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The Power of **Sea Buckthorn**

A Super Fruit for Super Health & Beauty



A Comprehensive
**GUIDE & PRODUCT
CATALOGUE**



GOLDEGE HEALTHY INDIA PRIVATE LIMITED

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1. INTRODUCTION

In today's world, where lifestyle diseases, environmental stress, and poor nutrition are taking a toll on health, the search for natural, holistic remedies has never been more important. Sea buckthorn, often referred to as a "miracle berry", has been used for centuries in traditional medicine for its exceptional healing properties, it offers a natural solution for strengthening immunity, improving heart health, enhancing skin and digestive wellness, and combating oxidative stress. Backed by scientific research and ancient wisdom, this book explain deep into the nutritional power, therapeutic benefits, and modern applications of sea buckthorn, making it an essential guide for those seeking optimal health and well-being in today's challenging environment.

Modern Health Challenges & Lifestyle Diseases: Causes and Impact

In today's fast-paced world, lifestyle diseases and health challenges are on the rise due to a combination of poor dietary habits, sedentary lifestyles, environmental pollution, stress, and digital dependency. Obesity, diabetes, cardiovascular diseases, hypertension, and metabolic disorders have become widespread due to excessive consumption of processed foods, high sugar intake, and unhealthy fats, leading to chronic inflammation and insulin resistance. Mental health issues like anxiety, depression, and sleep disorders are escalating due to prolonged screen exposure, work-related stress, and social isolation. Environmental factors such as air pollution and toxin exposure contribute to respiratory diseases, weakened immunity, hormonal imbalances and even cancer. Additionally, a lack of physical activity and poor posture from excessive screen time has led to an increase in musculoskeletal disorders, joint pain and spinal issues. The overuse of antibiotics and synthetic chemicals in food and personal care products has also disrupted gut microbiota, leading to digestive disorders, autoimmune diseases and weakened immunity. As these challenges continue to rise, a shift towards natural, holistic wellness practices, proper nutrition, mindfulness and sustainable living is becoming crucial for maintaining long-term health and well-being.

Sea Buckthorn: A Natural Solution to Modern Health Challenges

As lifestyle diseases and environmental stress continue to impact global health, sea buckthorn emerges as a powerful natural remedy to counter these modern challenges. Rich in antioxidants, essential fatty acids (Omega-3, 6, 7, 9), vitamins (A, C, E, B-complex), and bioactive compounds, sea buckthorn supports cellular regeneration, reduces inflammation, strengthens immunity and promotes overall heart disease, diabetes, neurodegenerative disorders and premature aging. With its gut-healing, hormone-balancing and detoxifying properties, sea buckthorn plays a crucial role in digestive health, women's wellness, liver function and skin rejuvenation. This book can be an essential tool for preventive healthcare and holistic well-being in today's fast-changing world.

2. WHAT IS SEA BUCKTHORN?

Sea buckthorn (*Hippophae rhamnoides*) is a hardy, deciduous shrub known for its bright small yellow to orange-red berries, rich in essential nutrients. It has been used in various medicinal systems across Europe and Asia for its wide range of health benefits. This plant is available in Europe and Asia (Central Asia, China, Mongolia, India, Siberia, Russia, Finland, Germany & Estonia). In India, It is available in The Himalayas and Ladakh. Also known as Himalayan Berry, Badri Fal, Wonder Berry,

Ladakh Gold, Holy Fruit, Ladakh Berry and Cha-Mara. Sea buckthorn is known as **nature's most balance fruit**. This “**Holy Fruit of the Himalayas**” is also known throughout the world as Sandthorn, Sandorn and Siberian Pineapple.

- The root of the plant goes 200 ft. deep into the soil which enables the plant to get many nutritions.
- It can survive up to temperature - 40° AD + 40°.
- It contains about 190 plus bio compounds.

This plant has been revered for centuries for its medicinal, nutritional and environmental benefits. With its unique combination of vitamins, antioxidants and fatty acids. Sea buckthorn has gained recognition as a powerful super food with extensive health applications.

3. HISTORY OF SEA BUCKTHORN

Sea buckthorn has a rich historical background spanning various cultures and civilizations. The earliest recorded use dates back to ancient Tibet, China, India, Magnolia and Greece.

Sea buckthorn has been documented in ancient Tibetan, Ayurveda, and Greek medicine. Its earliest recorded use dates back over 1,200 years in Tibetan medical texts, where it was used for cardiovascular health, digestive disorders, skin conditions, and immune support.

The Greek name “**Hippophae**,” meaning “**shiny horse**,” originates from reports that feeding the berries to horses improved their health enhance their stamina and give their coats a glossy shine.

In China, sea buckthorn was widely studied for over 12 centuries where it was first used for traditional Chinese medicine strengthening stomach, blood circulation and respiration. Also for treating radiation burns, malnutrition, inflammation, infections, and cardiovascular diseases and as an immune booster.

In Russia, during the Soviet era, extensively studied sea buckthorn for its nutritional value, incorporating it into the diet of cosmonauts and athletes.

The plant has also been used in traditional Mongolian - Chinggis Khan (Genghis Khan) – Used it to improve the memory, stamina, fitness and disease fighting abilities of his army.

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

Today, its popularity has surged globally, with growing interest in its applications for health, skincare, and agriculture.

4. NUTRITIONAL COMPOSITION AND BIOACTIVE COMPOUNDS

Sea buckthorn berries contain an exceptional range of bioactive compounds, making them a powerful super food:

Vitamins And Minerals

- **Vitamin C** – 15 times more than oranges, strengthens immunity (Journal of Nutritional Biochemistry, 2019). Famous for very high content of Vitamin C which are 4-100 times higher than any vegetable and fruit.
- **Vitamin A (Beta-Carotene)** – Supports vision and skin health.
- **Vitamin E** – Acts as a potent antioxidant.
- **B-complex vitamins** – Essential for energy metabolism.
- **Minerals** - Rich in calcium, magnesium, potassium, phosphorus, iron, and zinc.

Essential Fatty Acids

- **Omega-3, 6, 7, and 9** – Unique plant-based source, essential for brain & heart health.
- **Omega-7** – Promotes skin hydration and gut health (Molecules, 2021) Antioxidants and Bioactive Compounds
- **Flavonoids, Carotenoids, Antioxidants and Polyphenols** – Combat oxidative stress and inflammation.
- **Amino Acids** – Important for cellular & tissue growth.
- **Dietary Fiber** – Supports digestive health and gut microbiome balance.

