

# BALANCEOIL TUTTI FRUTTI

OMEGA-3 FOOD SUPPLEMENT WITH EPA, DHA, POLYPHENOLS  
AND A KID-FRIENDLY TASTE



## PRODUCT HIGHLIGHTS

Our unique, third-party tested Omega supplement in an easy-to-swallow, tutti frutti-flavored formula. This blend of pure, high-grade fish oil rich in EPA and DHA, combined with naturally bioactive antioxidants in premium extra-virgin olive oil, keeps the Omega-3s fresh, potent, and easily absorbed to support your child's normal immune<sup>8</sup>, eye<sup>2</sup> and brain<sup>5</sup> function.

BalanceOil Tutti Frutti has been awarded the prestigious Superior Taste Award by the International Taste Institute – evaluated by professionals for its exceptional flavor, with special praise for the pleasant taste and fruity aroma.

## NATURALLY DERIVED INGREDIENTS

- ▶ Natural triglyceride fish oil
- ▶ Cold-pressed extra virgin olive oil
- ▶ Vitamin D<sub>3</sub> derived from a natural source of lanolin



### GET BALANCED

Bring your child's Omega-6:3 level into balance in 120 days.



### TEST-BASED NUTRITION

See your child's individualized test results before and after they 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 containing essential fatty acids, EPA, DHA and Vitamin D<sub>3</sub> 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.

ZINZINO

## A PERFECT BALANCE OF FISH AND OLIVE OIL 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>

Specific recommendations for kids makes it easy to tailor to their individual Omega needs and safely reach the fatty acid balance. Contains essential fatty acids (ALA) that support normal growth and development in children<sup>1</sup>.

The polyphenols bind to the Omega-3s and act as effective anti-oxidants, 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 for adults 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.

### 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 early 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<sup>9</sup>

### 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	4.230 mg / kilo
Vitamin E	300 mg / kilo
Maslinic acid	100 mg / kilo

## THE UNIQUE BLEND OF FISH OIL CONTAINING EPA AND DHA THAT SUPPORTS GROWTH, NORMAL HEART AND 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.

### NATURALLY DERIVED TOCOPHEROLS

Mixed tocopherols are commonly used antioxidants in dietary supplements. The natural tocopherol-rich extracts used in BalanceOil Tutti Frutti are specially made from GMO-free, highly refined soybean oil distillates, which are further refined and therefore do not contain soy proteins. This means that there are no allergens from soy present in the product. The typical composition of BalanceOil Tutti Frutti is alpha, beta, gamma and delta tocopherols.

### VITAMIN D<sub>3</sub>

BalanceOil Tutti Frutti contains vitamin D<sub>3</sub> (cholecalciferol). We use a naturally derived 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> as the product contains 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>2,3,4</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

In order to grow and develop normally, children need essential fatty acids<sup>1</sup>, which are beneficial for children's health. Normal growth and development require adequate intake of energy and all essential nutrients, including the essential fatty acids linolenic acid (ALA), which can be synthesized into long-chain fatty acids such as Omega-3 fatty acids EPA and DHA. BalanceOil Tutti Frutti is a pure and fresh source of Omega-3, delivered in triglyceride molecular form – the form found naturally in fish and the form your body absorbs most easily.

### BRAIN FUNCTION

A key function of nutritional DHA is that it contributes to the maintenance of normal brain function.<sup>6</sup>

### 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 fatty acids like DHA to develop good vision function. Maternal intake of DHA contributes to normal eye development in the foetus and breastfed infants<sup>2</sup>, intake of DHA in infants up to 12 months of age contributes to normal vision development<sup>3</sup> and in general, DHA contributes to the maintenance of normal vision.

## SUPPLEMENT FACTS

Nutritional value and contents in:	5 ml
Fish oil	2 761 mg
Omega-3 fatty acids	1 033 mg
of which C20:5 (EPA)	535 mg
of which C22:6 (DHA)	285 mg
Olive oil	1 705 mg
of which oleic acid (Omega-9)	1 279 mg
of which polyphenols	1.5 mg
Vitamin D <sub>3</sub> (167% NRV*)	8.3 µg
*Nutrient reference values (NRV)	

**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, varied diet and a healthy lifestyle.

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

**STORAGE:** Store unopened bottles in a dark dry place at room temperature. 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.

**INGREDIENTS:** Fish oils (from anchovy, mackerel, sardine), extra virgin olive oil, antioxidants (tocopherol-rich extract), Tutti Frutti flavor, vitamin D<sub>3</sub> (cholecalciferol).

**ZINZINO POLYPHENOL BLEND:** Hydroxytyrosol, tyrosol, oleuropein, oleocanthal, 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 (EU)

<sup>1</sup> Essential fatty acids are needed for normal growth and development of children (requires a daily intake of 2 g of  $\alpha$ -linolenic acid (ALA) and a daily intake of 10 g of linoleic acid (LA)) (Balance Oil Tutti frutti contains 162 mg ALA and LA per 5ml daily dose).

<sup>2</sup> Docosahexaenoic acid (DHA) maternal intake contributes to the normal development of the eye of the foetus and breastfed infants (requires a daily intake of 200 mg of DHA on top of a 250 mg of DHA and EPA for pregnant and lactating women).

<sup>3</sup> Docosahexaenoic acid (DHA) intake contributes to the normal visual development of infants up to 12 months of age (requires a daily intake of 100 mg of DHA).

<sup>4</sup> Docosahexaenoic acid (DHA) contributes to the maintenance of normal vision in the general population (requires a daily intake of 250 mg of DHA).

<sup>5</sup> Docosahexaenoic acid (DHA) maternal intake contributes to the normal brain development of the foetus and breastfed infants (requires a daily intake of 200 mg of DHA on top of a 250 mg of DHA and EPA for pregnant and lactating women). DHA contributes to normal brain development of children (requires 250 mg DHA daily for children 2-18 years old).

<sup>6</sup> Docosahexaenoic acid (DHA) contributes to maintenance of normal brain function (requires a daily intake of 250 mg of DHA).

<sup>7</sup> Vitamin D is needed for normal growth and development of bone in children.

<sup>8</sup> Vitamin D contributes to the normal function of the immune system in children.

<sup>9</sup> Olive oil polyphenols contribute to the protection of blood lipids from oxidative stress. This beneficial effect is obtained with a daily intake of 20 g of olive oil containing at least 5 mg of hydroxytyrosol and its derivatives (e.g., oleuropein complex and tyrosol). The olive oil used in BalanceOil contains ~6.6 mg hydroxytyrosol and derivatives per 20 g. A daily dose (5 ml) of BalanceOil Tutti Frutti provides ~1,7 g olive oil.

<sup>10</sup> High Omega-3 fatty acids. Contains at least 0.6 g  $\alpha$ -linolenic acid per 100 g AND per 100 kcal, or at least 80 mg of the sum of eicosapentaenoic acid and docosahexaenoic acid per 100 g AND per 100 kcal.