

# 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 children<sup>1</sup>.

### NATURAL INGREDIENTS

- ▶ Natural triglyceride fish oil
- ▶ Cold-pressed extra virgin olive oil
- ▶ Natural Vitamin D<sub>3</sub> 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 development<sup>1</sup>, of the eyes<sup>2-4</sup>, brain<sup>5,6</sup>, bone<sup>7</sup>, and to normal function of the immune system in children<sup>8</sup>.



### 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.

## 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.<sup>9</sup>

The polyphenols bind to the Omega-3s and act as effective antioxidants, preventing the lipids from oxidating.<sup>9</sup> 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 D<sub>3</sub>

BalanceOil Tutti Frutti contains vitamin D<sub>3</sub> (cholecalciferol). We use a natural vitamin D<sub>3</sub> made from lanolin, a naturally occurring fat found in sheep's wool. The vitamin D<sub>3</sub> is made by dissolving a precursor to vitamin D<sub>3</sub> 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 D<sub>3</sub> from sunlight exposure.

## KEY BENEFITS

- ▶ **Contributes to normal growth and development in children<sup>1</sup> since the product is a source of essential fatty acids**
- ▶ **Contributes to normal brain development<sup>5,6</sup> as the daily dosage contains 285 mg DHA**
- ▶ **Contributes to a normal function of the immune system in children<sup>8</sup> as the daily dosage contains 8,3 µg Vitamin D<sub>3</sub> (160% of NRV)**
- ▶ **Helps maintain sufficient levels of EPA and DHA in your body since the product is rich in Omega-3 fatty acids<sup>10</sup>**
- ▶ **Helps maintain optimal Omega-6:3 levels in your body since the product is rich in Omega-3 fatty acids<sup>10</sup>**
- ▶ **Supports normal visual development<sup>2-4</sup> as the daily dosage contains 285 mg DHA**
- ▶ **Contributes to normal growth and development of bone in children<sup>7</sup> since the daily dosage contains 8,3 µg Vitamin D<sub>3</sub>**

### GROWTH AND DEVELOPMENT

Essential fatty acids are needed for normal growth and development in children<sup>1</sup>, 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.<sup>6</sup> 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.<sup>5</sup> 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 D<sub>3</sub>, which is vitally important for the immune system in children, as it contributes to its normal function<sup>8</sup>.

### 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 infants<sup>2</sup>, DHA intake in infants up to 12 month contribute to normal visual development<sup>3</sup>, and in general, DHA contributes to the maintenance of normal vision<sup>4</sup>.

## SUPPLEMENT FACTS

### EACH mL CONTAINS:

Colecalciferol 1.68 micrograms  
Fish oil rich in Omega-3- acids 552.27 mg  
Equivalent to eicosapentaenoic acid (EPA) 106.93 mg  
Equivalent to docosahexaenoic acid (DHA) 56.93 mg  
Olive Oil 340.93 mg  
Equivalent to Omega-9 255.73 mg  
Equivalent to Polyphenols 293.3 micrograms

Maintain/support bone health

Maintain/support healthy eyesight/vision

Maintains healthy immune system function

Supports brain function

**INGREDIENTS:** Fish oils (from anchovy, mackerel, sardine), cold pressed olive oil, antioxidant (tocopherols), Tutti Frutti flavour, cholecalciferol.

**RECOMMENDED DAILY DOSAGE:** Serving size is based on weight: 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, 100 kg and above: 15 mL daily, or as recommended by your healthcare practitioner. Do not exceed recommended daily dose one serve.

**WARNING:** Vitamin and/or mineral supplements should not replace a balanced diet. **Contains: Fish**

**STORAGE:** Store unopened bottles in a dark dry place at room temperature below 30 °C or in refrigerator. Store opened bottles in 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. Do not use if tamper seal is missing or broken.

**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 D<sub>3</sub>.

**CONTENT:** 300 ml

## BALANCEOIL TUTTI FRUTTI HEALTH CLAIMS (EFSA)

<sup>1</sup> 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  $\alpha$ -linolenic acid (ALA) and a daily intake of 10 g of linoleic acid (LA).

<sup>2</sup> 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

<sup>3</sup> 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.

<sup>4</sup> 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.

<sup>5</sup> 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

<sup>6</sup> 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.

<sup>7</sup> 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.

<sup>8</sup> 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.

<sup>9</sup> 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.

<sup>10</sup> 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  $\alpha$ -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.