-Term Effects of Combined Oral/Topical Antioxidant Treatment with the Carotenoids Lutein and Zeaxanthin on Human Skin: A Double-Blind, Placebo-Controlled Study" Authors: P. Palombo, G. Fabrizi, V. Ruocco, E. Ruocco, J. Fluhr, R. Roberts, P. Morganti

<sup>4</sup> Risto, Erkkola and Baoru, Yang, Sea buckthorn oils: Towards healthy mucous membranes. AGROFood industry hi-tech May/June 2003

<sup>5</sup>Superfruit, a term first used in the food and beverage industry in 2005, refers to a common or rare exotic fruit having exceptional nutrient richness, antioxidant quality and novel taste or application. *From Wikipedia, the free encyclopedia*

Supercritical CO2 Extracted Seabuckthorn Berry Oil and Seed Oil Improve Blood Microcirculation  
Baoru Yang, Ying Wu, Qiujuan Liu, Bingwen Wang, Jun Kang, Junxiang Wang and Heikki Kallio July 2007