“ORAC” Value of Sea Buckthorn

The Oxygen Radical Absorbance Capacity (ORAC) value measures the antioxidant capacity of foods, which helps in neutralizing free radicals and reducing oxidative stress. Sea buckthorn is exceptionally rich in antioxidants, making it a powerful natural protector against **Cell Damage and Aging**.

Health Benefits of High “ORAC” value in Sea Buckthorn

- Reduces oxidative stress and prevents chronic diseases (**heart disease, diabetes, cancer**).
- Supports anti-aging by protecting skin and collagen structure.
- Strengthens immune function and helps fight infections.
- Enhances brain health and reduces neurodegenerative risks.

The high ORAC value of sea buckthorn makes it a superior antioxidant-rich superfood, beneficial for overall **cellular protection and longevity**.

5. HEALTH BENEFITS

Sea buckthorn works at the cellular level

Sea buckthorn (*Hippophae rhomboides*) exerts its effects at the cellular level through multiple biological pathways, supporting cell function, regeneration, and protection against damage.

- **Cell Membrane Protection** – Sea buckthorn is rich in omega-3, omega-6, omega-7, and Omega-9 fatty acids, which strengthen cell membranes, improve cellular integrity, and enhance communication between cells.

- **Antioxidant Defense** – The high concentration of flavonoids, carotenoids, and vitamin E in sea buckthorn neutralizes free radicals, reducing oxidative stress that can cause DNA damage and cell mutations.
- **Anti-Inflammatory Action** – Bioactive compounds such as quercetin and polyphenols inhibit pro-inflammatory cytokines, protecting cells from chronic inflammation and preventing tissue damage.
- **Mitochondrial Support** – Sea buckthorn enhances mitochondrial function, which boosts energy (ATP) production at the cellular level, supporting metabolism and cellular repair.
- **Cell Regeneration & Wound Healing** – Omega-7 fatty acids promote collagen synthesis and tissue repair, accelerating wound healing and maintaining skin and organ health.
- **Apoptosis & Cancer Prevention** – Studies suggest that sea buckthorn induces apoptosis (programmed cell death) in damaged or cancerous cells, helping to prevent uncontrolled cell proliferation. Anti-oxidant properties make it scavenger of free radicals, inhibits the formation of potentially carcinogenic N-nitroso compounds and thus offers protection against stomach cancer.
- **DNA Protection & Repair** – High levels of beta-carotene and vitamin A support DNA repair mechanisms, preventing mutations and genetic damage.
- **Immune System Modulation** – By enhancing **macrophage** activity and **T-cell function**, sea buckthorn strengthens the immune system and improves cellular defense against infections.
- **Stem Cell Activation** – Some research suggests that sea buckthorn may stimulate stem cell activity, aiding in tissue regeneration and overall cellular rejuvenation.
- **Liver & Detoxification Support** – The active compounds help detoxify cells, supporting liver function and cellular waste elimination, improving overall metabolic health.

These cellular-level effects make sea buckthorn a powerful natural remedy for overall health, disease prevention, and longevity.

Sea Buckthorn and Skin Health

Sea buckthorn oil is widely used in skincare due to its ability to nourish, hydrate, and heal the skin. It is known to:

- Promote collagen production and elasticity, reducing signs of aging.
- Alleviate symptoms of eczema, psoriasis, and dry skin.
- Protect against UV radiation and environmental pollutants.

A clinical trial published in Dermatologic Therapy (2020) reported that participants who applied sea buckthorn oil experienced significant improvement in skin hydration and elasticity over 12 weeks.

Cardiovascular and Metabolic Benefits

Sea buckthorn has shown great promise in supporting heart and metabolic health:

- Lowers Bad Cholesterol (LDL) and Increases Good Cholesterol (HDL)

- Reduces Blood Pressure and Arterial Inflammation
- Improves Insulin Sensitivity and Reduces the Risk of Diabetes

A 2018 study in Nutrition & Metabolism found that patients consuming sea buckthorn extract for three months showed a 15% reduction in LDL cholesterol and improved blood vessel elasticity.

Digestive and Immune System Support

The anti-inflammatory and **prebiotic properties** of sea buckthorn make it beneficial for gut and immune health:

- Enhances gut microbiome by promoting beneficial bacteria growth, reduces gastric ulcers (Nutrients, 2021).
- Supports Gut Lining & Mucosal Health – Rich in omega-7 fatty acids, sea buckthorn helps strengthen the gut lining, preventing issues like **leaky gut and ulcers**.
- Enhance Digestion & Bowel Regulation – High in fiber, it promotes smooth digestion, prevents constipation, and supports healthy bowel movements.
- Reduces Inflammation & Gastric Ulcers – Its powerful anti-inflammatory and antioxidant properties help soothe the digestive tract, **reducing acid reflux, gastritis, and ulcer formation**.
- Promotes Healthy Gut Microbiome – The bioactive compounds in sea buckthorn support the growth of beneficial gut bacteria, improving overall gut health and immunity.
- Liver & Bile Function Support – By enhancing bile production, sea buckthorn aids in the digestion and absorption of fats, reducing the risk of **gallbladder stone and liver related digestive issues**.

A 2022 review in International Journal of Molecular Sciences emphasized that polyphenols in sea buckthorn help **modulate the immune system and support digestive wellness**.

Anti-Inflammatory, Antioxidant Effects and Bone Health

- Rich in polyphenols and flavonoids, sea buckthorn reduces inflammation, combats oxidative stress, and supports overall cellular health, which may lower the risk of chronic diseases.
- Sea buckthorn supports bone health due to its rich blend of essential nutrients, including calcium, magnesium, phosphorus, and Vitamin K, which are crucial for maintaining **bone density and strength**.
- Its high antioxidant content, particularly flavonoids and Vitamin C, helps reduce oxidative stress and inflammation, preventing **bone degeneration and conditions like osteoporosis**.
- The presence of omega-7 and other essential fatty acids aids in collagen production, which is vital for **bone flexibility and joint health**.
- Scientific studies suggest that sea buckthorn may enhance bone regeneration and healing, making it beneficial for individuals with **fractures, arthritis, or age-related bone loss**.

