

BALANCEOIL TUTTI FRUTTI

KIDS POLYPHENOL OMEGA BALANCE FOOD SUPPLEMENT



PRODUCT HIGHLIGHTS

BalanceOil Tutti Frutti is an Omega supplement with a fresh, kid-friendly flavor. Our game-changing Polyphenol Omega Balance food supplement is made with an innovative blend of oils derived from wild-caught small fish and pre-harvested extra virgin olive oil for an efficient and effective absorption. The Tutti Frutti flavor makes it an easy-to-swallow formula that is suitable for the whole family. Specific recommendations for kids makes it easy to tailor to their individual Omega needs, safely restore the fatty acid balance, and support normal growth and development in children¹.

NATURAL INGREDIENTS

- ▶ Natural triglyceride fish oil
- ▶ Cold-pressed extra virgin olive oil
- ▶ Natural Vitamin D₃ from lanolin

GET BALANCED



Bring your child's Omega-6:3 ratio to 5:1 balance in 120 days with tailored dosage instructions to safely restore Omega-3 levels above the required index of 6% for children.



TEST-BASED NUTRITION

See your individualized test results before and after you start taking BalanceOil Tutti Frutti.



ULTRA-PURE

Molecularly tested for toxins to ensure freshness, safety and purity you can trust.



GROWTH AND DEVELOPMENT IN CHILDREN

Synergistic formula that contributes to children's normal growth and development¹, of the eyes²⁻⁴, brain^{5,6}, bone⁷, and to normal function of the immune system in children⁸.



CARE FOR THE FUTURE, TODAY

By choosing BalanceOil Tutti Frutti, you're supporting a balanced ocean ecosystem with a certified sustainable source of wild-caught fish.

ZINZINO

FISH AND OLIVE OIL IN PERFECT BALANCE WITH PROVEN RESULTS

The scientific formulation inside BalanceOil Tutti Frutti combines a unique fish oil grade with beneficial amounts of both Omega-3 and Omega-7, along with a scientifically certified measure of olive oil that provides polyphenols, phytonutrients, and Omega-9 in high quantities, and thus contributes to the enhanced oxidative stability of Omega-3 lipids.⁹

The polyphenols bind to the Omega-3s and act as effective antioxidants, preventing the lipids from oxidating.⁹ The polyphenols of the olive oil mimic the polyphenols naturally present in fish and transfer the fragile Omega-3 through the body until delivering them securely within the cell membranes. The polyphenols and the marine lipids collaborate in a highly synergetic way, making it possible for the body to safely absorb, adjust, and maintain the Omega-3 blood levels above the required 6% for children and 8% for adults necessary to achieve an Omega-6:3 balance below 3:1 or 5:1 for kids.

The average Omega-6:3 ratio for people not taking an Omega-3 supplement is 12:1 for Northern Europe, 15:1 for Europe, and 25:1 for USA, as revealed by researching the world's largest database of essential fatty acids, with 800,000+ tests analyzed at the independent laboratory, Vitas Analytical Services. After taking BalanceOil products for 120-days, the average ratio for most children is below 5:1 and for most adults below 3:1.

SPANISH EXTRA VIRGIN OLIVE OIL IN BALANCEOIL TUTTI FRUTTI

BalanceOil Tutti Frutti is made with extra virgin olive oil from the Spanish Picual olive which is selected for its richness in Omega-9 and very high antioxidant content. The olives are of pre-harvest quality and in the process the stones are taken out and only the fruits are cold pressed, resulting in an extra virgin oil, rich in Omega-9 (Oleic acid) with very high content of antioxidants called polyphenols (above 750 mg/kg). The polyphenols protect the BalanceOil Tutti Frutti in the bottle but even more importantly, also your cells.

