

# BALANCEOIL+ VEGAN

ALL-NATURAL POLYPHENOL OMEGA BALANCE FOOD SUPPLEMENT



## HIGHLIGHTS REGARDING BALANCEOIL+ VEGAN

A synergistic blend of marine micro-algae oil high in EPA, DHA and DPA, extra virgin pre-harvest olive oil high in OA and polyphenols, echium seed oil high in SDA, ALA and GLA, and vegan vitamin D<sub>3</sub>.

Our BalanceOil+ Vegan helps protect cells from rusting (oxidation) and safely adjusts your Omega-6:3 ratio, supporting normal brain<sup>1</sup> and heart<sup>2</sup> function and the immune<sup>3</sup> system.

**Contents:** 300 ml

## ALL-NATURAL INGREDIENTS

- ▶ Cold-pressed extra virgin olive oil
- ▶ Marine algae oil from *Schizochytrium sp.*
- ▶ Cold-pressed echium seed oil
- ▶ Vitamin D<sub>3</sub> derived from lichen



### POLYPHENOL PROTECTION

Protect your cells from rusting (oxidation). Olive oil polyphenols contribute to the protection of blood lipids from oxidative damage.<sup>4</sup>



### GET BALANCED

Bring your Omega-6:3 ratio to 3:1 balance in 120 days.



### TEST-BASED NUTRITION

See your individualized before and after test results.



### ULTRA-PURE

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



### NEXT GEN NUTRITION

Synergistic formula that contributes to normal heart,<sup>2</sup> brain<sup>1</sup> and immune<sup>3</sup> function.



### VEGAN

Synergistic blend of all-natural and purely vegan ingredients, and registered with The Vegan Society.

ZINZINO

## SUPPLEMENT FACTS

### NUTRITION INFORMATION

	7.5 mL	12 mL	
Serving size (Based on Serving Suggestions)	7.5 mL	12 mL	
Servings per pack	40	25	
Average Quantity	Per 7.5 mL	Per 12.0 mL	Per 100 mL
Energy	258 kJ 61 kcal	413 kJ 98 kcal	3342 kJ 820 kcal
Protein	0 g	0 g	0 g
Fat, total	7 g	11.2 g	93.3 g
saturated fat	1.2 g	1.9 g	16 g
Carbohydrate	0 g	0 g	0 g
sugars	0 g	0 g	0 g
Dietary fibre	0 g	0 g	0 g
Sodium	0 mg	0 mg	0 mg
Omega-3 Fatty Acids	1764 mg	2822 mg	24 g
EPA	492 mg	797 mg	6.6 g
DHA	716 mg	1146 mg	9.5 g
DPA	115 mg	184 mg	1533 mg
Echium oil	968 mg	1550 mg	12917 mg
SDA	130 mg	209 mg	1742 mg
ALA	310 mg	496 mg	4133 mg
GLA	101 mg	6377 mg	1350 mg
Olive Oil	2557 mg	4091 mg	53 g
of which oleic acid (Omega-9)	3279 mg	5247 mg	44 g
of which Olive Polyphenols	3.4 mg	5.5 mg	46 g
Vitamin D	12.6 mcg	20 mcg	166.7 mcg

**SUGGESTED USE:** 0.15 ml x kilo body weight. Adjust serving size based on body weight. Adults with body weight 50 kg: 7.5 mL daily. Adults with body weight 80 kg: 12 mL daily. Do not exceed recommended daily dose. Food supplements are not intended as a substitute for a balanced and varied diet.

**INGREDIENTS:** Cold-pressed olive oil, algae oil from the micro-algae *Schizochytrium sp.*, refined echium oil, flavor (natural lemon flavor), antioxidants (tocopherol-rich extract), vitamin D<sub>3</sub> (cholecalciferol derived from plant extract).

**CAUTION:** A doctor or nurse should be consulted before taking the product if you are taking blood-thinning medication.