Supports Liver Health

The berries help liver detoxification and help protect against liver damage caused by toxins, alcohol, or fatty liver disease.

- **Liver Detoxification** – High antioxidant content, including flavonoids and Vitamin C, helps eliminate toxins and protect liver cells from oxidative stress.
- **Hepatoprotective Effects** – Studies show that sea buckthorn can prevent liver damage caused by toxins, alcohol, and fatty liver disease.
- **Supports Liver Regeneration** – Rich in essential fatty acids like omega-7 and omega-3, sea buckthorn aids in the repair and regeneration of liver tissues.
- **Inflammation** – Anti-inflammatory properties help lower inflammation in liver conditions such as **hepatitis and non-alcoholic fatty liver disease (NAFLD)**.
- **Improves Fat Metabolism** – Helps in breaking down fats, reducing the risk of liver fat accumulation, which can lead to **fatty liver disease**.
- **Enhances Enzyme Activity** – Supports proper liver enzyme functions, ensuring efficient metabolism and detoxification.
- **Protects Against Fibrosis** – Prevents excessive liver scarring and fibrosis by reducing oxidative damage and inflammation.
- **Regulates Cholesterol Levels** – Helps lower bad cholesterol (LDL) and supports bile production, aiding in fat digestion and preventing liver stress.
- **Boosts Overall Liver Function** – Improves bile flow, enhance digestion, and enhances liver performance, supporting overall health and protect from **liver psychosis**.
- **Scientific Backing** – Research, including studies by the **DRDO in India**, has highlighted sea buckthorn's hepatoprotective effects, making it a promising natural remedy for liver health.

Eye Health and Vision

- High beta-carotene protects against macular degeneration (Journal of Ophthalmology, 2021).
- Clinical studies have shown its efficacy in managing dry eye syndrome and improving eye vision.
- With high levels of beta-carotene and other carotenoids, sea buckthorn supports vision, reduces the risk of macular degeneration.

Pancreatic Health and Diabetes

- Sea buckthorn supports pancreatic health and diabetes management through its powerful anti-inflammatory, antioxidant, and blood sugar-regulating properties.
- Rich in flavonoids, omega fatty acids, and Vitamin C, it helps protect pancreatic beta cells from oxidative stress, **improving insulin secretion and function**.
- Studies suggest that sea buckthorn can stabilize blood glucose levels by enhancing insulin

sensitivity and **reducing post-meal sugar spikes**.

- Its high **fiber** content also slows carbohydrate absorption, preventing sudden glucose fluctuations.
- Additionally, sea buckthorn's anti-inflammatory compounds help reduce the risk of pancreatitis and other pancreatic disorders, making it a valuable natural remedy for diabetes and overall pancreatic health.

Lungs & Respiratory Health Support

- Sea buckthorn supports lung and respiratory health due to its rich antioxidant, anti-inflammatory, and immune-boosting properties.
- Packed with Vitamin C, flavonoids, and omega fatty acids, it helps protect lung tissues from oxidative damage caused by **pollution, smoking, and infections**.
- Its natural anti-inflammatory compounds reducing airway inflammation, making it beneficial for conditions like **asthma, bronchitis, and chronic obstructive pulmonary disease (COPD)**.
- The presence of omega-7 helps maintain healthy mucous membranes, keeping the respiratory tract hydrated and reducing irritation.
- Additionally, sea buckthorn's antimicrobial properties support immunity, helping the body fight respiratory infections and promoting overall lung health.

Effective in Weight Management

- The fiber and healthy fats in sea buckthorn help regulate metabolism, reduce cravings, and support weight loss efforts.
- Sea buckthorn help in weight management by promoting metabolism, reducing fat accumulation, and supporting digestive health. Sea buckthorn help in weight management by promoting metabolism, reducing fat accumulation, and supporting digestive health.
- Rich in omega-7 fatty acids, it helps regulate lipid metabolism, reducing fat storage and promoting fat burning. Its high fiber content improves digestion, enhances satiety, and curbs appetite, preventing overeating.
- The antioxidants and flavonoids in sea buckthorn combat oxidative stress and inflammation, which are linked to obesity and metabolic disorders.
- Studies suggest that sea buckthorn can help balance blood sugar levels, reducing cravings and promoting steady energy levels, making it a valuable natural aid for healthy weight management.

Support Kidney and Renal Health

- Sea buckthorn supports kidney and renal health through its powerful antioxidant, anti-inflammatory, and diuretic properties.
- Rich in flavonoids, omega fatty acids, and Vitamin C, it helps protect kidney cells from oxidative stress and damage caused by toxins, high blood sugar, and inflammation.
- Its natural diuretic effect promotes detoxification by flushing out excess fluids and waste, reducing the risk of **kidney stones and urinary tract infections**.
- Sea buckthorn also supports healthy blood pressure and improves circulation, reducing strain on the kidneys.
- Scientific studies suggest that its bioactive compounds may help prevent **chronic kidney disease (CKD)** and support overall renal function.

Support Reproductive Health

- Sea buckthorn promotes reproductive organ health in **both men and women** due to its rich composition of essential fatty acids, antioxidants, and vital nutrients.
- Omega-7 and other healthy fats support hormone balance, improving **fertility** and overall reproductive function.
- Its high Vitamin C and E content enhance blood circulation to reproductive organs, supporting tissue health and reducing oxidative stress, which can **improve sperm quality in men and ovarian function in women**.
- Sea buckthorn's anti-inflammatory and antimicrobial properties also help prevent infections and support a healthy reproductive system.
- Additionally, its role in collagen production benefits the elasticity and health of reproductive tissues.

Sea Buckthorn for Women's (Gynaecological) Health

- Sea buckthorn is highly beneficial for women's gynaecological health due to its rich composition of omega-7 fatty acids, antioxidants, flavonoids, and vitamins (A, C, E, and B-complex).
- It helps maintain vaginal and reproductive health by supporting mucosal membrane integrity, reducing dryness, and promoting natural lubrication—making it particularly useful for **postmenopausal women and those experiencing vaginal atrophy**.
- Its strong anti-inflammatory and antimicrobial properties help combat infections like urinary tract infections (UTIs) and bacterial vaginitis, while its hormonal-balancing effects may aid in **menstrual regulation and fertility** support.
- Additionally, sea buckthorn's high antioxidant content supports uterine health, reduces oxidative stress, and may lower the risk of **gynaecological disorders such as polycystic ovary syndrome (PCOS) and endometriosis**.