EXTRA VIRGIN OLIVE OIL PHYTONUTRIENT PROFILE

Olive Polyphenols	750 mg / kilo
Hydroxytyrosol & Tyrosol	330 mg / kilo
Oleocanthal + Oleacein	490 mg / kilo
Oleuropein	64 mg / kilo
Squalene	4230 mg / kilo
Vitamin E	300 mg / kilo
Maslinic acid	100 mg / kilo

THE UNIQUE BLEND OF FISH OIL SUPPORTING GROWTH AND NORMAL BRAIN FUNCTION

The fish oil used in BalanceOil Tutti Frutti is a selectively sourced fish oil grade 20/10 EPA/DHA (vs the industry standard of 18/12), with a unique essential fatty acid profile for both Omega-3 (EPA, DHA, DPA) and Omega-7 (POA, VA). The fish oils we choose are derived from short-lived, wild-caught, small pelagic fish. Primarily, these are anchovies, but we also include sardines and mackerel. All of our oil is derived from fishing areas certified by Friend of the Sea for sustainable fishing in unpolluted waters, something that is ecologically imperative and essential when it comes to getting a high-quality oil free from heavy metals, PCBs, and other toxins.

The fish are carefully steam cooked (no chemicals or solvents are used in this process at any stage), and then the whole fish is pressed in order to retrieve the oil (approx. 3-5% of the fish). As with all fish oils, the oil needs to be refined through a 4-step process. This is done by the manufacturer, LYSI in Iceland, and it eliminates flavours, odors, and any environmental contaminants that otherwise could spoil the quality of the product. Hence our fish oil complies with all EFSA, FDA, and other strict regulations that are found around the globe. LYSI meets all regulatory quality requirements and are GMP certified for food and pharmaceutical products. Thus, the BalanceOil Tutti Frutti products are also GMP certified.

NATURAL TOCOPHEROLS

Mixed tocopherols are a commonly used antioxidant in dietary supplements. The natural tocopherols used are specifically made from GMO-free, highly refined, soybean oil distillates, which undergo further refining to ensure that they do not contain any soy proteins. This means that no allergens are present within the product. The typical composition inside BalanceOil Tutti Frutti is alpha-, beta-, gamma-, and delta-tocopherols.

PURE VITAMIN D₃

BalanceOil Tutti Frutti contains vitamin D₃ (cholecalciferol). We use a natural vitamin D₃ made from lanolin, a naturally occurring fat found in sheep's wool. The vitamin D₃ is made by dissolving a precursor to vitamin D₃ from the lanolin. It is then chemically altered and activated by exposure to ultraviolet (UV) light. The chemical process is comparable to the process which occurs in the human skin when it produces vitamin D₃ from sunlight exposure.



Norwegian Formulation. Produced in Iceland.

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KEY BENEFITS

- ▶ **Contributes to normal growth and development in children¹ since the product is a source of essential fatty acids**
- ▶ **Contributes to normal brain development^{5,6} as the daily dosage contains 285 mg DHA**
- ▶ **Contributes to a normal function of the immune system in children⁸ as the daily dosage contains 8,3 µg Vitamin D₃ (160% of NRV)**
- ▶ **Helps maintain sufficient levels of EPA and DHA in your body since the product is rich in Omega-3 fatty acids¹⁰**
- ▶ **Helps maintain optimal Omega-6:3 levels in your body since the product is rich in Omega-3 fatty acids¹⁰**
- ▶ **Supports normal visual development²⁻⁴ as the daily dosage contains 285 mg DHA**
- ▶ **Contributes to normal growth and development of bone in children⁷ since the daily dosage contains 8,3 µg Vitamin D₃**

GROWTH AND DEVELOPMENT

Essential fatty acids are needed for normal growth and development in children¹, which is beneficial to children's health. Normal growth and development requires adequate intakes of energy and all essential nutrients, including the essential fatty acids α-Linolenic acid (ALA), which can be synthesized to long chain fatty acids such as the long-chain omega-3 fatty acids, EPA and DHA. BalanceOil Tutti Frutti is a pure and fresh source of the omega-3s, delivered in the triglyceride molecular form – the form naturally found in fish, and the form your body most easily absorbs.

BRAIN FUNCTION

A key function of dietary DHA is that it contribute to the maintenance of normal brain function.⁶ For the child, their Omega-3 needs start within the womb, which is supplied from the mothers. Thus, the maternal intake of DHA contributes to normal brain development of the fetus and breastfed infants.⁵ The long-chained Omega-3 fatty acids are important for child health, and for the health of the mothers too.

