
CELEBRATING 300,000 TESTS ANALYZED

We are so proud to announce that we are celebrating over 300,000 BalanceTests analyzed by independent laboratory VITAS in Norway! Zinzino is now the company with most analyzed fatty acids tests in the world and we look forward to many more!

Dr. Angela Rizzo was just as excited over the achievement - since she helped Zinzino to develop the blood test which makes it possible to measure the fatty acid level of the blood!



If we go back to the very beginning, how did you come in contact with Zinzino?

Long story but I started to work as a student in a laboratory of Lipidomics which is the study of Lipids in health and disease in humans, where I worked with professor Bruno Berra. We published various papers in 2005 and 2007, two very important papers on omega-3 fatty acids and diseases. After the publication of these papers I was contacted by Jan Bakke. We started talking about the ratio of omega-3 in our bodies and got asked how much omega-3 my clients need. Then we started discussing this issue where I explained "every person is different from another, a child is different from an older man, a woman is different from a man, a patient can have a disease and the other person does not have a disease". So, in conclusion you need to test the amount of omega-3 in the body.

At this time we were analyzing blood and in 2010 we published the first paper that demonstrated, if you test for omega-3 in your blood the results obtained show a very direct correlation with the levels of omega-3 in your cells. We started collaborating with Oil4life and then Bioactive Foods, and in 2012 Ola told me he wanted to introduce me to a person, a very bright and interesting

person. I went to Oslo where I met Ørjan! At that time, he was starting to collaborate with BioActive Foods. I presented our scientific results, what we were doing in our laboratory, and how we were developing the test.

Did you feel from the very start that you wanted to work with Zinzino?

Actually, it took some time for Zinzino to understand the importance of omega-3 and the BalanceOil that Ola Eide developed. I came in contact with them again in 2016 after I became an expert in omega-3 fatty acids.

Tell me, what was the idea behind the Zinzino BalanceTest?

We did a lot of scientific studies, analyzing human blood and it was difficult for us, as we were going to analyze 200 samples of fresh blood coming in from Norway - but they got stopped at the customs! What we did then was to take a look at literature to see if we could use other safe and quick ways to analyze blood. We found some data and then developed the test for our lab in Italy. Then, the test got qualified at Sankt Olav hospital where they started analyzing the kits for Oil4life/Itogha. The idea came from a problem where we had issues with transporting fresh blood samples. So, we had to re-think and keep finding ways to make this work the best way.

What did the whole process look like?

I went to Sankt Olav hospital in 2012 to present the test directly to the hospital where I shared our scientific results with them. It is important to remember that I am independent, that I do not analyze the BalanceTests. And that Zinzino uses the independent VITAS in Norway to get the tests analyzed.

Why is it important to understand the fatty acids levels of the blood?

From the scientific literature and from human test results we know that the level of fatty acids, the ratio of omega-3 and omega-6 have a lot to do with prevention of diseases. Actually, today there is a lot of debate about this. A lot of these debates are based on studies where they have supplemented omega-3 to the patients but they don't really see the amount of the omega-3 in the body after the supplements, so it is very important and at the same time difficult to reach a good level of omega-3 fatty acids. Today there is new data published in scientific literature, and I am starting collaborations with scientists who want to test the omega-3 in patients and then afterwards try out the BalanceTest.

"I am very proud that the scientific community is now recognizing these blood tests."



What are the key benefits of the BalanceTest?

You can monitor your supplementation and adjust the amount of omega-3 you are taking. The results tell you in a very simple yet elaborate way about your fatty acid profile. It is a great tool you can use in such an easy way.

What are you the proudest of?

Zinzino and VITAS have now analyzed more than 300,000 tests and I would like to take a look at this data in the future. I am very proud that the scientific community is now recognizing these blood tests. They need to test the patients to follow the clinical effects of omega-3.

How would you describe your whole experience so far?

I am very pleased! But my my work is far from complete. There are many more interesting things we can figure out with the help of tests. I want to go further and keep developing!