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

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

**ZINZINO BALANCE BLEND:** Omega-3 (EPA, DHA, ALA, SDA, DPA), Omega-9 and Vitamin D<sub>3</sub>.

**NATURAL:** BalanceOil+ Vegan is made only from ingredients coming from natural sources.

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

### ALGAE OIL

The oil derived from the marine microalgae *Schizochytrium sp.* is rich in the Omega-3 fatty acids Eicosapentaenoic acid (EPA) and Docosahexaenoic acid (DHA). This is the first vegetarian EPA/DHA product available that provides a bio-alternative to traditional fish oils. Produced in an FDA-inspected and rigorously controlled facility in the USA, it is a concentrated and consistent product.

PATENT PENDING

 Norwegian Formulation. Produced in Norway.

### ECHIUM OIL

The cold-pressed echium seed oil is treated in a low temperature cleansing process where it is refined, bleached, deodorized and winterized to give it a clear pale yellowish look and neutral smell. It is GMO-free, rich in the Omega-3 fatty acids Omega-3 SDA and ALA, as well as the Omega-6 fatty acid GLA. A superb choice for vegetarians and vegans, echium seed oil has an ideal fatty acid profile. Firstly, it contains twice as much Omega-3 as Omega-6, and can therefore help to balance the Omega-6 to Omega-3 ratio. This is in contrast with most vegetarian oils, which contain excessive Omega-6's. Secondly, echium seed oil contains the rare Omega-3 fatty acid SDA, which is converted five times better to EPA in the body than the typical plant Omega-3 ALA, e.g. in flaxseed. But there is more. Echium seed oil also contains the valuable Omega-6 fatty acid GLA.

### EXTRA VIRGIN OLIVE OIL

The Spanish Picual olive is selected due to 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 amounts of antioxidants called polyphenols (above 750 mg/kg<sup>5</sup>), both with several beneficial effects.<sup>6</sup> The polyphenols protect the BalanceOil+ Vegan in the bottle but even more importantly, also your cells.<sup>4</sup>

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

Our exclusive vegan vitamin D<sub>3</sub> (cholecalciferol) comes from a special, organically grown, plant source called lichen. It can accumulate large levels of useful nutrients, including vitamin D<sub>3</sub>. The vitamin D<sub>3</sub> is extracted, and then some coconut oil is added to it. The vitamin D<sub>3</sub> is vegan-certified and of course GMO-free.

### NATURAL TOCOPHEROLS

Mixed tocopherols are commonly used antioxidants in dietary supplements. The natural tocopherols used are made from GMO-free, highly refined soy bean oil distillates, which undergo further refining and therefore do not contain any soy proteins. This means there are no allergens present. The typical composition is: alpha-, beta-, gamma- and delta-tocopherols.

## VEGAN HEALTH

Now everyone can get into balance! Vegan diets are often richer in some nutrients such as fiber, vitamin C and phytochemicals. But, these diets often lack some essential nutrients, including vitamin D and Omega-3 fats. This means that it is difficult for vegans and vegetarians to get into Omega-6:3 Balance, and equally difficult to ensure they consume enough EPA and DHA to get the EFSA-approved benefits of these nutrients. In population studies, it is shown that vegans have lower blood concentrations of Omega-3 fatty acids than those eating animal-based foods.

For a vegan, these essential Omega-3 EPA and DHA fatty acids can be obtained by eating fortified foods or carefully selecting a diet containing these nutrients, but it's not easy. Supplementing with ALA has very little effect on increasing blood DHA concentrations because even though ALA can be converted into EPA and DHA in your body, this conversion is quite inefficient. The typical conversion rates are below 5% in women, and below 2% in men, so the problem remains.

But now there is an easy solution for all vegans, vegetarians and actually anybody who wants an alternative to fish oils. Fish get their Omega-3's from cold water marine algae. These algae provide pure long-chain Omega-3's that can be extracted and consumed by humans.

BalanceOil+ Vegan contains this marine algae oil with Omega-3 (EPA and DHA), and echium seed oil rich in Omega-3 (SDA and ALA), Omega-6 (GLA) and Omega-9 (OA). It also contains the extra virgin pre-harvest olive oil rich in Omega-9 (OA) and with very high levels of polyphenols. It has a fair amount of the so important vitamin D from a 100% vegan source.

