

SEA-BUCKTHORN JUICE

Sea buckthorn is an herb. The leaves, flowers, and fruits are used to make medicine. For over a thousand years, preparations made from sea buckthorn have been used medicinally in Mongolia, China, and Tibet.² The first documented benefits of sea buckthorn were recorded in the classic 8th century CE Tibetan medical text rGyud Bzi (The Four Books of Pharmacopeia). In India, it is found above the tree line in the Himalayan region, generally in dry areas such as the cold deserts of Ladakh and Spiti.



TOP HEALTH BENEFITS OF SEA-BUCKTHORN:

A Long History and Facts of Sea Buckthorn:



According to scientific studies all medicinal properties of sea buckthorn are similar to the legendary Sanjivani Booti which was used to revive Lord Shree Ram's younger brother Lakshman il. That's why it is also called Sanjivini Booti.

Why Sea-Buckthorn is known as SUPERFOOD ?

Sea buckthorn is rich in flavonoids and omega-3, 6, 7, and 9 fatty acids. Sea buckthorn also contains vitamins A, B1, B2, B6, C, and other active ingredients. It's naturally full of antioxidants, which help protect your body against aging and illnesses.

1) Rich in nutrients and anti-cancer effect:

Sea buckthorn is rich in various vitamins, minerals, and antioxidants, which help protect your body against aging and illnesses like cancer and heart disease.

2) May protect your skin: Sea buckthorn oil is rich in unsaturated fat, antioxidants, phytosterols, carotenoids, and vitamins E and K all of which function together to protect your skin's integrity and promote its renewal.

3) Increase Cardiovascular Health: Sea buckthorn is rich in flavonoids and omega-3, 6, 7, and 9 fatty acids, which have a strong effect on your cardiovascular system.

4) May reduce blood sugar levels: Sea buckthorn may help prevent diabetes and support healthy blood sugar.

5) May boost your immune system: Flavonoids are beneficial plant compounds that may strengthen your immune system by increasing resistance to illnesses.

6) May support liver health: Sea buckthorn may contribute to a healthy liver. That's because it contains healthy fats, vitamin E, and carotenoids, all of which may safeguard liver cells from damage.