

Vitamins in SEVEN OCEANS

Vitamin A

• Vision
• Generates pigments for the retina
• Maintains surface lining of eyes
• Bone growth
• Reproduction
• cell division and differentiation
• Regulate Immune System
• Healthy skin



Vitamin A & Skin

Consuming adequate amounts of vitamin “A” improve the texture, moisture and elasticity of your skin. Vitamin A has an essential role in the development and maintenance of the skin. It has pivotal role in the development and maintenance of the **epithelial tissue** -- the lining of eyes and skin. One of the main functions of the epithelial tissue is to serve as a barrier to bacteria. Low levels of Vitamin A can lead to a dry, flaky complexion.

Vitamin E

• Protects cell membranes
• Protect normal growth and development
• Promotes normal RBC formation
• Acts as anti-blood clotting agent
• Helps in wound healing



Vitamin E & Skin

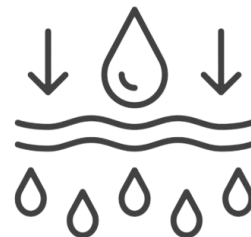
- | |
|--|
| <ul style="list-style-type: none">• Vitamin E is an antioxidant that protects and repairs your skin |
| <ul style="list-style-type: none">• Antioxidants neutralize free radicals and prevents cellular damage |
| <ul style="list-style-type: none">• Vitamin E increases the mitochondrial activity |
| <ul style="list-style-type: none">• Helps to prevent premature aging of your skin and damage to your DNA |

Vitamin D

Vitamin D is actually available in two forms

- | |
|--|
| <ol style="list-style-type: none">1. Cholecalciferol2. Ergocalciferol (Better known as Vitamin D3 & D2) |
|--|

- | |
|---|
| <ul style="list-style-type: none">• Facilitating normal immune system function |
| <ul style="list-style-type: none">• Essential for building and maintaining strong bones and teeth |
| <ul style="list-style-type: none">• Controls and regulate the absorption of calcium and phosphorous |
| <ul style="list-style-type: none">• This “sunshine vitamin” is an essential one |
| <ul style="list-style-type: none">• Vitamin D reduces pre and post osteoporosis pain |



Vitamin D & Skin

Dr. Gross, the world-renowned Dermatologist come out with astonishing studies

“Vitamin D in the skin helps minimize acne, boost elasticity, stimulate collagen production, enhance radiance, and lessen lines and the appearance of dark spots”

Vitamin D Reduces “**Melasma**” that is the darkening of the skin due to sun exposure.



OMEGA-3

- Eicosapentaenoic Acid
- Docosahexaenoic Acid

EPA and DHA are called marine omega-3s, because they are found in fatty fish like mackerel, lake trout, herring, sardines, albacore tuna, and salmon.

Omega-3 fatty acids may decrease triglycerides, lower blood pressure, reduce blood clotting, decrease stroke and heart failure risk, reduce irregular heartbeats, and in children may improve learning ability.

- It reduces LDL cholesterol and increases HDL cholesterol
- Specially EPA reduces stress and feeling well emotionally which plays a solid part in healthier skin
- Natural moisturizers that revitalize dry skin
- Reduce photo dermatitis – Sun sensitivity
- Omega-3s have powerful anti-inflammatory properties

Seven oceans

The right choice of vitamins for healthy & glowing skin.

Contains: -

- Vitamin A
- Vitamin D3
- Vitamin E

- Omega 3



QC – Details

Seven Oceans comply all US FDA standards.

The product has been made after deep research in every minute aspects. Unlike normal soft gel packing, “seven oceans” uses pet. G bottle instead of PVC material. Research data says PVC has a tendency to react with soft gel ingredients.



Norwegian cod liver Oil

The best cod liver Oil in the world is of Norwegian origin and it is extracted from the deep-sea fishes of Nordic areas. A hint of yellowish golden color is an indicator for the same.

Price wise, Original Norwegian cod liver oil is very costlier than normal cod liver oil.

Seven Oceans uses imported cod liver oil from LYSI – Norway.

Seven Oceans uses only Norwegian cod