As a result, our vegan oil offers you all the benefits of our regular BalanceOil+ made from fish oil. BalanceOil+ Vegan is tested, protected, effective and safely adjusts and maintains EPA+DHA levels and the Omega-6:3 Balance in your body. Finally, everyone can get into balance!

## PROOF OF BALANCE IN 120 DAYS

Our certified laboratories are responsible for analyzing the dried blood spot tests for eleven fatty acids in the blood, making our database the world's largest of its kind. 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 the USA. After taking BalanceOil products for 120 days, the average ratio for most people is below 3:1.

## BRAIN FUNCTION

EPA and DHA have approved health claims for maintaining normal brain function<sup>1</sup>. For pregnant and lactating women, DHA contributes to the normal brain development of the fetus and breastfed infants.<sup>1</sup> The long-chained Omega-3 fatty acids are important for our health, and for the health of the next generation, too.

## HEART FUNCTION

EPA and DHA have approved health claims for heart health. They contribute to the normal function of the heart.<sup>2</sup>

## IMMUNE SYSTEM

BalanceOil+ Vegan contains vitamin D<sub>3</sub>, vitally important for the immune system as it contributes to its normal function.<sup>3</sup>

## OXIDATION PROTECTION

Hydroxytyrosol from olives contributes to the protection of blood lipids from oxidative damage when the daily dose is 5 mg or more.<sup>4</sup> Lipids are fat-like substances found in your blood and body tissues, such as cholesterol or triglycerides which are important for our heart health.

## KEY BENEFITS

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- ▶ **Contributes to normal brain function<sup>1</sup> since the daily dosage contains 1150 mg DHA**
- ▶ **Contributes to normal heart function<sup>2</sup> since the daily dosage contains 780 mg EPA and 1150 mg DHA**
- ▶ **Contributes to a normal immune system<sup>3</sup> since the daily dosage contains 20 µg Vitamin D<sub>3</sub>**
- ▶ **Helps maintain good levels of EPA and DHA in your body**
- ▶ **Helps maintain optimal Omega-6:3 levels in your body**
- ▶ **Helps maintain polyphenol levels in your body to protect blood lipids from oxidative stress<sup>4</sup>**
- ▶ **Supports healthy and normal eye function since it contains 1150 mg DHA<sup>8</sup>**
- ▶ **Supports normal blood triglyceride levels,<sup>9</sup> normal blood pressure<sup>10</sup> and normal blood calcium levels<sup>11</sup>**
- ▶ **Contributes to normal bones,<sup>12</sup> muscle function,<sup>13</sup> normal teeth<sup>14</sup> and cell division<sup>15</sup> since the daily dosage contains 20 µg Vitamin D<sub>3</sub>**

# BALANCEOIL+ VEGAN HEALTH CLAIMS (EFSA)

<sup>1</sup>DHA contributes to the maintenance of normal brain function. 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. Docosahexaenoic acid (DHA) maternal intake contributes to the normal brain development of the fetus and breastfed infants. 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 of Omega-3 fatty acids for adults, i.e. 250 mg DHA and EPA. The claim may be used only for food which provides a daily intake of at least 200 mg DHA.

<sup>2</sup>EPA and DHA contribute to the normal function of the heart. The claim may be used only for food which is at least a source of EPA and DHA as referred to in the claim SOURCE OF Omega-3 FATTY ACIDS as listed in the Annex to Regulation (EC) No 1924/2006. 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 EPA and DHA.

<sup>3</sup>Vitamin D contributes to the normal function of the immune system. 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 vitamin D as listed in the Annex to Regulation (EC) No 1924/2006.

<sup>4</sup>Olive oil polyphenols contribute to the protection of blood lipids from oxidative stress. 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>5</sup>The extra virgin oil used in BalanceOil+ Vegan comes from Picual olives that are cold-pressed and specially selected for their high polyphenol content (above 750 mg/kg). Analyzed and certified at source.