THE IMMUNE SYSTEM

BalanceOil Tutti Frutti contains vitamin D₃, which is vitally important for the immune system in children, as it contributes to its normal function⁸.

EYE HEALTH

Eyes need essential fats like DHA to perform the incredible function of sight. DHA maternal intake contribute to normal development of the eye of the foetus and breastfed infants², DHA intake in infants up to 12 month contribute to normal visual development³, and in general, DHA contributes to the maintenance of normal vision⁴.

SUPPLEMENT FACTS

NUTRITION INFORMATION

Serving Size (Number of servings per package) (based on serving size recommendations)	5 ml (60)	
Average content	per 5 ml	per 100 ml
Energy	185 kJ 44 kcal	3690 kJ 882 kcal
Protein	0 g	0 g
Total Fat	5 g	99.8 g
saturated fat	1 g	20 g
trans fat	0 g	0 g
Carbohydrates	0 g	0 g
Sugar	0 g	0 g
Dietary fiber	0 g	0 g
Sodium	0 mg	0 mg
Omega-3 Fatty Acids	1000 mg	20 g
of which C20:5 (EPA)	535 mg	10.7 g
of which C22:6 (DHA)	285 mg	5.7 g
Olive oil	1700 mg	34 g
of which oleic acid (Omega-9)	1300 mg	26 g
of which polyphenols	1.5 mg	29 mg
Vitamin D	8.3 mcg	166.7 mcg

RECOMMENDED DAILY DOSAGE: Age 2–10 years (or up to 40 kg): 0.20 ml per kilo body weight. Example: A child who weighs 25 kg takes 5 ml daily. Age 11+ and adults: 0.15 ml per kilo body weight. Example Adults who weigh 80 kg takes 12 ml daily. Do not exceed recommended daily dose. Food supplements are not intended as a substitute for a balanced and varied diet and healthy lifestyle.

CAUTION: If taking blood-thinning medication, consult your doctor before using BalanceOil Tutti Frutti.

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 lower than 4 °C due to the solidification of the olive oil. The oil will clear at room temperature. Keep out of reach of children.

INGREDIENTS: Fish oils (from anchovy, mackerel, sardine), extra virgin olive oil, tocopherol-rich extract (antioxidants), Tutti Frutti flavor, vitamin D₃ (cholecalciferol).

GMO-FREE: Our products are GMO-free (i.e. free of genetically modified organisms).

ZINZINO POLYPHENOL BLEND: Hydroxytyrosol, tyrosol, oleuropein, oleocanthal and flavonoids.

ZINZINO BALANCE BLEND: Omega-3 (EPA, DHA, DPA), Omega-7, Omega-9 and vitamin D₃.

CONTENT: 300 ml

BALANCEOIL TUTTI FRUTTI

HEALTH CLAIMS (EFSA)

¹ EFSA, Essential fatty acids are needed for normal growth and development of children., in Art.14(1)(b) - Children's Health and Development Claims. Information to the consumer that the beneficial effect is obtained with a daily intake of 2 g of α -linolenic acid (ALA) and a daily intake of 10 g of linoleic acid (LA).

² EFSA, Docosahexaenoic acid (DHA) maternal intake contributes to the normal development of the eye of the foetus and breastfed infants., in Art.14(1)(b) - Children's Health and Development Claims. Information shall be given to pregnant and lactating women that the beneficial effect is obtained with a daily intake of 200 mg of DHA in addition to the recommended daily intake for omega-3 fatty acids for adults, i.e.: 250 mg DHA and eicosapentaenoic acid (EPA). The claim can be used only for food which provides a daily intake of at least 200 mg DHA

³ EFSA, Docosahexaenoic acid (DHA) intake contributes to the normal visual development of infants up to 12 months of age., in Art.14(1)(b) - Children's Health and Development Claims. Information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 100 mg of DHA. When the claim is used on follow-on formula, the food shall contain at least 0,3 % of the total fatty acids as DHA.

⁴ EFSA, Docosahexaenoic acid (DHA) contributes to the maintenance of normal vision., in Art.13(1) - General Function Health Claims. The claim may be used only for food which contains at least 40 mg of DHA per 100 g and per 100 kcal. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 250 mg of DHA.