6. SUMMARY: HEAD-TO-TOE HEALTH BENEFITS

- **Brain & Cognitive Function** – Rich in antioxidants and omega fatty acids, sea buckthorn supports brain health, enhances memory, and reduces the risk of neurodegenerative diseases.
- **Eye Health** – High in beta-carotene and Vitamin A, it protects against macular degeneration, dry eyes, and improves vision.
- **Skin & Hair Health** – Omega-7, Vitamin C, and E promote collagen production, reducing wrinkles, healing wounds, and strengthening hair follicles.
- **Oral & Dental Health** – Anti-inflammatory and antimicrobial properties help prevent gum disease, oral infections, and promote overall dental hygiene.
- **Heart & Cardiovascular Health** – Helps lower bad cholesterol (LDL), supports healthy blood circulation, and reduces the risk of heart disease.

- **Lung & Respiratory Health** – Protects lung tissues, reduces inflammation in conditions like asthma and COPD, and strengthens immunity against respiratory infections.
- **Digestive & Gut Health** – Supports gut lining, reduces inflammation, improves digestion, and promotes a healthy microbiome.
- **Liver & Kidney Support** – Detoxifies the liver, protects kidney cells, and aids in the elimination of toxins and excess fluids.
- **Reproductive Health** – Enhances hormone balance, improves fertility, supports reproductive organ function, and reduces inflammation.
- **Bone & Joint Health** – Strengthens bones with essential minerals, reduces arthritis related inflammation, and promotes joint flexibility.
- **Metabolism & Weight Management** – Omega fatty acids regulate fat metabolism, curb appetite, and support healthy weight loss.
- **Immune System Boost** – High in Vitamin C and flavonoids, it enhances immunity, fights infections, and reduces inflammation throughout the body.

7. HEALING CRISIS OF SEA BUCKTHORN

A healing crisis, is a temporary reaction that occurs when the body is detoxifying or adjusting to a potent natural remedy. This happens because sea buckthorn is rich in antioxidants, omega fatty acids, flavonoids, and vitamins that help cleanse and regenerate the body.

Possible Symptoms of a Healing Crisis

- **Detox Reactions** – Increased elimination of toxins may lead to mild nausea, headaches, or fatigue.
- **Digestive Changes** – Some may experience bloating, diarrhea, or stomach discomfort as gut microbiota adjust.
- **Skin Flare-ups** – Temporary acne, rashes, or itching may occur as toxins exit through the skin.
- **Increased Mucus Discharge** – Sinus drainage or mild cough may occur as respiratory pathways cleanse.
- **Fluctuations in Energy Levels** – Temporary fatigue or increased energy swings as metabolism adapts.
- **Joint or Muscle Aches** – Due to toxin release from tissues, mild soreness may appear temporarily.

How to Manage a Healing Crisis

- **Stay Hydrated** – Drink plenty of water to flush out toxins.
- **Eat Clean** – Consume light, whole foods to support detoxification.
- **Start with Small Doses** – Gradually increase sea buckthorn intake to allow the body to adjust.
- **Rest & Relax** – Allow your body time to heal and adapt.

A healing crisis is typically short-lived (a few days to a couple of weeks) and indicates that the body is responding positively. Once past this phase, users often experience enhanced energy, clearer skin, better digestion, and improved overall well-being.

8. SEABUCKTHORN RESEARCH

There are over 130 different studies documenting the healthy benefits of Sea buckthorn. Scientific studies supporting status as a **"superfood"** number up to 5X those of nearest competitor. According to PubMed (the gold standard for peer reviewed medical research) Sea buckthorn has over 130 studies compared to less than 60 for other popular superfruits such as Acai, Mangosteen and Gogi. PubMed is a service of the U.S. National Library of Medicine and the National Institutes of Health.

SEABUCKTHORN - Hippophae Rhamnoides L.A. Whole Food Answer to Better Nutrition written by Harvard trained **Dr. Marcus Elliott** is an easy to read book that explains the benefits of SEABUCKTHORN.

9. CONCLUSION AND FUTURE PROSPECTS

Sea buckthorn is a remarkable plant with wide-ranging health benefits. Its applications in medicine, skincare, and nutrition continue to expand as scientific research uncovers more potential uses. With increasing global interest and ongoing studies, sea buckthorn is set to become a staple in both traditional and modern health practices.

Recent research on sea buckthorn has highlighted its potential in various health applications. The Defence Research and Development Organisation (DRDO) of India has conducted extensive research on sea buckthorn (Hippophae rhamnoides), focusing on its applications for both military personnel and civilian use.



HIPPOPHOAE RHAMNOIDES

Sea Buckthorn Juice (Golden Berry Juice)

INGREDIENTS

Honey, Sea Buckthorn Pulp And Tulsi.

SPECIALITY

- Gluten Free
- Vegan Friendly
- Vegetarian Friendly
- 100% Pure & Natural
- No Added Preservative
- Packed In Food Grade Bottle
- Supports Nutrients Absorption
- Stabilized With Goodness Of Honey And Tulsi



Suggested Usage

50ML TWICE A DAY

KEY HEALTH BENEFITS OF BUCKTHORN JUICE

- **Rich in Nutrients** – Packed with vitamins C, A, E, and B-complex, along with essential minerals like potassium, calcium, selenium and magnesium. Packed with essential fatty acid (Omega 3, 6, 9 and rarest Omega 7).
- **Boosts Immunity** – High antioxidant content helps strengthen the immune system and protect against infections.
- **Supports Skin Health** – Promotes collagen production, hydrates skin, and in healing conditions like eczema and acne.
- **Improves Heart Health** – Helps regulate cholesterol levels, reduces blood pressure, and supports cardiovascular function.
- **Improve Digestion** – High fiber content supports gut health, improves digestion, and relieves acidity and gastric ulcers.
- **Enhances Liver Function** – Supports liver detoxification and protects against liver damage. Good for Eye Health – Rich in beta-carotene and other carotenoids, helping to prevent eye diseases and improve vision.
- **Anti-Inflammatory Properties** – Helps reduce inflammation and may managing arthritis and other chronic conditions.
- **Supports Weight Management** – Boosts metabolism and helps control appetite, aiding in healthy weight loss or weight gain.
- **Increases Energy Levels** – Provides natural energy and reduces fatigue due to its nutrient-dense composition.