<sup>6</sup>Oleic acid (Omega-9) is an unsaturated fat. Replacing saturated fats in the diet with unsaturated fats contributes to the maintenance of normal blood cholesterol levels.

<sup>7</sup>A claim that a food is high in Omega-3 fatty acids, and any claim likely to have the same meaning for the consumer, may only be made where the product 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. Analyzed and certified at source.

<sup>8</sup>DHA contributes to the maintenance of normal vision. 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. Docosahexaenoic acid (DHA) intake contributes to the normal visual development of infants up to 12 months of age. 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>9</sup>DHA and EPA contribute to the maintenance of normal blood triglyceride levels. The claim may be used only for food which provides a daily intake of 2 g of EPA and DHA. In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 2 g of EPA and DHA. When the claim is used on food supplements and/or fortified foods, information shall also be given to consumers not to exceed a supplemental daily intake of 5 g of EPA and DHA combined. DHA contributes to the maintenance of normal blood triglyceride levels. The claim may be used only for food which provides a daily intake of 2 g of DHA and which contains DHA in combination with eicosapentaenoic acid (EPA). In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 2 g of DHA. When the claim is used on food supplements and/or fortified foods, information shall also be given to consumers not to exceed a supplemental daily intake of 5 g of EPA and DHA combined.

<sup>10</sup>DHA and EPA contribute to the maintenance of normal blood pressure. The claim may be used only for food which provides a daily intake of 3 g of EPA and DHA. In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 3 g of EPA and DHA. When the claim is used on food supplements and/or fortified foods, information shall also be given to consumers not to exceed a supplemental daily intake of 5 g of EPA and DHA combined.

<sup>11</sup>Vitamin D contributes to normal blood calcium levels. 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 vitamin D as listed in the Annex to Regulation (EC) No 1924/2006.

<sup>12</sup>Vitamin D contributes to the maintenance of normal bones. 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 vitamin D as listed in the Annex to Regulation (EC) No 1924/2006.

<sup>13</sup>Vitamin D contributes to the maintenance of normal muscle function. 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 vitamin D as listed in the Annex to Regulation (EC) No 1924/2006.

<sup>14</sup>Vitamin D contributes to the maintenance of normal teeth. 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 vitamin D as listed in the Annex to Regulation (EC) No 1924/2006.

<sup>15</sup>Vitamin D has a role in the process of cell division. 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 vitamin D as listed in the Annex to Regulation (EC) No 1924/2006.

# BALANCEOIL+ VEGAN 纯素平衡油

纯天然多酚 OMEGA 类脂肪酸均衡食品补充剂



## BALANCEOIL+ VEGAN 纯素平衡油特色

复合增效配方, 添加富含 EPA、DHA 和 DPA 的海洋微藻油、富含 OA 和多酚的早收特级初榨橄榄油、富含 SDA、ALA 和 GLA 的蓝蓟籽油, 以及纯素维生素 D<sub>3</sub>。

BalanceOil+ Vegan 可以帮助细胞抵抗氧化并安全调节 Omega-6 和 Omega-3 的比例, 支持脑部<sup>1</sup>和心脏<sup>2</sup>的正常机能及免疫<sup>3</sup>系统。