⁵ EFSA, Docosahexaenoic acid (DHA) maternal intake contributes to the normal brain development of the foetus and breastfed infants., in Art.14(1)(b) - Children's Health and Development Claims. Information shall be given to pregnant and lactating women that the beneficial effect is obtained with a daily intake of 200 mg of DHA in addition to the recommended daily intake for omega-3 fatty acids for adults, i.e.: 250 mg DHA and EPA. The claim can be used only for food which provides a daily intake of at least 200 mg DHA

⁶ EFSA, Docosahexaenoic acid (DHA) contributes to maintenance of normal brain function., in Art.13(1) - General Function Health Claims. The claim may be used only for food which contains at least 40 mg of DHA per 100 g and per 100 kcal. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 250 mg of DHA.

⁷ EFSA, Vitamin D is needed for normal growth and development of bone in children., in Art.14(1)(b) - Children's Health and Development Claims. The claim can be used only for food which is at least a source of Vitamin D as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.

⁸ EFSA, Vitamin D contributes to the normal function of the immune system in children., in Art.14(1)(b) - Children's Health and Development Claims. The claim may be used only for food which is at least a source of vitamin D as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.

⁹ EFSA, Olive oil polyphenols contribute to the protection of blood lipids from oxidative stress., in Art.13(1) - General Function Health Claims. The claim may be used only for olive oil which contains at least 5 mg of hydroxytyrosol and its derivatives (e.g. oleuropein complex and tyrosol) per 20 g of olive oil. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 20 g of olive oil.

¹⁰ EFSA, High omega-3 fatty acids., in Permitted nutrition claims in Annex of Regulation (EC) No 1924/2006. The product contains at least 0.6g α -linolenic acid per 100g AND per 100kcal, or at least 80mg of the sum of eicosapentaenoic acid and docosahexaenoic acid per 100g AND per 100kcal.

平衡油混合水果味

儿童多酚欧米茄类脂肪酸平衡营养补充品



产品亮点

平衡油混合水果味是一款口味清新、适宜儿童的欧米茄类脂肪酸补充品。这款多酚欧米茄类脂肪酸平衡营养补充品独辟蹊径，从野生捕获的小鱼和早收特级初榨橄榄油中提取油分，吸收高效且有效。混合水果口味易于吞咽，适合全家老少。量身定制，特别推荐儿童服用，满足儿童欧米茄类脂肪酸营养需求，安全恢复脂肪酸平衡，支持儿童正常成长发育¹。

天然成分

- ▶ 天然甘油三酯鱼油
- ▶ 特级冷压初榨橄榄油
- ▶ 羊毛脂天然萃取维生素 D₃

均衡调理



儿童体内的欧米茄 6:3 比例可在 120 天内实现 5:1 平衡，量身定制剂量说明，安全恢复儿童欧米茄-3 水平至 6% 的指标以上。



营养功效经过验证

观察您个人服用平衡油混合水果味前后的效果。



超纯

经过分子毒素检测，确保新鲜性、安全性和纯度值得信赖。



儿童成长发育

采用综合增效配方，实现协同作用，有助于儿童正常成长发育¹ 眼睛²⁻⁴、大脑^{5,6}和骨骼⁷，维持儿童免疫系统的正常机能⁸。



普惠当下，关怀未来

平衡油混合水果味选用具有可持续认证的野生捕捞鱼类作为原材料，选择平衡油即是在支持海洋生态平衡保护事业。

ZINZINO

鱼油搭配橄榄油，平衡营养上佳组合，效果久经验证

平衡油混合水果味配比科学，鱼油成分富含有益人体的欧米茄-3 和欧米茄-7，橄榄油添加经过科学认证，多酚、植物营养素和欧米茄-9 含量高，有助于增强欧米茄-3 脂质的氧化稳定性。⁹

多酚与欧米茄-3 结合，有力充当抗氧化剂，防止脂质氧化。⁹橄榄油多酚模拟鱼类体内的天然多酚类物质，安全输送稳定性较低的欧米茄-3，经过全身直至抵达细胞膜中。多酚和海洋脂质紧密协同作用，让人体安全吸收、调整并维持欧米茄-3 高于 6%（儿童）/8%（成人）的标准血中浓度水平，以实现欧米茄 6: 3 平衡比例低于 3: 1（儿童为 5: 1）。

