

A proper nutrition-rich diet is vital for a healthy and active life



Is your meal fulfilling your daily
nutritional requirements?



We may miss essential nutrients due to

- Lack of essential nutrients in our meal
- Poor diet
- Poor absorption



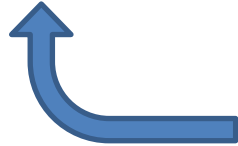
- Not only this..... there are more reasons



Stress



Sedentary lifestyle



Skipping meals

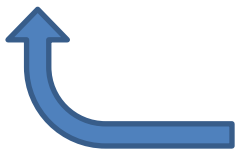




Junk food



Impaired Food Habits



Adulterated food



All these reasons lead
to nutritional
deficiency and
ultimately an
Inactive life



Impacts of an inactive life



Weakness



Obesity



**Poor
concentration**



**Weight
loss**



**Muscle
weakness**



Sleepiness

Vestige brings to you a solution
to live

Your Daily Active Life



Vestige Prime Sea Buckthorn

Vegetarian Capsule





DAILY DOSE FOR YOUR ACTIVE LIFE

Sea Buckthorn



- Sea Buckthorn (*Hippophae Rhamnoides*) is a berry-filled bush that has long been used in traditional medicine for restoring health.
- Sea buckthorn is **not a sea fruit/food**.

Sea Buckthorn History

- Sea buckthorn has been in use since approximately 1400 years for medicine purpose*
- Sea buckthorn is also known as “**wonder berry**” or “**Leh berry**”**
- During the military expedition of **Alexander the Great**, the warriors ate berries and **regained strength**
- The sea buckthorn is widespread in **Asia, Europe and Russia** and recently was also found in **Canada**
- It is found in negative altitude temperature zones
- **Defence Research and Development Organisation (DRDO)** picked this berry to make products for Indian Army personnel survive in an active mode at the higher altitudes
- Astronauts also consume this fruit as a **food in space shuttles** to maintain high energy level



Vestige Prime Sea Buckthorn

- Sea Buckthorn has been used since time immemorial for numerous health benefits.



Vestige Prime Sea Buckthorn

Vitamins

Vitamin K, C, A, E, B complex, Vitamin P (flavonoids)

Omega 3,6,7,9 fatty acids

Minerals

Zinc, Iron, Magnesium

Amino Acids

Methionine, leucine.
Lysine, glycine

Vestige Prime Sea Buckthorn

Over 190 bioactive compounds in one tiny berry

- Carotenoids
- Tocopherols
- Flavonoids
- Lipids
- Ascorbic acid



Active ingredients of Sea Buckthorn and their therapeutic effects individually

Component	Therapeutic Effect
Tocopherols	Antioxidant activities
	Minimisation of lipid oxidation
	Pain alleviation
Carotenoids	Antioxidant activities
	Contribution to collagen synthesis
	Contribution to epithelium growth
Vitamin K	Haemorrhage prevention
	Wound healing support
	Positive effect against ulceration
Vitamin C	Antioxidant activities
	Maintenance of membrane cell integrity
Vitamin B complex	Cellular renewal stimulation
	Nerve tissue regeneration
Phytosterols	Improvement of micro circulation in the skin
	Anti carcinogenic effect
	Prevention of ulceration

Active ingredients of Sea Buckthorn and their therapeutic effects individually

Component	Therapeutic Effect
Polyphenolic components	Antioxidant activities
	Cytoprotective effect
	Cardio protective effect
	Wound healing support
Polyunsaturated fatty acids (PUFA)	Immunomodulating effect
	Neuroprotective effect
	Anti carcinogenic effect
Coumarins & Triterpens	Support for appetite, sleep, memory and learning
Zinc	Blood circulation
	Enzyme cofactor function
	Increased utilisation of Vitamin A

Sea buckthorn Benefits

Maintains high energy

- **Vitamin C** and other nutrients helps to reduce headache, dizziness and increases mental attention
- Vitamin E and minerals like Zinc and selenium have high anti-oxidant properties
- Wonderful **Antioxidants** to protect brain tissues from damaging effect of free radicals and toxins

Stamina building:

- Vitamins help to reduce common symptoms like fatigue such as low energy and muscle tension and help in getting a sound sleep.