Drinking sea buckthorn juice regularly can be a natural way to enhance overall health and well-being.

Warning : Consult your physician before use if you are pregnant, taking medication and have any medically verified issues.

HIMBUCK BERRY OIL

Sea Buckthorn Seeds Oil (Healthy Plus Oil)

INGREDIENTS

100% Pure Undiluted Cold-Pressed Sea Buckthorn Seeds Oil.

PROPERTIES

It Is Anti-Inflammatory, Anti-Oxidant, Anti-Viral, Anti-Aging, Anti-Microbial, Anti-Allergic, Anti-septic, Anti-Cancerous.

KEY HEALTH BENEFITS

- **Rich in Omega Fatty Acids** – Contains omega-3, 6, 9, and rare omega-7, essential for skin, heart, and overall health.
- **Promotes Skin Health** – Hydrates, repairs, and rejuvenates skin, reducing wrinkles, dryness, and conditions like eczema and psoriasis.
- **Boosts Immunity** – Packed with antioxidants, flavonoids, and vitamin C, strengthening the immune system and protecting against infections.
- **Supports Heart Health** – Helps regulate cholesterol levels, improve blood circulation, and reduce the risk of heart disease.
- **Improve Digestive Health** – Soothes the digestive tract, helps with ulcers, acid reflux, and promotes gut health.
- **Liver Protection** – Supports detoxification and protects the liver from damage caused by toxins and fatty liver disease.
- **Enhances Hair Growth** – Nourishes the scalp, strengthens hair follicles, and promotes healthy hair growth.
- **Improves Eye Health** – Rich in carotenoids and vitamin A, helping to prevent dry eyes and protect vision.
- **Reduces Inflammation** – Has natural anti-inflammatory properties that help manage arthritis and chronic pain.
- **Supports Wound Healing** – Accelerates wound healing, reduces scarring, and helps with burns and minor cuts.

Regular use of sea buckthorn seed oil can provide numerous health and skin care benefits,



Suggested Usage

5-10 DROPS PER DAY

TULSI GREEN GOLD OIL

FROM LEAF TO LIFE LIFE 100% PURE

INGREDIENTS: 100% PURE TULSI OIL
(5 Type of Tulsi Oil)

Suggested Usage

**Mix 1-2 Drops in Warm Water
Tea, or Honey Once or Twice a Day.**



KEY BENEFITS

Boosts Immunity: Rich in Antioxidants and natural Phytonutrients that strengthen the body's defence system against infections and seasonal diseases.

Powerful Antibacterial & Antiviral Action: Helps fight harmful bacteria, Virus & Fungi, effective in cough, cold, throat infections & respiratory issues.

Supports Respiratory Health: Provides relief from Asthma, Sinusitis, Bronchitis & Congestion. Acts as a natural Expectorant.

Reduces Stress & Anxiety: Known as a Natural Adaptogen, Helps Balance Stress Hormones and Supports Mental Calmness.

Purifies Blood & Detoxifies Body: Cleanses Toxins from blood, Supporting Clear Skin & Better Liver Function.

Skin & Hair Care: When Applied Externally (Diluted), it helps in Acne, Infections, Dandruff & Scalp Issues due to its Antimicrobial Properties.

Balances Blood Sugar & Cholesterol: May Support Healthy Blood Sugar and lipid Levels through its antioxidant action.

Support Heart Health: Improves Circulation & helps maintain healthy blood Pressure levels.

VEDA FUSION HERBAL TEA (*Ever Fresh Tea*)

INGREDIENTS

Sea Buckthorn Leafs, Tulsi, Aswagandha, Lemongrass & Rosemary.

SUGGESTED USAGE

One small tea spoon & boil with two cup of water for 5 minute and drink after filtering 2 to 3 times per day.

**Can also mixed with Veda Fusion Wild Bee Honey for better taste and more benefits.

KEY HEALTH BENEFITS

- Help fight oxidative stress and boost immunity.
- Regulate blood pressure, improve circulation, and reduce bad cholesterol (ldl).
- Promotes gut health, relieves bloating, and may help with ulcers and acid reflux.
- Strengthens the immune system, protecting against infections and seasonal illnesses.
- Natural anti-inflammatory properties help with arthritis, muscle pain, and other chronic inflammatory conditions.
- Helps to cleanse the liver and kidneys, aiding in detoxification and overall health.
- Boosts metabolism and helping with healthy weight loss.
- Contains bioactive compounds that reduce stress, improve mood, and promote better sleep.
- Its antibacterial properties may help prevent gum disease and improve overall oral hygiene.



VEDA FUSION (*Wild Bee Honey*)

INGREDIENTS

Pure Wild Bee Honey, Natural Sweetener, No Added Sugar, No Flavoring & Coloring. 100% Natural.

SPECIALITY

- Nature's best gift.
- It's a pure wild bee honey from Almora forest.
- Right Source of Anti-Oxidants, Vitamins, Minerals,

SUGGESTED USAGE

One to two table spoon a day or mix with hot water or milk or as your choice



*** Can also mixed with Veda Fusion Herbal Tea

KEY HEALTH BENEFITS

- **Rich in Antioxidants** – Contains polyphenols and flavonoids that help fight oxidative stress and support overall health.
- **Boosts Immunity** – Natural anti-bacterial and anti-viral properties help fight infections and strengthen the immune system.
- **Supports Digestive Health** – Acts as a natural probiotic, promoting gut health and relieving indigestion.
- **Enhances Wound Healing** – Speeds up healing of cuts, burns, and wounds due to its antimicrobial properties.
- **Natural Energy Booster** – Provides a quick source of energy due to its natural sugars, making it ideal for athletes and active individuals.
- **Soothes Sore Throat & Cough** – Acts as a natural cough suppressant and relieves throat irritation.
- **Regulates Blood Sugar** – Has a lower glycemic index than refined sugar, helping maintain stable blood sugar levels when consumed in moderation.
- **Improves Skin Health** – Hydrates and nourishes the skin, reducing acne and promoting a healthy glow.
- **Promotes Better Sleep** – Helps regulate melatonin production, improving sleep quality and relaxation.