**含量:** 300 毫升

### 纯天然成分

- ▶ 特级冷压初榨橄榄油
- ▶ 萃取自裂殖壶菌的海藻油
- ▶ 冷压蓝蓟籽油
- ▶ 源自地衣的维生素 D<sub>3</sub>



### 多酚保护

帮助细胞抵抗氧化。橄榄油多酚有助于保护血脂免受氧化损伤。<sup>4</sup>



### 均衡调理

让体内 Omega-6 和 Omega-3 的比例在 120 天内实现 3:1 的均衡比例。



### 基于测试的营养品

观察您个人服用前后的结果。



### 纯度高

经过分子毒素检测, 确保新鲜性、安全性和纯度值得信赖。



### 新一代营养素

采用综合增效配方, 有助于维持心脏<sup>2</sup>、大脑<sup>1</sup>和免疫系统<sup>3</sup>的正常机能。



### 纯素

复合纯天然纯素成分并在素食协会 (Vegan Society) 登记备案。

ZINZINO

## 营养资料

食用份量 (基于份量建议) 每包装所含食用份量数目	7.5 毫升 40	12 毫升 25	
平均含量	每份 7.5 毫升	每份 12.0 毫升	每份 100 毫升
能量	258 千焦 61 千卡	413 千焦 98 千卡	3342 千焦 820 千卡
蛋白质	0 克	0 克	0 克
总脂肪	7 克	11.2 克	93.3 克
饱和脂肪	1.2 克	1.9 克	16 克
碳水化合物	0 克	0 克	0 克
糖	0 克	0 克	0 克
膳食纤维	0 克	0 克	0 克
钠	0 克	0 毫克	0 毫克
脂肪酸	1764 克	2822 毫克	24 克
EPA	492 克	797 毫克	6.6 克
DHA	716 克	1146 毫克	9.5 克
DPA	115 克	184 毫克	1.533 毫克
蓝蓟油	968 克	1550 毫克	12917 毫克
SDA	130 克	209 毫克	1742 毫克
ALA	310 克	496 毫克	4133 毫克
GLA	101 克	6377 毫克	1350 毫克
橄榄油	2557 克	4091 毫克	53 克
油酸(Omega-9)	3279 克	5247 毫克	44 克
橄榄多酚	3.4 克	5.5 毫克	46 克
维生素 D	12.6 克	20 微克	166.7 微克

**建议服用剂量:** 每公斤体重服用 0.15 毫升。根据体重调整使用量。体重 50 公斤的成人: 每日 7.5 毫升。体重 80 公斤的成人: 每日 12 毫升。请勿超过每日推荐剂量。食品补充剂不可替代均衡多样的膳食。

**成分:** 冷压橄榄油、海藻油(源自微藻裂殖壶菌)、精炼蓝蓟油、香料(自然柠檬香)、抗氧化剂(富含生育酚提取物)、维生素 D<sub>3</sub>(源自植物提取物的胆钙化醇)。

**注意事项:** 如果正在服用血液稀释药物,请在服用本产品前咨询医生或护士。

**保存方式:** 将未开封的产品室温保存在避光干燥处。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, BalanceOil+ Vegan 在低于 4°C 时会变得浑浊。BalanceOil+ Vegan 在室温下为澄清状。避免儿童接触。

**ZINZINO 多酚类复合成分:** 羟基酪醇、酪醇、橄榄苦苷、刺激醛和类黄酮。

**ZINZINO 均衡类复合成分:** Omega-3 (EPA、DHA、ALA、SDA、DPA)、Omega-9 和维生素 D<sub>3</sub>。

**天然:** BalanceOil+ Vegan 仅选用天然的原材料成分。

**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)。

### 海藻油

海藻油萃取自海洋微藻裂殖壶菌,富含 Omega-3 脂肪酸二十碳五烯酸(EPA)和二十二碳六烯酸(DHA)。BalanceOil+ Vegan 是首个植物来源 EPA/DHA 产品,可作为传统鱼油的生物性替代选择。此为浓缩产品,具备一致性,生产工厂位于美国,工厂经过美国食品药品监督管理局(FDA)检验并实行严格的控制。

### 蓝蓟油

冷压蓝蓟籽油经低温净化流程处理,该流程包含精炼、脱色、除味和冷凝步骤,给蓝蓟籽油带来清澈的淡黄色外观和中性气味。蓝蓟籽油为非转基因原料,富含 Omega-3 脂肪酸 Omega-3 SDA 和 ALA,以及 Omega-6 脂肪酸 GLA。蓝蓟籽油含有理想的脂肪酸结构,是素食主义者和严格的素食主义者的理想选择。首先,蓝蓟籽油的 Omega-3 含量是 Omega-6 的两倍,因此可以帮助平衡 Omega-6 与 Omega-3 的比例。而相比之下,大多数植物油都含有过多的 Omega-6。其次,蓝蓟籽油含有稀有的 Omega-3 脂肪酸 SDA,这种物质在体内转化成 EPA 的效率要比常见的植物性 Omega-3 ALA(例如亚麻籽)高五倍。而蓝蓟籽油还有更多益处。它还含有宝贵的 Omega-6 脂肪酸 GLA。

