



DIRECTIONS: Take 1 to 2 capsules daily with a meal, or as directed by a practitioner or pharmacist. Do not exceed recommended daily dose.

Food supplements should not replace a balanced diet and healthy lifestyle.

Lamberts® Sea Buckthorn capsules contain pure Sea Buckthorn oil extracted from the berry pulp (a much richer source than the seeds).

The berries from the Sea Buckthorn plant contain one of the richest sources of Omega 7 fatty acids. This high strength, standardised extract contains a guaranteed (minimum) level of 28% Omega 7 fatty acids per capsule.

PRODUCT INFORMATION

Typically per capsule:

Sea Buckthorn Berry Oil 1000mg
providing:
Palmitoleic Acid (Omega 7) 289mg
Oleic Acid (Omega 9) 209mg
Linoleic Acid (Omega 6) 18mg
Linolenic Acid (Omega 3) 9mg

INGREDIENTS: Sea Buckthorn Berry Oil, Capsule Shell (Modified Corn Starch, Glycerol, Gelling Agent: Carrageenan).

V Suitable for vegetarians.

KEEP AWAY FROM CHILDREN

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