

# LET'S GET INTERESTED WITH SEA BUCKTHORN. PREPARATIONS OF SEA BUCKTHORN AS FOOD ADDITIVES AND ASSESSMENT OF THEIR MARKET IN POLAND

## Summary

The unique chemical composition of sea buckthorn (*Hippophae rhamnoides L.*) makes it an excellent food additive that can act as preservative, additive, as well as the component of the nutritional value. This is due to a high content of phenolic acids, unsaturated fatty acids, vitamins (both fat and water soluble), and the broad range of micronutrients. Preparations of sea buckthorn as food additives in Poland are not yet widely used. The aim of this study was to present the knowledge of the prepara-

tion of sea buckthorn, their use in the food industry and to describe the general characteristics of this plant detailing its nutritional value. An additional aim of this study was to analyze the knowledge of sea buckthorn and its preparations among Polish consumers. Hereby presented survey revealed, that more than half of respondents hadn't heard of Sea Buckthorn before, and over 80% never met products containing extracts of this plant.