

BALANCEOIL



Zinzino BalanceOil is a synergistic blend of high-grade fish oil, rich in the Omega-3 fatty acids EPA and DHA, with specially selected extra virgin olive oil with a high content of polyphenols. BalanceOil safely adjusts and maintains EPA+DHA levels and the Omega-6:3 balance in your body.

BalanceOil supports normal brain function and normal heart function, and is good for the immune system*.

- ▶ **Normal brain function**
- ▶ **Good for your heart**
- ▶ **Good for your immune system**
- ▶ **Helps maintain optimal EPA and DHA in your body**
- ▶ **Helps maintain optimal Omega-6/Omega-3 levels in your body.**
- ▶ **Helps maintain polyphenol levels in your body to support blood lipids from oxidative stress**
- ▶ **Supports healthy and normal eye function, helps maintain triglyceride and blood pressure levels that are already within normal limits and promotes healthy bones, muscles, teeth and cells.**

A SYNERGISTIC FORMULA

NORMAL BRAIN FUNCTION

EPA and DHA helps maintain optimal brain function*.

GOOD FOR YOUR HEART

BalanceOil contains Vitamin D, which is vitally important for the immune system as it contributes to optimal immune function*.

THE FISH OIL

The fish oil we use is produced by LYSI, one of Iceland's leading fish oil producer. It is primarily derived from short-lived, small pelagic fish, such as sardines, anchovies and mackerel, and produced according to our specification. The critical factor is a fatty acid profile that efficiently normalizes the Omega-6/3 fatty acid balance in your body within 120 days*.

Our fish oil is derived from whole, unprocessed fish. The oil goes through a refining process to remove environmental contaminants. The fish oil used in Balance products follows the strict EU regulation regarding content of environmental contaminants, and is below all the limits set. LYSI meets all regulatory requirements for production and follows GMPs (Good Manufacturing Practices) for food and pharmaceutical products.

THE OLIVE OIL

BalanceOil contains a special cold-pressed, extra virgin olive oil specially selected for its high content of polyphenols (above 350 mg/ kilo). Polyphenols are strong antioxidants with numerous beneficial effects*. They protect BalanceOil in the bottle and, equally important, in your body. Our products are GMO-free (i.e. free of genetically modified organisms).

FISH AND OLIVE OIL / SYNERGY = RESULTS

The modern processed diet contains excessive amounts of Omega-6 fatty acids and insufficient Omega-3 fatty acids. Our scientists have formulated BalanceOil to combine Omega-3, and with the correct amounts of the right polyphenols, a synergetic combination that contributes to your health.

PROOF OF BALANCE IN 120 DAYS

Our certified laboratories have analyzed more than 270,000 tests (January 2019), which makes ours the world's largest data base. The average Omega-6:3 balance for people not taking an Omega-3 supplement was 12:1 in Europe, and 23:1 in the USA. After taking BalanceOil for 120 days, the average balance was below 5:1 and, in many cases, below 3:1.

VITAMIN D3: BalanceOil contains vitamin D3 (Cholecalciferol). We use a natural Vitamin D3 (Cholecalciferol) made from lanolin. Lanolin is a fat that is naturally existing in sheep's wool.

The Vitamin D is made by dissolving a precursor to vitamin D, from the lanolin. It is then chemically altered and activated by exposure to ultraviolet (UV) light. The chemical process is comparable to the process found in human skin to produce vitamin D.

SUGGESTED USE: 0.0136 tsp x lb body weight. Adjust serving size based on body weight. Adults with body weight 110 lbs: 1.5 tsp daily (1 tsp = 5 mL). Do not exceed recommended daily dose.

Combine dietary supplements with a balanced diet and healthy lifestyle for best results.

STORAGE: Store unopened bottles in a dark dry place at room temperature or in the refrigerator. Store opened bottles in the refrigerator and use within 45 days. The oil may become cloudy at temperatures lower than 4° C due to solidification of the olive oil. The oil will clear at room temperature. Keep out of reach of children.

NOTICE: Consult your physician before using BalanceOil™ if you are pregnant, nursing, taking prescription drugs or have a medical condition. Do not give BalanceOil™ to children under four years of age.

Supplement facts			
	Body Weight	110 lb	175 lb
Serving Size		1.5 tsp (7.5 mL)	2.5 tsp (12.5 mL)
Servings per Container		40	24
Amount Per serving	% DV*	% DV*	% DV*
Calories	60	110	
Calories from fat	60	110	
Total Fat	7 g 11 %	12 g 18 %	
Saturated Fatty Acids	1.5 g 8 %	2 g 10 %	
Polyunsaturated Fat	2 g †	3 g †	
Monounsaturated Fat	3 g †	5 g †	
Vitamin D	500 IU 126 %	800 IU 200 %	
Omega-3 Fatty Acids	1500 mg †	2500 mg †	
EPA (Eicosapentaenoic Acid)	802 mg †	1336 mg †	
DHA (Docosahexaenoic Acid)	427 mg †	711 mg †	

* Percent daily value based on a 2000 calorie diet.
† Daily Value not established.