Wild bee honey is a nutrient-rich natural sweetener that offers numerous health benefits, making it a valuable addition to a balanced diet.

VEDAFUSION MULTI - V

INGREDIENTS

Ashwagandha Ext., Spirulina, Moringa Ext., Sea Buckthorn Ext, Ginkgo Biloba Ext., Grape Seed Ext, Turmeric Ext. Amla Ext., Giloy Ext.

SPECIALITY

Unique Blend of Vitamins and Minerals.

SUGGESTED USAGE

1-1 tablets twice in a day.

***For best benefit may use with Golden Berry Juice



KEY HEALTH BENEFITS

- **Boosts Immunity** – Rich in antioxidants like Vitamin E, Beta Carotene, and Amla Extract, these herbs enhance the body's defense against infections.
- **Supports Brain Health & Cognitive Function** – Ginkgo Biloba and Ashwagandha help improve memory, focus, and reduce stress-related cognitive decline.
- **Enhances Skin & Hair Health** – Vitamin E, Sea Buckthorn Extract, and Grape Seed Extract promote glowing skin, prevent premature aging, and strengthen hair.
- **Improves Heart Health** – Folic Acid, Turmeric Extract, and Grape Seed Extract support cardiovascular function by regulating cholesterol levels and improving blood circulation.
- **Boosts Energy & Stamina** – Spirulina, Ashwagandha, and Moringa provide essential nutrients that enhance physical endurance and combat fatigue.
- **Regulates Blood Sugar Levels** – Giloy, Turmeric, and Sea Buckthorn Extract help in managing diabetes by improving insulin sensitivity and reducing sugar spikes.
- **Promotes Digestive Health** – Amla, Spirulina, and Moringa are rich in fiber and digestive enzymes, aiding gut health and metabolism.
- **Reduces Stress & Anxiety** – Ashwagandha and Ginkgo Biloba act as adaptogens, helping the body cope with stress, reducing anxiety, and promoting relaxation.

VEDA FUSION GREEN

INGREDIENTS

Alfalfa Ext, Wheat Grass Ext, Barley Grass Powder, Spirulina, & Spinach.

SPECIALITY

Good substitute of greens leafy vegetables.

SUGGESTED USAGE

1-1 tablets twice in a day.

***For best benefit may use with Golden Berry Juice



KEY HEALTH BENEFITS

- **Rich in Nutrients & Antioxidants** – Alfalfa, Wheat Grass, Barley Grass, Spirulina, and Spinach are packed with essential vitamins, minerals, and antioxidants that support overall health. Help to increase hemoglobin and prevent anemia. Beneficial during pregnancy or lactating mother. Good source to folic acid and Iron.
- **Supports Detoxification** – Wheatgrass, Barley Grass, and Spirulina aid in removing toxins from the liver and bloodstream, promoting better organ function.
- **Improves Digestion & Gut Health** – Alfalfa and Spinach are rich in fiber, promoting healthy digestion and preventing constipation.
- **Enhances Energy & Stamina** – Spirulina and Barley Grass boost energy levels by improving oxygen circulation and reducing fatigue.
- **Promotes Healthy Skin & Hair** – Antioxidants and chlorophyll in Spinach, Alfalfa, and Spirulina help maintain radiant skin and strengthen hair.
- **Regulates Blood Sugar Levels** – Barley Grass, Spirulina, and Wheat Grass help stabilize blood sugar levels, making them beneficial for diabetics.
- **Strengthens Bones & Joints** – High calcium and magnesium content in Alfalfa, Barley Grass, and Spinach supports bone density and reduces joint inflammation.
- **Weight Management** – Low in calories but high in nutrients, these super foods help in appetite control and support metabolism, promoting healthy weight loss.

This vital and unique natures combination make it ultimate source of green blood and fulfill the gap of leafy vegetables.

VEDA VIGOR VITALITY (V3)

Goldege Ginseng Plus

INGREDIENTS

Zinc Oxide, Gokhru, Ashwagandha Ext, Shatavari Ext, Shilajit Ext, Papaya Ext, Magnesium, Grape Seed Ext., Safed Musli, Ginseng, Ginko Biloba, Konch Beej Ext

SPECIALITY

A Combination of energy, power and stamina

SUGGESTED USAGE

1-1 tablets twice in a day.

***For best benefit may use with Golden Berry Juice



KEY HEALTH BENEFITS

- **Boost Energy and Stamina** - Shilajit, Ginseng, and Safed Musli help enhance physical endurance, combat fatigue, and improve overall vitality.
- **Supports Hormonal Balance** – Shatavari and Safed Musli regulate hormone levels, supporting reproductive health in both men and women.
- **Enhances Sexual Health & Fertility** – Gokhru, Shilajit, Konch Beej, and Safed Musli are known for improving libido, sperm quality, and overall reproductive wellness.
- **Improves Muscle Strength & Recovery** – Ginseng, Shilajit, and Konch Beej Extract help in muscle growth, faster recovery, and enhanced athletic performance.
- **Boosts Immune System** – Grape Seed Extract, Ginseng, and Shatavari contain powerful antioxidants that strengthen immunity and protect against infections.
- **Supports Heart Health** – Grape Seed Extract helps in reducing blood pressure, improving circulation, and protecting against heart diseases.
- **Increase Mental Clarity & Reduces Stress** – Ginseng, Shatavari, and Shilajit act as adaptogens, reducing stress, enhancing memory, and improving focus.
- **Promotes Anti-Aging & Skin Health** – Grape Seed Extract and Shilajit have strong antioxidant properties that slow down aging and improve skin elasticity.
- **Regulates Blood Sugar Levels** – Ginseng and Shilajit help in balancing blood sugar, making them beneficial for managing diabetes.
- **Enhances Kidney & Urinary Health** – Gokhru is widely used in Ayurvedic medicine to support kidney function, prevent kidney stones, and improve urinary tract health.

VEDA MORINGA

INGREDIENTS: Moringa, Ashwagandha & Amla.

Suggested Usage:

1-1 Tablets twice a day

**For best benefit may use with golden berry juice & Veda fusion herbal tea.



KEY BENEFITS

Moringa Oleifera known as “Miracle Plant” most nutrient dense plant on the earth.