通过研究全世界最大的必需脂肪酸数据库，独立实验室 Vitas Analytical Services 分析 80 余万项测试结果后发现，北欧未摄入欧米茄-3 补充剂人群的平均欧米茄 6: 3 比例为 12: 1，全欧洲为 15: 1，美国为 25: 1。服用平衡油产品 120 天后，大部分儿童的平均比例降至 5: 1 以下，成人降至 3: 1 以下。

平衡油混合水果味中添加西班牙特级初榨橄榄油

平衡油混合水果味中使用的特级初榨橄榄油精选西班牙皮夸尔橄榄，因其富含欧米茄-9 和高抗氧化成分。所选橄榄为早收品质，果实经过石磨冷压得到富含欧米茄-9（油酸）的初榨橄榄油，其中抗氧化多酚类物质含量极高（每公斤超过 750 毫克）。多酚类物质不仅可以保护瓶中的平衡油混合水果味免受氧化，更能给机体细胞带来重要的抗氧化保护。

特级初榨橄榄油植物营养素含量

橄榄多酚	750 毫克/公斤
羟基醇和醇	330 毫克/公斤
橄榄油刺激醛 + Oleacein	490 毫克/公斤
橄榄苦苷	64 毫克/公斤
角鲨烯	4230 毫克/公斤
维生素 E	300 毫克/公斤
山楂酸	100 毫克/公斤

独特鱼油配比呵护成长和大脑正常机能

平衡油混合水果味产品选用的鱼油为精选等级 20/10 EPA/DHA 鱼油（优于行业标准 18/12），必需脂肪酸欧米茄-3（EPA、DHA、DPA）和欧米茄-7（POA、VA）配比独特。我们选用的鱼油来自寿命较短的野生远洋小型鱼。以鲱鱼为主，但也包含沙丁鱼和鲭鱼。鱼油原料均来自海洋之友认证的无污染水域可持续捕捞渔区，优质油料不含重金属、多氯联苯和其他毒素，生态意义深远且势在必行。全鱼经过蒸制（期间各阶段均不使用化学品或溶剂），而后完整压榨，提取油分（约占全鱼重量的 3%-5%）。和所有同类原料一样，鱼油需要经过 4 步精炼。这一流程由冰岛制造商 LYSI 负责，消除了味道、气味和任何可能破坏产品质量的环境污染物。因此，我们的鱼油符合欧洲食品安全局(EFSA)、美国食品药品监督管理局 (FDA) 及全球其他严格规定。LYSI 全面遵守质量监管要求，已通过食品和药品生产质量管理规范 (GMP) 认证。因此，平衡油混合水果味产品也通过了 GMP 认证。

天然生育酚

混合生育酚是膳食补充剂中常用的抗氧化剂。所使用的天然生育酚经过专门挑选，来自高精炼非转基因大豆油馏分，经过深度精炼，确保不含任何大豆蛋白。这就意味着产品不存在任何过敏原。平衡油混合水果味的主要成分包括 α-生育酚、β-生育酚、γ-生育酚和 δ-生育酚。

纯维生素 D₃

平衡油混合水果味含有维生素 D₃（胆钙化醇）。我们采用天然维生素 D₃，采自羊毛中天然存在的脂肪羊毛脂。这种维生素 D₃ 通过将羊毛脂中的维生素 D₃ 前体溶解而得。当它暴露于紫外线下时就会发生化学变化并被激活。这种化学反应与人体皮肤经阳光照射产生维生素 D₃ 的过程相似。

