



ZINZINO

NEW
IMPROVED FORMULA

BalanceOil AquaX

AquaX is a breakthrough in Omega-3 science. AquaX is a form of BalanceOil that contains Aquacelle, a unique natural emulsifier that dissolves BalanceOil in water. This dramatically improves the taste, texture and in many cases the absorption of Omega-3.

Just mix the daily dosage of BalanceOil AquaX in water or the drink of your choice and experience how the oil taste and sensation practically disappears. Simply shake the bottle, then pour, stir, drink and enjoy!



**Aquacelle patent pending*

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

Key Benefits:

- ✓ Normal **brain** function**
- ✓ Good for your **heart****
- ✓ Good for your **immune** system**
- ✓ Easier, better absorption
- ✓ Tastes like lemon water
- ✓ Convenient to use

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A synergistic formula

QUALITY + SYNERGY = RESULTS

BalanceOil AquaX is a combined fish oil and olive oil product. Our scientists have formulated BalanceOil to provide results. The formula includes selected oils from fish species with a high EPA and DHA content (essential omega-3 fatty acids) and blending them with a special, high-quality high-polyphenol extra virgin olive oil. Our BalanceOil formulation helps to adjust the omega-6:3 balance in a safe and efficient way to achieve normal balance level**. Our data shows proven results of balance (near 3:1 ratio) within 120 days**.

WILD FISH OIL

Our wild fish oil (from sardines, anchovies and mackerel) is supplied by a leading fish oil manufacturer in Iceland. The manufacture of BalanceOil meets all regulatory requirements for production and follows GMPs (Good Manufacturing Practices) for food and pharmaceuticals. Our products are non-GMO (free of genetically modified organisms).

OLIVE OIL WITH A HIGH ANTIOXIDANT CONTENT

BalanceOil contains a special, cold-pressed, extra-virgin olive oil known for its high polyphenols content. Polyphenols are powerful antioxidants with numerous beneficial effects**. Polyphenols protect Balance oil in the bottle and in your body.

DOCUMENTED BALANCE RESULTS IN 120 DAYS

With over 270,000 (January, 2019) blood tests, we have the worlds largest database. The results speak for themselves. More than 95% of our customers using BalanceOil products according to plan achieve an omega-6:3 balance close to 3:1 or better. The average omega 6:3 balance for people not taking omega-3 supplements is 12: 1 in Europe and 23: 1 in the United States. After taking BalanceOil for 120 days the overall average balance is around 3:1**.

KEY FEATURES OF BALANCEOIL AQUAX

Traditional fish oils have a taste and smell that make people reluctant to take them. BalanceOil is a fish oil and olive oil mixture with a mild taste that is greatly enjoyed by most people. Nevertheless, some people struggle to take the oil daily and others have a slow absorption response. When AquaX is blended with e.g. water, the emulsifier Aquacelle* disperses the oil like magic in the water, and you can enjoy it flavored with a hint of lemon. There are no unwelcome tastes or sensations. Just shake the bottle then pour, stir, drink and enjoy!

*Aquacelle patent pending

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HOW TO USE BALANCEOIL AQUA-X: BalanceOil Aqua X is a tasty, exciting product that helps increase your omega-3 levels in a safe, effective way. The product is designed to be drunk mixed***with a glass of water or any other cold liquid of your choice that goes well with lemon flavor (such as water, orange juice, fruit drinks, iced tea etc.). **Remember to shake the bottle first and to stir well** with a spoon after mixing it with the liquid. Increase the amount of liquid to achieve a mixture you like. BalanceOil Aqua X is a product that makes it easier for the whole family to get their daily omega-3 intake – no more excuses about unwelcome oily taste.

***AquaX can be used safely on its own if needed.

SUGGESTED USE: 0.15 ml BalanceOil per kilo body weight. Adjust serving size according to body weight. Adults with a body weight of 50 kg: 7.5 ml daily. Adults with a body weight of 80 kg: 12 ml daily. Do not exceed the recommended daily dose. Combine dietary supplements with a balanced diet and healthy lifestyle for best results.

WARNING: 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 year old.

STORAGE: Store unopened bottles in a dark, dry place at room temperature or in a refrigerator. Store opened bottles in a refrigerator and use within 45 days. The oil may become cloudy at temperatures below 4°C/39°F due to solidification of the olive oil. The oil will clear at room temperature. Keep out of the reach of children.

Supplement Facts			
	Body Weight		
Serving Size	110 lb	175 lb	
Servings per Container	1.5 tsp (7.5 mL)	2.5 tsp (12.5 mL)	
	40	24	
Amount Per serving	% 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 Values (% DV) are based on a 2,000 calorie diet.
† Daily Value not established.

INGREDIENTS: Fish Oil (Anchovy, Mackerel, Sardine), Cold Pressed Olive Oil, Coconut Oil Fractionated, Polyglycerol polyricinoleate, mono and diglycerides of fatty acids, oat oil, Sunflower lecithin, Citrus Oil, Olive Oil, Tocopherols (To Preserve Freshness), Natural Flavor, Cholecalciferol.



Frequently asked questions

What is omega-3?