Cardiac benefits

- **Flavonoids** may help to regulate blood pressure, improve heart function and reduce stress on heart tissue
- Flavonoids may help to regulate thyroid function and thus relieve hyperthyroidism or hypothyroidism
- May Helps build, restore and improve immune function

Sea Buckthorn Benefits

Diabetic benefits

- Sea Buckthorn in diabetics may help to reduce LPO (Lipid Peroxidation) by decreasing free radical formation and helps in lowering the blood glucose level
- Omega 7 fatty acids in Sea Buckthorn are considered helpful fatty acids, which signal the body for stopping fat storage
- It may help improve insulin secretion and insulin sensitivity, both of which could protect against type 2 diabetes.

Skin benefits

- Vitamin A, Vitamin E and Omega 7 fatty acids are considered essential nutrients for skin and they promote tissue and collagen regeneration, reduce skin wrinkles and premature skin ageing

Gastric benefits

- Sea Buckthorn is believed to normalise gastric acid production. It protects mucus membrane from irritation of gastric juices and are helpful reliving symptoms of GERG including heartburn.
- Sea Buckthorn is good for liver and prevents its damage from toxic chemicals
- It helps to provide relief to dry eyes

Richest plant source in the world for Omega 7 fatty acids

- Also known as palmitoleic acid
- Omega 7 fatty acids are found only in two plant sources: macadamia nut oil, and Sea Buckthorn oil
- One of the newest “good fats” known, and is being studied for metabolic benefits and skin care benefits (nourishment and wrinkle prevention)



USPs of Sea Buckthorn

Enhances
mood

Maintains
high energy
level

Improves
gut health

Proper
concentration

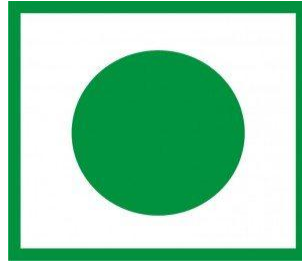
Good sleep

Controlled
weight

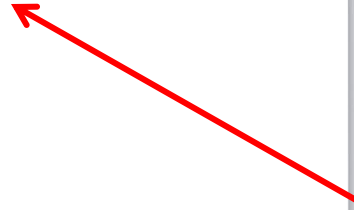
Reduces
Stress

Good
appetite





Vegetarian
capsules

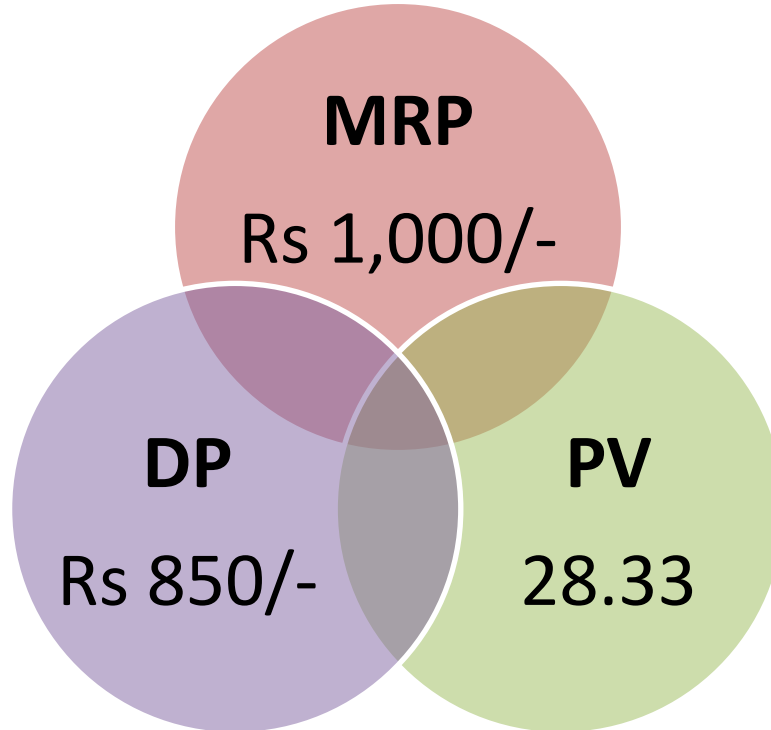


Sea Buckthorn Capsules –Recommended dosage

One capsule twice a day
after meals



Vestige Sea Buckthorn Capsules





VESTIGE

PRIME



**DAILY DOSE FOR YOUR
ACTIVE LIFE**

Visit your nearest
Vestige branch, DLCP
and grab your packet
of **Vestige Prime Sea
Buckthorn** capsules
today

