

## What is Omega-7?

Written by nguyen

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Omega-7 included fatty acids that have double bond at seven position from methyl group end such as palmitoleic (16:1<sup>9</sup>) and vaccenic acid (18:1<sup>11</sup>) and etc. Omega-7 is believed to have

- A potent antiviral, antibacterial, and healing effect in humans.
- It is also thought to provide important healing and anti-aging benefits for problem skin. - Powerful anti-radiation and antioxidant
- Supports a healthy condition for mucous membranes of the digestive system

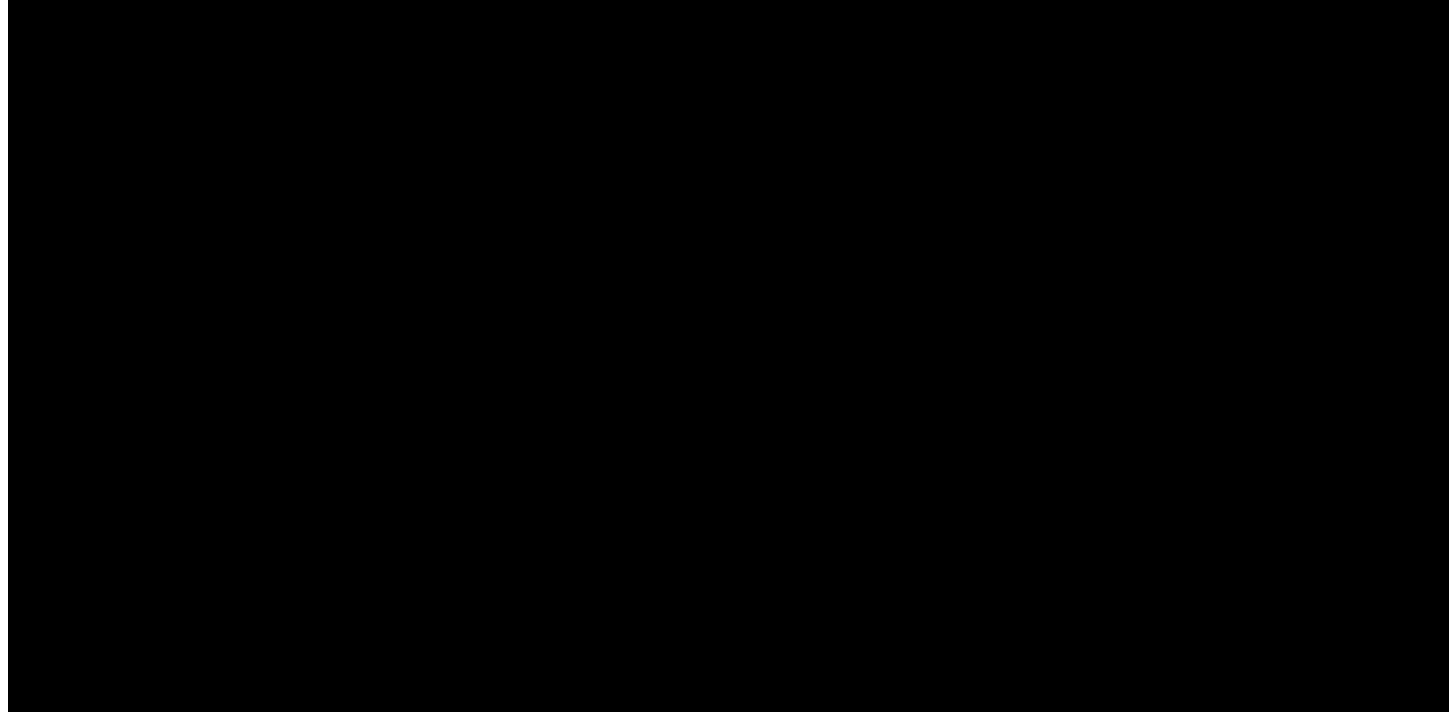
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Palmitoleic acid has double bond at seventh position from methyl group end or ninth position from hydroxide group end



Vaccenic acid has double bond at seventh position from methyl group end or eleventh position from hydroxide group end