Rich in nutrients – Moringa provides essential vitamins like vitamin A, C and 13 minerals (Macro minerals and Trace Minerals) available in one plant out of mostly 16 type of minerals required in human body.

Boosts immunity – It strengthens the immune system and helps fight infections.

Anti-inflammatory – Moringa reduces inflammation, which can help with joint pain and chronic diseases.

Regulate blood sugar- It helps to control blood sugar levels, supporting diabetic management.

Supports detoxification – Moringa helps cleanse the body by flushing out toxins naturally.

Amla (Indian Gooseberry) boosts immunity and supports digestion with its high vitamin C and antioxidant content.

Ashwagandha helps to reduce stress and anxiety by balancing cortisol levels and supporting overall mental well-being.

VEDA LIVOMRIT

INGREDIENTS

Milk Thistle, Makoy, Punarnava, kalmegh, Kutki, Chitrak Mool, Bhoomi Amla, Giloy, Pipal, Bhranraj Triphala, Rohitak, Draksha, Pineapple Powder etc.

Suggested Usage:

1-1 Tablets twice a day

**For best benefit may use with golden berry juice & veda fusion herbal tea.



KEY BENEFITS

Milk thistle supports liver health by protecting liver cells and promoting detoxification.

Makoy support liver health and is beneficial in treating jaundice and other liver-related disorders.

Kalmegh Antipyretic, boosts immunity and supports liver health by helping detoxify & protect liver tissues.

Kutki supports liver function and aids in detoxification by reducing inflammation and protecting liver cells.

Punarnava helps to reduce water retention and supports kidney and urinary tract health by acting as a **natural diuretic**.

Chitrak Mool enhances digestion and metabolism by stimulating digestive fire (Agni) and reducing toxins in the body.

Bhoomi Amla supports liver health and is especially effective in managing jaundice and hepatitis B.

Arjuna supports heart health by strengthening the heart muscles and improving blood circulation.

HEALTHY LIVER



FATTY LIVER



Warning : Consult your physician before use if you are pregnant, taking medication and have any medically verified issues.

VEDA BONE STRENGTH

INGREDIENTS

Shankha Bhasma, Turmeric, Hadjod, Moringa Leaves, Giloy, Arjun Chhaal & Pearl Bhashma

SPECIALITY

100% Natural & Safe.

SUGGESTED USAGE

1-1 tablets twice in a day.

***For best benefit may use with Golden Berry Juice & Fusion Herbal Tea



KEY BENEFITS

- **Shankha Bhasma** - Calcium supplement, good for gas acidity & digestive health.
- **Turmeric** - It is antibiotic, anti cancerous, anti viral, good for joint health, osteoporosis & arthritis. good for skin.
- **Hadjod** - Rich in Vit C, heal Broken Bone, Increase Calcium absorption Magnesium, to work faster for bone cell growth.
- **Moringa Leaves** - Regulate blood sugar level, blood pressure, boost immunity, good for lever & lungs and a good source of calcium.
- **Giloy** - Anti inflammatory, good for kidney detox, help in joint pain & inflammation.
- **Arjun Chhaal** - Good for gut health, diabetes, joint health, heart health and reduce cholesterol level.
- **Pearl Bhasma** Improve skin complexion, eye power, joint health, cough & cold, bronchitis & asthma and anti toxin.



Warning : Consult your physician before use if you are pregnant, taking medication and have any medically verified issues.

ROSE WATER FACE MIST

INGREDIENTS: 100% Pure Rose Hydrosol.

Suggested Usage:

Use As Daily Need. Before Makeup or Removing.

KEY BENEFITS

Best for all types of Skin.

Antibacterial properties – Prevent acne and skin infections.

Balances pH level – Maintains skin's natural pH for a healthy glow.

Refreshes instantly – Works as a cooling facial mist for tired, dull skin.

Soothes and calms skin – Reduces irritation, redness & inflammation.

Deeply hydrates – Provides gentle, natural moisture to dry & sensitive skin.

Tones & tightens pores – Acts as a natural toner for smoother skin texture.



CLEANSING BAR

INGREDIENTS

Sea buckthorn, Jojoba oil, Avocado oil, Coconut oil, Almond oil, Vitamin-E, Honey, Glycerin, Shea Butter.

KEY BENEFITS

- Remove body odor.
- Promote brighter complexion.
- Improves skin tone and texture.
- Maintain moisture and nourishes skin.
- Deep cleansing and remove dirt and dust.
- 100% Natural handmade soap, No harmful chemical, Protect from itching.



CRYSTAL SIGN FACE WASH

INGREDIENTS

Argon oil, Cucumber Ext., Cranberry Ext., Glycerin, Aloe Ext and Tulsi.

KEY BENEFITS

- Best for all types of skin.
- 100% Natural & Biodegradable.
- Good for babies and no -tear –formula.
- Helps in dermatitis, burn and inflammation.
- Open the pores of skin, improve blood flow.
- Keeps skin moisturized, removes dirt and oil.
- Exfoliates dead skin cells and deep cleaning
- Helps to remove pimples and acne from our face.
- Argon oil protects against sun rays (ultra red and ultra violet).



WAVE LOTION

INGREDIENTS

Lavender Oil, Hadjod Oil, Hadjod Extract, Turmeric Oil, Eucalyptus Oil, Cinnamon Oil, Nirgundi Oil, Peppermint Oil, Camphor Oil, Frankincense Oil, Guggul Oil, Malkangni Oil, Clove Oil, Thymol Oil, Wintergreen Oil, Sea buckthorn Oil, Vitamin B5 and B3, Kajaput (Cajeput) Oil, Capsicum Oil, Jojoba oil, Avocado oil, Coconut oil, Almond oil, Vitamin-E, Honey, Glycerin, Shea Butter.

KEY BENEFITS

- It can help in reducing swelling and discomfort.
- It helps in healing fractures and provides relief from joint pain
- Making it effective for reducing pain and swelling in muscles and joints.
- It also promotes relaxation and can help in reducing anxiety during a massage
- It helps in reducing inflammation, soothing sore muscles, and improving overall skin health



MOISTURIZING LOTION

INGREDIENTS

Glycerin, Argon oil, Almond oil, Shea Butter, Lavender oil,

KEY BENEFITS

- With natural aroma without harmful chemical.
- Helps to moisturize the skin and anti aging.
- Boost healing of wounds, infections and acne.
- **Aloe Vera** has cooling properties and is anti-inflammatory.
- **Lavender oil** reduce discoloration, dark spots, blotchiness and redness.
- **Shea Butter** is super hydrating and does not make skin greasy.
- **Argon oil** soothes the skin and controls sebum production by reducing further clogging pores.