主要益处

- ▶ 有助于儿童正常成长发育¹，因为该产品是必需脂肪酸的来源
- ▶ 有助于维持大脑正常发育^{5,6}，因为每日剂量包含 285 毫克 DHA
- ▶ 有助于儿童免疫系统机能正常⁸，因为每日剂量包含 8.3 微克维生素 D₃ (NRV 160%)
- ▶ 有助于维持体内 EPA 和 DHA 充足，因为产品富含欧米茄-3 脂肪酸¹⁰
- ▶ 有助于维持体内欧米茄 6: 3 适宜水平，因为产品富含欧米茄-3 脂肪酸¹⁰
- ▶ 支持正常视力发育²⁻⁴，因为每日剂量包含 285 毫克 DHA
- ▶ 有助于儿童骨骼正常生长发育⁷，因为每日剂量包含 8.3 微克维生素 D₃

成长发育

儿童正常成长发育需要有益儿童健康的必需脂肪酸¹。正常成长发育需要摄入足够的能量和所有必需营养素，包括必需脂肪酸α-亚麻酸(ALA)，它能合成长链欧米茄-3 脂肪酸、EPA、DHA 等长链脂肪酸。平衡油混合水果味配方精纯，口味清新，富含欧米茄-3 脂肪酸并以甘油三酯分子形态提供——这种形态自然存在于鱼类中，最易被人体吸收。

大脑机能 膳食 DHA 的一大功能在于维持正常的大脑机能。⁶儿童对欧米茄-3 的需求始于胎儿阶段，期间欧米茄-3 由母体提供。因此，母体摄入 DHA 有助于胎儿和母乳喂养婴儿的大脑正常发育。⁵欧米茄-3 长链脂肪酸对亲子两代人的健康都非常重要。

免疫系统

平衡油混合水果味含有维生素 D₃，它对于维持儿童免疫系统的正常机能有着非常重要的作用⁸。

眼部健康

眼睛需要像 DHA 这样的必需脂肪，才能施展视物能力。母体摄入 DHA 有助于胎儿和母乳喂养婴儿的眼睛正常发育²，12 个月以内婴儿摄入 DHA 有助于视力正常发育³，总体而言，DHA 有助于维持正常视力⁴。

营养成分

营养资料

食用份量（每包装所含食用份量数目） （基于份量建议）	5 毫升 (60)	
平均含量	每 5 毫升	每 100 毫升
能量	185 千焦 44 千卡	3690 千焦 882 千卡
蛋白质	0 克	0 克
总脂肪	5 克	99.8 克
饱和脂肪	1 克	20 克
反式脂肪	0 克	0 克
碳水化合物	0 克	0 克
糖	0 克	0 克
膳食纤维	0 克	0 克
钠	0 毫克	0 毫克
Omega-3 脂肪酸	1000 毫克	20 克
EPA	535 毫克	10.7 克
DHA	285 毫克	5.7 克
橄榄油	1700 毫克	34 克
油酸 (Omega-9)	1300 毫克	26 克
橄榄多酚	1.5 毫克	29 毫克
维生素 D	8.3 微克	166.7 微克

每日推荐剂量：2-10 岁（或不超过 40 公斤）：每公斤体重服用 0.20 毫升。例如：体重 25 公斤的儿童每天服用 5 毫升。11 岁以上和成人：每公斤体重服用 0.15 毫升。例如，体重 80 公斤的成年人每天服用 12 毫升。请勿超过每日推荐剂量。营养补充品不可替代均衡多样的膳食和健康的生活方式。

注意事项：如果正在服用血液稀释药物，请在服用平衡油混合水果味前咨询自己的医生。

保存方式：将未开封的产品室温保存在避光干燥处或冷藏保存。开封后须冷藏保存并在 45 天内服用完。由于橄榄油的凝固属性，平衡油在低于 4°C 时会变得浑浊。平衡油在室温下为澄清状。避免儿童接触。

成分：鱼油（源自鲱鱼、鲭鱼、沙丁鱼）、特级初榨橄榄油、富含生育酚的提取物（抗氧化剂）、混合水果香料、维生素 D₃（胆钙化醇）。

无转基因成分：我们的产品无转基因成分（即不含基因改造生物）。

ZINZINO POLYPHENOL BLEND: 羟基酪醇、酪醇、橄榄苦苷、刺激醛和类黄酮。

ZINZINO BALANCE BLEND: 欧米茄-3 (EPA、DHA、DPA)、欧米茄-7、欧米茄-9 和维生素 D₃。

含量：300 毫升

平衡油混合水果味保健功效声明 (EFSA)