专利申请中



挪威配方,挪威生产。

## 特级初榨橄榄油

精选西班牙皮夸尔橄榄,因其富含 Omega-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 Omega-9(油酸)的特级初榨橄榄油,其中抗氧化多酚类物质含量极高(每公斤超过 750 毫克<sup>5</sup>),Omega-9 和多酚类物质都具有多重有益功效。<sup>6</sup>多酚类物质不仅可以保护瓶中的 BalanceOil+ Vegan 免受氧化,更能给机体细胞带来重要的抗氧化保护。<sup>4</sup>

## 维生素 D<sub>3</sub>

我们的独特纯素维生素 D<sub>3</sub>(胆钙化醇)源自一种名为地衣的有机栽培特殊植物。此种植物可以积蓄大量有用的营养素,其中就包括维生素 D<sub>3</sub>。我们将维生素 D<sub>3</sub> 萃取出来,然后向其中添加些许椰油。该维生素 D<sub>3</sub> 经过纯素认证,当然也是非转基因原料。

## 天然生育酚

混合生育酚是膳食补充剂中常用的抗氧化剂。产品中所使用的天然生育酚来自高精炼非转基因大豆油馏分,由于经过深度精炼,所以不含任何大豆蛋白。这就意味着不存在任何过敏原。主要成分为:α-生育酚、β-生育酚、γ-生育酚和 δ-生育酚。

## 纯素健康

现在大家都能达到均衡了! 纯素膳食中所包含的某些营养素含量通常更多, 例如纤维、维生素 C 和植物营养素。但这些膳食同时也通常缺少某些必需的营养素, 包括维生素 D 和 Omega-3 脂肪。也就是说, 严格的素食主义者和素食主义者难以实现 Omega-6 和 Omega-3 的均衡比例, 也同样难以确保摄入足够的 EPA 和 DHA 来获得欧洲食品安全局 (EFSA) 认可的这些营养素的益处。人群研究显示, 与食用动物性食物的人相比, 严格的素食主义者血液中的 Omega-3 脂肪酸含量较低。

严格的素食主义者可以通过食用强化食品或慎重选择包含 Omega-3 EPA 和 DHA 脂肪酸的膳食来摄取这些必需的营养素, 但这并非易事。补充 ALA 在增加血液 DHA 浓度方面收效甚微, 因为尽管 ALA 可以在人体内转化为 EPA 和 DHA, 但转化效率非常低。一般转化率在 5% 以下 (女性体内) 和 2% 以下 (男性体内), 因此问题仍然存在。

不过现在有了一个简单的解决方案, 适用于严格的素食主义者、素食主义者和任何想获得鱼油替代品的人群。鱼类从冷水海藻中摄取 Omega-3。这些海藻提供可萃取的纯长链 Omega-3, 这种营养素可以被人体吸收。

BalanceOil+ Vegan 含有这种富含 Omega-3 (EPA 和 DHA) 的海藻油, 以及富含 Omega-3 (SDA 和 ALA)、Omega-6 (GLA) 和 Omega-9 (OA) 的蓝蓟籽油。此外还添加了富含 Omega-9 (OA) 和大量多酚的早收特级初榨橄榄油, 并含有大量非常重要的维生素 D (100% 植物来源)。

因此, 此款纯素油具备我们常规的鱼油制 BalanceOil+ 产品所拥有的全部益处。BalanceOil+ Vegan 是一款经过测试、有保障、有效果的产品, 可以安全调节和维持体内的 EPA+DHA 水平以及 Omega-6 与 Omega-3 的均衡比例。最终大家都能达到均衡!