FACE CREAM

INGREDIENTS

Hibiscus Ext., Rosehip oil, Marrygold Ext., Kiwi Ext. , Ceramide and Peptide

KEY BENEFITS

- It's best for regular uses.
- **Hibiscus** is good for skin complexion.
- Reduce puffiness and under eye circle
- It may stimulate the production of keratin.
- Helps in reducing acne, sun damage and stretch marks.
- It provides a freshness and glowing skin complexion with regular use.
- It has anti-inflammatory properties that could soothe irritation and redness.
- **Peptides** is good to improve collagen, anti-ageing, reduce fine lines and wrinkles.
- **Ceramides** water-retaining properties that prevent moisture loss from the skin.



EVERYUTH FACE SERUM

INGREDIENTS

Fruit Plant Powder, Carrot Seed Ext, Jojoba Ext, Plant-Placenta Hibiscus, Pumpkin Seed, Chia Seed, Kiwi Ext,

KEY BENEFITS

- It Improves overall skin health
- Cucumber has a soothing property.
- It Improves elastin and collagen (skin).
- By producing collagen tighten our skin.
- It is an anti aging solution for all skin type.
- It Nourishes the skin by providing nutrition.
- Improve our complexion by reducing pigmentation, scar marks and pimple marks.
- It has the bio-placenta the advanced Korean Formula which is the latest ever for Anti-aging, fine line, crow lines and wrinkles.



SUNSCREEN

INGREDIENTS

Banzophenone 3 & 4, Uvinul MC, Octocrylene, Avobenzone, Octyl Salicylate, C12-15 Alky Banziate, Dermacryl 79, Aloe Vera Extract, Kiwi EXT.

KEY BENEFITS

- Prevents sunburn and skin damage.
- Contains anti-oxidants to neutralize free radicals.
- Lightweight and non-greasy formula for comfortable Wear.
- Non comedogenic & give protection from UVA and UVB Rays.
- Helps protect skin from sun spots & protect from free radical damage.
- Offers water-resistant protection for extended outdoor activities.
- Suitable for all skin types, including sensitive skin- long-lasting formula for all-day sun protection.



MULTIPURPOSE CREAM

INGREDIENTS

Sea buckthorn Oil, Jojoba Oil, Rosemary Extract, Almond Oil, Lavender Oil, Nirgundi Oil, Allantoin, Chamomile Extract, Cedarwood Oil, Aloe Vera Extract,

KEY BENEFITS

- Rich in Vitamins, anti-oxidants, and essential fatty acids.
- Moisturizes skin and helps in healing wounds.
- It helps calm redness, reduce swelling and promote healing of the skin.
- Good for dry and irritated skin, improving skin tone and reducing the appearance of scars and stretch marks.
- It is a good remedy for vaginal douche to cure local inflammation and hence it is used to treat bacterial vaginitis, white discharge and yeast infection in females.



JATA BOOTI HAIR OIL

INGREDIENTS

Brahmi, Bhringraj, Amala Oil, Methi oil, Jatamansi, Manjistha Hibiscus, Argon oil, Almond oil, Jojoba oil, Flaxseed oil, Vitamin E, Lemon oil, Ginger oil, Lavender, Rosemary, Tea Tree Essential oil, Neem oil, Black Seed, Vitamin A & E, Aloe Ext.

KEY BENEFITS

- Improves hair texture and adds shine.
- Nourishes and strengthens hair follicles.
- Helps in preventing dandruff and dry scalp.
- Promotes hair growth and reduces hair fall.
- Provides anti-oxidants protection to all hair types.
- Soothes scalps irritating, inflammation and reduces headache.
- Restores moisture balance to the hair, helps in maintaining scalp health.
- Helps in repairing damaged hair & enhances blood circulation to the scalps.
- Provides calming and relaxing effect with essential oils and help in deep sleep.



SEA BUCKTHORN SHAMPOO

INGREDIENTS

Sea Buckthorn Pulp, Flaxseed Ext, Lemon Ext, Argan oil, Propylene Glycol, Jatamansi, Amla, Sikakai, Bhringraj, Hibiscus Flower, Tea Tree Essential Oil Ext, Cedarwood Essential Oil.

KEY BENEFITS

- Deep cleansing & remove extra oil from scalps
- Helps to improve hair texture & scalp health.
- Nourish and revitalize hair from its roots.
- Helps to fortify hair and reduce hair fall.
- Makes hair shiny & smooth.
- Suitable for all type of hair.



SEA BUCKTHORN CONDITIONER

INGREDIENTS

Brahmi, Bhringraj, Amala Oil, Methi oil, Jatamansi, Manjistha Hibiscus, Argon oil, Almond oil, Jojoba oil, Flaxseed oil, Vitamin E, Lemon oil, Ginger oil, Lavender, Rosemary, Tea Tree Essential oil, Neem oil, Black Seed.

KEY BENEFITS

- Helps in moisturizing dry hair.
- Helps to control hair fizziness.
- Repairs damaged hair.
- Nourishes fine hair without weighing it down.
- Helps to manage curly hair & wavy hair.
- Helps to reduce split ends.



APD – ALL PURPOSE DETERGENT

INGREDIENTS

Sodium Hydroxide Enzymes, Lemon Ext, Cellulose, Ethers Raw Enzymes

KEY BENEFITS

- Grease and oil breakdown facilitated by Sodium Hydroxide.
- Natural degreasing and deodorizing properties of Lemon Ext.
- Pleasant fragrance imparted for a fresh laundry experience.
- Additional enzymatic cleaning power provided by raw enzymes.
- Proper dissolution and mixing ensued by DM Water as a Solvent.
- Improved appearance of fabrics through optical whitening agents.
- Uses for Laundry, Dish washing, Floor Cleaning, Toilet Cleaning etc.
- Enhanced cleansing power due to surfactants like LABSA and SLES.
- Consistency and stability maintained by Cellulose Ethers and Glycol.
- Effective stain removal with the help of enzymes targeting different types of stains