¹ EFSA, 必需脂肪酸是儿童正常成长发育所需, 见条目 14(1)(b): 儿童健康和发育功效声明。告知消费者每日摄入 2 克 α -亚麻酸 (ALA) 和 10 克亚油酸 (LA) 的有益功效。

² EFSA, 母体摄入二十二碳六烯酸 (DHA) 有助于胎儿和母乳喂养婴儿的眼睛正常发育, 见条目 14(1)(b): 儿童健康和发育功效声明。应告知妊娠期和哺乳期的女性, 为了达到有益功效, 每日除服用 200 毫克 DHA 外, 还建议摄入成人欧米茄-3 脂肪酸, 即 250 毫克 DHA 和二十碳五烯酸 (EPA)。此声明仅可用于每日摄入量能提供至少 200 毫克 DHA 的食物。

³ EFSA, 摄入二十二碳六烯酸 (DHA) 有助于 12 个月以内婴儿的正常视力发育, 见条目 14(1)(b): 儿童健康和发育功效声明。应告知消费者, 每日摄入 100 毫克 DHA 才能获得相应保健功效。当此声明用于 6-12 个月婴儿的配方时, 食物总脂肪酸含量中应至少有 0.3% 为 DHA。

⁴ EFSA, 摄入二十二碳六烯酸 (DHA) 有助于维持正常视力, 见条目 13(1): 整体机能保健功效声明。此声明仅可用于每 100 克和每 100 千卡中至少含有 40 毫克 DHA 的食物。为履行声明责任, 应告知消费者, 每日摄入 250 毫克 DHA 才能获得相应保健功效。

⁵ EFSA, 母体摄入二十二碳六烯酸 (DHA) 有助于胎儿和母乳喂养婴儿的大脑正常发育, 见条目 14(1)(b): 儿童健康和发育功效声明。应告知妊娠期和哺乳期的女性, 为了达到有益功效, 每日除服用 200 毫克 DHA 外, 还建议摄入成人欧米茄-3 脂肪酸, 即 250 毫克 DHA 和 EPA。此声明仅可用于每日摄入量能提供至少 200 毫克 DHA 的食物。

⁶ EFSA, 摄入二十二碳六烯酸 (DHA) 有助于维持正常大脑机能, 见条目 13(1): 整体机能保健功效声明。此声明仅可用于每 100 克和每 100 千卡中至少含有 40 毫克 DHA 的食物。为履行声明责任, 应告知消费者, 每日摄入 250 毫克 DHA 才能获得相应保健功效。

⁷ EFSA, 维生素 D 是儿童骨骼正常生长发育所需, 见条目 14(1)(b): 儿童健康和发育功效声明。此声明仅可用于至少为《欧盟 1924/2006 条例执行细则》(Annex to Regulation 1924/2006) 中所列 [维生素名称] 和/或 [矿物质名称] 来源声明中提及的一种含维生素 D 的食物。

⁸ EFSA, 维生素 D 有益于儿童免疫系统机能正常, 见条目 14(1)(b): 儿童健康和发育功效声明。此声明仅可用于至少为《欧盟 1924/2006 条例执行细则》(Annex to Regulation 1924/2006) 中所列 [维生素名称] 和/或 [矿物质名称] 来源声明中提及的一种含维生素 D 的食物。

⁹ EFSA, 橄榄油多酚有助于保护血脂对抗氧化应激, 见条目 13(1): 整体机能保健功效声明。此声明仅可用于每 20 克至少含有 5 毫克羟基酪醇及其衍生物 (如橄榄苦苷复合物和酪醇) 的橄榄油。为履行声明责任, 应告知消费者, 每日摄入 20 克橄榄油才能获得相应保健功效。

¹⁰ EFSA, 高含量欧米茄-3 脂肪酸, 如《欧盟 1924/2006 条例执行细则》(Annex to Regulation [EC] No 1924/2006) 容许的营养宣称中所列, 产品每 100 克和每 100 千卡至少含有 0.6 克 α -亚麻酸, 或者每 100 克和每 100 千卡至少含有 80 毫克总量的二十碳五烯酸和二十二碳六烯酸。