

SEA BUCKTHORN – VALUABLE PLANT FOR HEALTH

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Summary

Sea buckthorn (*Hippophae rhamnoides*) is an example of a valuable for health plant that occurs mostly in Europe, Central Asia, China, Mongolia, Siberia and the Baltic Sea coast. Leaves, fruits and oils from the plant are the source of many bioactive compounds such as: proteins, amino acids, minerals (Ca, Fe, P, K), vitamins (A, E, C), sugars (glucose, fructose), organic acids (malic acid, tartaric acid, oxalic acid, quinic acid), unsaturated fatty acids (oleic, linoleic, linolenic acids), phytosterols (ergosterol). These sea buckthorn derived compounds are thus widely used in many areas of life: medicine, food, cosmetics.