## 120 天见效证明

我们的认证实验室负责分析血液中 11 种脂肪酸的干血点测试, 我们的数据库因而成为同类中的佼佼者。未服用 Omega-3 补充剂人群的 Omega-6 和 Omega-3 平均比例: 北欧人为 12:1, 欧洲人为 15:1, 美国人为 25:1。服用 BalanceOil 产品 120 天后, 大部分人的平均比例降至 3:1 以下。

## 脑部机能

已证实 EPA 和 DHA 具有维持正常脑部机能<sup>1</sup>的保健功效。对于妊娠期和哺乳期女性来说, DHA 有助于胎儿和母乳喂养婴儿大脑的正常发育。<sup>1</sup>Omega-3 长链脂肪酸对亲子两代人的健康都非常重要。

## 心脏机能

已证实 EPA 和 DHA 有益于心脏健康。它们有助于维持心脏的正常机能。<sup>2</sup>

## 免疫系统

BalanceOil+ Vegan 含有维生素 D<sub>3</sub>, 它对于维持免疫系统的正常机能有着非常重要的作用。<sup>3</sup>

## 对抗氧化

每日服用 5 毫克或以上剂量时, 橄榄中的羟基酪醇有助于保护血脂免受氧化损伤。<sup>4</sup>脂质是血液和身体组织中的脂肪类物质, 如胆固醇或甘油三酯, 它们对我们的心脏健康非常重要。

## 主要好处

- ▶ 有利于维持脑部正常机能<sup>1</sup>, 因为每日剂量包含 1150 毫克 DHA
- ▶ 有利于维持心脏正常机能<sup>2</sup>, 因为每日剂量包含 780 毫克 EPA 和 1150 毫克 DHA
- ▶ 有益于免疫系统的正常功能<sup>3</sup>, 因为每日剂量包含 20 微克维生素 D<sub>3</sub>
- ▶ 帮助维持人体内部的 EPA 和 DHA 水平
- ▶ 帮助优化人体内部的 Omega-6 和 Omega-3 比例
- ▶ 帮助维持人体内部多酚水平, 保护血脂对抗氧化应激<sup>4</sup>
- ▶ 支持眼部健康和正常机能, 因为其中含有 1150 毫克 DHA<sup>8</sup>
- ▶ 有助于维持正常的血甘油三酯<sup>9</sup>、血压<sup>10</sup>和血钙水平<sup>11</sup>
- ▶ 强健骨骼<sup>12</sup>、肌肉<sup>13</sup>、牙齿<sup>14</sup>并促进细胞分裂<sup>15</sup>, 因为每日剂量包含 20 微克维生素 D<sub>3</sub>

## BALANCEOIL+ VEGAN 保健功效声明 (EFSA)

<sup>1</sup>DHA 有助于维持脑部正常机能。此声明可用于每 100 克和每 100 千卡中至少含有 40 毫克 DHA 的食物。告知消费者每日摄入 250 毫克 DHA 才能获得相应保健功效是商家应尽的声明责任。母体摄入的二十二碳六烯酸 (DHA) 有助于胎儿和母乳喂养婴儿大脑的正常发育。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 Omega-3 脂肪酸, 即 250 毫克 DHA 和 EPA。此声明可用于能提供每日至少 200 毫克 DHA 摄入量的食物。

<sup>2</sup>EPA 和 DHA 有助于维持心脏的正常机能。此声明可用于至少为《欧盟 1924/2006 条例执行细则》(Annex to Regulation [EC] No 1924/2006) 中所列 Omega-3 脂肪酸来源声明中提及的一种含 EPA 和 DHA 的食物。告知消费者每日摄入 250 毫克 EPA 和 DHA 才能获得相应保健功效是商家应尽的声明责任。

<sup>3</sup>维生素 D 有助于维持免疫系统的正常功能。此声明可用于至少为《欧盟 1924/2006 条例执行细则》(Annex to Regulation [EC] No 1924/2006) 中所列维生素 D 来源声明中提及的一种含维生素 D 的食物。

<sup>4</sup>橄榄油多酚有助于保护血脂对抗氧化应激。此声明可用于每 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。告知消费者每日摄入 20 克橄榄油才能获得相应保健功效是商家应尽的声明责任。

