

# Sea Buckthorn... in our diet

- **14 Vitamins A, C, D, E, K, P and provitamins:**
  - 3 times more vitamin A than a carrot
  - 30 times more vitamin C than an orange
  - 4 times more vitamin E than sunflower seeds
- **Many powerful antioxidants**  
phenols, carotenoids, sterols, tannins
- **22 fatty acids** (omega 3, 6, 7, 9)
- **Minerals and trace elements** zinc, iron, calcium...

## • Remarkable health benefits

- **For vitality, form and against fatigue:** Vitamin C, beta carotene, vitamin E, essential fatty acids and iron
- **Prevents inflammation of the mucous membranes**
- **Stimulates the immune system**
- **Improves blood circulation**
- **Could prevent cardiovascular diseases**
- **For athletes, it is the fruit of effort:** Nothing like drinking sea buckthorn juice to recover and replenish your energy after practicing an endurance sport (cycling, jogging...)



CERTIFIED BY ECOCERT CANADA

 **Organic production and processing**

1316, rang St-Achille, St-Ubalde QC GOA 4L0  
1 888 878-4699 | 418 277-2333 | info@fermedachille.com

[www.argousier.quebec](http://www.argousier.quebec)