Omega-3 is a collective term for a group of long-chained polyunsaturated fatty acids. Omega-3 fatty acids are essential; because the body cannot produce them itself, they must be a part of your diet. The exception is women of a fertile age, who are able to produce small amounts of omega-3 fatty acids. However, the intake of omega-3 fatty acids through the diet is still recommended for women in this group. There are different types of omega-3 fatty acids; short chain omega-3 fatty acids from plants and vegetables and long chain omega-3 fatty acids from marine sources. The long chain 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 chain omega-3 fatty acids (EPA and DHA) are mainly found in oily fish such as sardines, mackerel, anchovies, and salmon and so forth, while short chain omega-3 fatty acid alpha-linolenic acid (ALA) are found in most vegetable oils.

Why should I take omega-3 supplements?

Marine omega-3 fatty acids are important for achieving optimal balance between the parts of your body. Furthermore, omega-3 is important for natural, healthy development and growth. A number of documented scientific studies show that omega-3 (EPA and DHA) are important, among other things, for cardiovascular health, fetal development, cognitive performance, mood and behavior to mention some**.

How much omega-3 do I need?

Our western diet contains a surplus of omega-6 fatty acids in relation to omega-3 fatty acids, which makes it necessary to increase the daily intake of omega-3 fatty acids by up to 3 grams to achieve an optimal omega-6/omega-3 fatty acid balance. The minimum recommended daily intake of EPA and DHA differs between countries and regulatory bodies. Here are some examples:

- EFSA (European Food Safety Authority); 250 mg EPA+DHA/day
- 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
- WHO (World Health Organization); 200-500 mg EPA+DHA/day

Where does the fish used in the BalanceOil come from?

The fish oils used in balance products are produced according to a specification that does not require a specific origin of the fish. The specified high content of EPA and DHA is more important.

What part of the fish is used to produce BalanceOil?

The fish oils from LYSI are usually derived from short-lived, small pelagic fish. The whole fish is used to produce the oil. The crude fish oil goes through a refining process to remove sensory and environmental contaminants. The refining process renders the fish oil palatable.

What is the difference between BalanceOil and BalanceOil Aqua X?

The difference is that BalanceOil AquaX contains Aquacelle*, which allows it to be mixed into cold liquids like water or juice.

Is there any genetically modified material in BalanceOil?

There is no genetically modified material in BalanceOils and its ingredients.

Why is it important to have an optimal omega-6/omega-3 fatty acid balance?

Our Western diet contains a lot of omega-6 fatty acids and relatively small amounts of marine omega-3 fatty acids, which increases the imbalance between omega-6 fatty acids and omega-3 fatty acids in the body. This imbalance drives the development of lifestyle-related health problems. Both omega-6 and omega-3 fatty acids are precursors for hormone-like signaling molecules (eicosanoids) in the body. In many ways, the eicosanoids complement each other, which is why it is important to maintain a good balance between them. An optimal omega-6/omega-3 fatty acid balance is fundamental for a good eicosanoid balance; the Nordic Council of Ministers recommends a diet containing omega-3 fatty acids that when taken will provide a O-6/O-3 balance below 5:1 (see also Fatty acids and local hormones).

How can I tell if I have a healthy omega-6/omega-3 fatty acid balance?

We advise everyone to check their omega-6/omega-3 fatty acid balance 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.

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BalanceOil

STATEMENTS OF NUTRITIONAL SUPPORT

- > Helps maintain optimal and healthy brain function.
 - > Helps maintain optimal and healthy heart function.
 - > Helps maintain optimal and healthy circulation.
 - > Supports optimal and healthy immune function.
 - > Helps maintain optimal and healthy eye function.
 - > Helps adjust omega 6:3 ratio to optimal levels for balance.
 - > Combines fish oil with high-polyphenol olive oil for maximum absorption and synergy. Polyphenols are strong antioxidants with numerous beneficial effects.
 - > Supports healthy and optimal eye, heart, brain and immune function.
 - > Helps increase the omega-3 essential fatty acid levels in your body.
 - > BalanceOil will safely adjust and maintain the omega-3 levels and omega-6/omega 3 balance in your body.
 - > Zinzino Balance products can bring your [omega 6:3] ratio to near 3:1 in 120 days.
 - > Help increase omega-3 essential fatty acid levels in your body.
 - > Give your body vital nutrients to function optimally.
 - > Provides nutrients vital to optimal cell function.
 - > Protects your cells from the oxidative stress by free radicals.
 - > Supports optimal and healthy muscle function.
- > A number of documented scientific studies show that omega-3 (EPA and DHA) is important for our cardiovascular health, fetus development, cognitive performance, mood and behavior.
 - > DHA contributes to the maintenance of normal brain function.
 - > EPA and DHA contribute to the normal function of the heart.
 - > Vitamin D contributes to the normal function of the immune system.
 - > Olive oil polyphenols contribute to the protection of blood lipids from oxidative stress.
 - > DHA contributes to the maintenance of normal vision.
 - > DHA and EPA contribute to the maintenance of blood triglyceride levels that are already within normal limits.
 - > DHA contributes to the maintenance of blood triglyceride levels that are already within normal limits.
 - > DHA and EPA contribute to the maintenance of blood pressure levels that are already within normal limits.
 - > Vitamin D contributes to normal blood calcium levels.
 - > Vitamin D contributes to the maintenance of normal bone health.
 - > Vitamin D contributes to the maintenance of normal muscle function.
 - > Vitamin D contributes to the maintenance of normal teeth.
 - > Vitamin D plays a role in the process of cell division.