<sup>5</sup>BalanceOil+ Vegan 中的特级初榨橄榄油来自冷压的皮夸尔橄榄, 之所以特别选择这个品种是因为它们的多酚类物质含量高 (大于 750 毫克/公斤)。来源经过分析和认证。

<sup>6</sup>油酸 (Omega-9) 是一种不饱和脂肪。用不饱和脂肪代替饮食中的饱和脂肪有助于维持正常的血胆固醇水平。

<sup>7</sup>向消费者表示食物中 Omega-3 脂肪酸含量较高以及具有相同意义的声明仅适用于每 100 克和每 100 千卡中至少含有 0.6 克  $\alpha$ -亚麻酸的产品, 或每 100 克和每 100 千卡中二十碳五烯酸和二十二碳六烯酸总量超过 80 毫克的产品。来源经过分析和认证。

<sup>8</sup>DHA 有利于维持视力健康。此声明可用于每 100 克和每 100 千卡中至少含有 40 毫克 DHA 的食物。告知消费者每日摄入 250 毫克 DHA 才能获得相应保健功效是商家应尽的声明责任。二十二碳六烯酸 (DHA) 的摄入有助于 12 个月以内婴儿视力的正常发育。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。

<sup>9</sup>DHA 和 EPA 有利于维持正常的血甘油三酯水平。此声明可用于能提供每日 2 克 EPA 和 DHA 摄入量的食物。告知消费者每日摄入 2 克 EPA 和 DHA 才能获得相应保健功效是商家应尽的声明责任。当此声明用于食品补充剂和/或强化食品时, 应告知消费者 EPA 和 DHA 组合的每日补充摄入量不得超过 5 克。DHA 有利于维持正常的血甘油三酯水平。此声明可用于能提供每日 2 克 DHA 摄入量且含有结合了二十碳五烯酸 (EPA) 的 DHA 的食物。告知消费者每日摄入 2 克 DHA 才能获得相应保健功效是商家应尽的声明责任。当此声明用于食品补充剂和/或强化食品时, 应告知消费者 EPA 和 DHA 组合的每日补充摄入量不得超过 5 克。

<sup>10</sup>DHA 和 EPA 有利于维持正常的血压水平。此声明可用于能提供每日 3 克 EPA 和 DHA 摄入量的食物。告知消费者每日摄入 3 克 EPA 和 DHA 才能获得相应保健功效是商家应尽的声明责任。当此声明用于食品补充剂和/或强化食品时, 应告知消费者 EPA 和 DHA 组合的每日补充摄入量不得超过 5 克。

<sup>11</sup>维生素 D 有利于维持正常的血钙水平。此声明可用于至少为《欧盟 1924/2006 条例执行细则》(Annex to Regulation [EC] No 1924/2006) 中所列维生素 D 来源声明中提及的一种含维生素 D 的食物。

<sup>12</sup>维生素 D 有利于维持骨骼健康。此声明可用于至少为《欧盟 1924/2006 条例执行细则》(Annex to Regulation [EC] No 1924/2006) 中所列维生素 D 来源声明中提及的一种含维生素 D 的食物。

<sup>13</sup>维生素 D 有利于维持肌肉健康。此声明可用于至少为《欧盟 1924/2006 条例执行细则》(Annex to Regulation [EC] No 1924/2006) 中所列维生素 D 来源声明中提及的一种含维生素 D 的食物。

<sup>14</sup>维生素 D 有利于维持牙齿健康。此声明可用于至少为《欧盟 1924/2006 条例执行细则》(Annex to Regulation [EC] No 1924/2006) 中所列维生素 D 来源声明中提及的一种含维生素 D 的食物。

<sup>15</sup>维生素 D 在细胞分裂过程中起着一定的作用。此声明可用于为《欧盟 1924/2006 条例执行细则》(Annex to Regulation [EC] No 1924/2006) 中所列维生素 D 来源声明中提及的一种含维生素 D 的食物。