

**Sea Buckthorn** is known as nature's most balanced fruit. This "Holy Fruit of the Himalayas" has been cherished by native Tibetans for centuries for its incredible nutritive qualities.



## HISTORY & LEGENDS

Mongol conqueror **Gengis Khan** relied on three treasures - well organized armies, strict discipline and **Sea Buckthorn**. It was the regular consumption of **Sea Buckthorn** that enabled the army of **Gengis Khan** to march on with inexhaustible and enormous energy.

**Sea Buckthorn** was used as a supplement by Russian Cosmonauts in Space for over 20 years to enhance their health and resistance to stress and cosmic radiations.

**Sea Buckthorn** juice was the official drink of the Chinese athletes during Beijing 2008 Olympics.



Rajiv Jain, Delhi

I am a patient of Liver cirrhosis and Hepatitis C, I started taking Sea buckthorn capsules of Onlynutra and feel better than before. I am taking Sea buckthorn capsules from last one month, I can feel the energy level increased and I believe that Sea buckthorn is working very well for me.



Rakesh Gupta, Delhi

I am suffering from Nephrotic Syndrome - a kidney disorder that causes the body to lose protein along with urine and is not filtered in kidneys. I am taking Onlynutra Sea Buckthorn capsules orally, for last 2 months. I am feeling a lot of relief, the protein level in urine, which was 4+ earlier in my urine is now only 1+ after using Onlynutra Sea Buckthorn. Now I am feeling more energetic than ever before, besides better and healthier kidneys.

I have also been suffering from skin psoriasis for last 12 years, but after using Sea Buckthorn, I feel relief in this problem and my skin texture is improving day by day. The itching sensation have also decreased very much.

*For more information please contact :*

## Onlynutra Products Pvt Ltd

210/3, Sanjay Colony, Baghpat Road,  
Meerut, UP-250002 INDIA

E-mail : [info@onlynutra.com](mailto:info@onlynutra.com)

Website : [www.onlynutra.com](http://www.onlynutra.com)

**Customer Care : +91-6397066849**

  
**onlynutra™**



Enhance your  
"Health & Beauty" with  
**Sea Buckthorn**,  
a super fruit loaded with  
190 phytonutrients and  
super charged antioxidants

**Onlynutra is a Pioneer Company in India producing Nutritional Products with Freeze Dried Sea Buckthorn.**

**Onlynutra** Team consists of experienced, passionate, innovative as well as the very best of the specialists in the industry to develop outstanding products out of the very best raw materials. We work responsibly to enhance the power of Mother Nature that has been endowed upon us through these precious **Sea Buckthorn** berries.



## **SEA BUCKTHORN – THE MIRACLE OF NATURE**

**Sea Buckthorn** is a berry that grows in extreme climate in Himalayas. Typically it is known as “**Life Oil**”, in ancient folk medicine references. It has been used for centuries in the traditional medicinal system of Asia and Europe mainly for its nutritional and medicinal value. The health benefits of Sea Buckthorn are immense and have been most aptly called **Sanjeevani Booti** in Indian Mythology

## **CHANGE YOUR LIFE**

Sea Buckthorn is rich in macronutrients and micronutrients. Sea Buckthorn contains vitamins B1, B2, folic acid, C, E, beta-carotene (Pro-vitamin A), and K with Omega's 3,6,9 and the rare Omega 7. It contains Carotenoids, Flavonoids, Phenols, Terpenes and at least 20 mineral cofactors. Sea Buckthorn also naturally contains 5-HT (serotonin), a neurotransmitter that helps regulate emotions. Sea Buckthorn numerous health benefits include cardiovascular, immunity, anticancer, memory, growth, anti-inflammatory, and skin health. Sea Buckthorn contains more than 60 antioxidants and high ORAC value .

## **WHY FREEZE DRIED SEA BUCKTHORN ?**

Why Freeze Dried ? Whatever be the method of increasing the shelf life of the finished product, Viz Sea Buckthorn powder would lose a lot of its nutrition when subjected to high temperature while using methods like tray drying or vacuum drying etc. While Freeze Drying method would subject Sea Buckthorn to not more than 30 Deg C while removing the moisture by way of sublimation. It is this attribute of Freeze Drying process that keeps the natural contents intact, to the extent, they were there, while the berry was plucked. It is considering this attribute of the process, that **Onlynutra** came up with the initiative of Freeze Dried powder of Sea Buckthorn, delivering the 100% nutrition it carries while on the plant.



## **HEALTH BENEFITS**

### **Omega 3, 6, 7 & 9**

- Supports healthy cardio vascular function
- Sustains proper brain and nervous system function
- Promotes healthy skin and hair
- Supports healthy digestive system function
- Promotes healthy Urogenital lining

### **Vitamins A, C & E – Antioxidant, B Vitamins – General Wellness D, K – Necessary Vitamins.**

- Benefits prostate and colon health
- Contributes to proper brain & nervous system functioning
- Enhances eye health for better vision
- Relieves sore joints

### **Carotenoids**

- Beta carotene – assists in slowing the aging process
- Lycopene – maintains prostate and colon cell health
- Zeaxanthin – supports eye health

### **Flavonoids**

- Helps fight cell-damaging free radicals
- Assists in the process of healthy cellular rejuvenation
- Promotes healthy immune system function

### **Minerals**

- Helps the body produce energy
- Helps the body support growth
- Supports cell reproduction and rejuvenation