Ingredients: Fish oil (from anchovy, mackerel, sardine), cold-pressed olive oil, mixed tocopherols (antioxidants), orange-lemon-mint flavor, lemon flavor, vanilla flavor, vitamin D3 (cholecalciferol).

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

FREQUENTLY ASKED QUESTIONS

What is Omega-3? Omega-3 is a collective term for a group of long-chained polyunsaturated fatty acids that have the first double bond between carbon numbers 3 and 4 counted from the methyl end. Omega-3 fatty acids are essential, which means that your body cannot produce them by itself so they have to be a part of your diet. The exception is females who are of fertile age and have the ability to produce small amounts of Omega-3 fatty acids. However, the intake of Omega-3 fatty acids through diet is still recommended for females in this group. There are different types of Omega-3 fatty acids; shorter chained Omega-3 fatty acids from the plant kingdom and longer chained Omega-3 fatty acids from marine sources. The long-chained Omega-3 fatty acids have the highest bioactive effect, especially eicosapentaenoic acid (EPA, C20:5 omega-3) and docosahexaenoic acid (DHA, C 22:6 omega-3-3).

In what type of food can I find Omega-3? The long-chained Omega-3 fatty acids (EPA and DHA) are mainly found in oily fish, such as sardines, mackerel, anchovies and salmon, to mention some, while the short-chained Omega-3 fatty acid alpha-linolenic acid (ALA) is found in most vegetable oils.

Why should I take Omega-3 supplements? Marine Omega-3 fatty acids are important to achieve an optimal balance between components in your body. In addition, Omega-3 is important for natural and healthy development and growth. A number of documented scientific studies show that Omega-3 fatty acids (EPA and DHA) are important for our cardiovascular health, fetus development, cognitive performance, mood and behavior, this is to just mention a few of the benefits.

How much Omega-3 do I need? The minimum recommended daily intake of EPA and DHA differs from one country and organization to another. Below are some examples:

- American Heart Association; two servings of oily fish per week
- ISSFAL (International Society for the Study of Fatty Acids and Lipids); Minimum 500 mg EPA+DHA/day
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Our Western diet contains a surplus of Omega-6 fatty acids compared to Omega-3 fatty acids, which makes it necessary to increase the daily intake of Omega-3 fatty acids up to 3 gram to achieve an optimal Omega-6/Omega-3 fatty acid balance.

Where does the fish used in the BalanceOil come from? The fish oil used in Balance products is produced according to a specification in which fish of a specific origin is not required. Most important for Balance products is a fatty acid profile that safely and efficiently optimizes the Omega-6/Omega-3 fatty acid balance in 120 days.

What part of the fish is used to produce the BalanceOil?

The fish oil from LYSI (one of Iceland's leading fish oil producer) is normally derived from short-lived, small pelagic fish. The whole fish is used to produce the oil. The crude oil goes through a refining process to remove sensory and environmental contaminants. The refining process makes the fish oil palatable.

Is there any genetically modified material in the fish oil? No.

Why is it important to have a normal Omega-6/ Omega-3 fatty acid balance?

Our Western diet contains a high amount of Omega-6 fatty acids and a relatively small amount of marine omega-3 fatty acids, which increases the unbalance between Omega-6 fatty acids and Omega-3 fatty acids in the body. Such an unbalance is a driving force for the development of lifestyle-related health problems. Both the Omega-6 and Omega-3 fatty acids are precursors to hormone-like signaling molecules (eicosanoids) in the body. In many ways, the eicosanoids complement each other, and that is why it is important to maintain a good balance between these. An optimal Omega-6/Omega-3 fatty acid balance is fundamental for a good eicosanoid balance. The Nordic Council of Ministers recommends that the Omega-6/Omega-3 fatty acid balance in the diet is below 5:1 .

How can I know if I have a healthy Omega-6/Omega-3 fatty acid balance?

We advise everyone to check the Omega-6/Omega-3 fatty acid balance in their body by using our ZinzinoTest. The test measures fatty acids in whole blood, which reflects the fatty acid profile in your daily diet. The Omega-3 level and Omega-6/Omega-3 fatty acid balance are calculated from the fatty acid profile. If you have a balanced diet, your Omega-6/Omega-3 fatty acid balance will be lower than 5:1, preferably lower than 3:1.