

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 D₃.

Our BalanceOil+ Vegan helps protect cells from rusting (oxidation) and safely adjusts your Omega-6:3 ratio, supporting normal brain¹ and heart² function and the immune³ system.

Content: 300 ml

ALL-NATURAL INGREDIENTS

- ▶ Cold-pressed extra virgin olive oil
- ▶ Marine algae oil from *Schizochytrium sp.*
- ▶ Cold-pressed echium seed oil
- ▶ Vitamin D₃ derived from lichen



POLYPHENOL PROTECTION

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



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,² brain¹ and immune³ function.



VEGAN

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

ZINZINO

SUPPLEMENT FACTS

Nutritional value and contents in:	7.5 ml	12 ml
Total Omega-3	1764 mg	2822 mg
Algal oil	2092 mg	3348 mg
of which EPA	492 mg	787 mg
of which DHA	716 mg	1146 mg
of which DPA	115 mg	184 mg
Echium oil	968 mg	1550 mg
of which SDA	130 mg	209 mg
of which ALA	310 mg	496 mg
of which GLA	101 mg	162 mg
Olive oil	3986 mg	6377 mg
of which Omega-9	3279 mg	5247 mg
of which polyphenols	3.4 mg	5.5 mg
Vitamin D ₃ (250% of RV*)	12.6 µg	
(400% of RV*)		20 µg

*RV = reference value

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.

FLAVOUR: BalanceOil+ Vegan is available in two flavours: natural and lemon.

INGREDIENTS (NATURAL): Cold-pressed olive oil, algae oil from the micro-algae *Schizochytrium sp.*, refined echium oil, antioxidants (tocopherol-rich extract), vitamin D₃ (cholecalciferol derived from plant extract)

INGREDIENTS (LEMON): Cold-pressed olive oil, algae oil from the micro-algae *Schizochytrium sp.*, refined echium oil, flavour (natural lemon flavour), antioxidants (tocopherol-rich extract), vitamin D₃ (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 D₃.

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).

PATENT PENDING

 Norwegian Formulation. Produced in Norway.

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.

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/kg⁵), both with several beneficial effects.⁶ The polyphenols protect the BalanceOil+ Vegan in the bottle but even more importantly, also your cells.⁴

VITAMIN D₃

Our exclusive vegan vitamin D₃ (cholecalciferol) comes from a special, organically grown, plant source called lichen. It can accumulate large levels of useful nutrients, including vitamin D₃. The vitamin D₃ is extracted, and then some coconut oil is added to it. The vitamin D₃ 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.

Zinzino 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 function¹. For pregnant and lactating women, DHA contributes to the normal brain development of the fetus and breastfed infants.¹ 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.²

THE IMMUNE SYSTEM

BalanceOil+ Vegan contains vitamin D₃, vitally important for the immune system as it contributes to its normal function.³

OXIDATION PROTECTION

Hydroxytyrosol from olives contributes to the protection of blood lipids from oxidative damage when the daily dose is 5 mg or more.⁴ 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

- ▶ **Contributes to normal brain function¹ since the daily dosage contains 1150 mg DHA**
- ▶ **Contributes to normal heart function² since the daily dosage contains 780 mg EPA and 1150 mg DHA**
- ▶ **Contributes to a normal immune system³ since the daily dosage contains 20 µg Vitamin D₃**
- ▶ **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 stress⁴**
- ▶ **Supports healthy and normal eye function since it contains 1150 mg DHA⁸**
- ▶ **Supports normal blood triglyceride levels,⁹ normal blood pressure¹⁰ and normal blood calcium levels¹¹**
- ▶ **Contributes to normal bones,¹² muscle function,¹³ normal teeth¹⁴ and cell division¹⁵ since the daily dosage contains 20 µg Vitamin D₃**

BALANCEOIL+ VEGAN HEALTH CLAIMS (EFSA)

¹DHA 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.

²EPA 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.

³Vitamin 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.

⁴Olive 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.

⁵The 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.

⁶Oleic 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.

⁷A 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.

⁸DHA 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.

⁹DHA 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.

¹⁰DHA 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.

¹¹Vitamin 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.

¹²Vitamin 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.

¹³Vitamin 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.

¹⁴Vitamin 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.

¹⁵Vitamin 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.