

# BALANCEOIL+

## POLYPHENOL OMEGA BALANCE FOOD SUPPLEMENT



### PRODUCT HIGHLIGHTS

BalanceOil+ is our signature range of all-natural Polyphenol Omega Balance food supplements. Based on our unique, scientific formulation, this premium, innovative blend of oils derived from wild-caught small fish and pre-harvest extra virgin olive oil provides large amounts of polyphenols for an efficient and effective absorption and blood lipid protection. It safely increases and maintains your Omega-3 levels, adjusting your Omega-6:3 ratio, creating beneficial levels for your cholesterol, your heart<sup>2</sup>, and for your brain<sup>1</sup>.

### ALL-NATURAL INGREDIENTS

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



### POLYPHENOL PROTECTION

Protect your cells from rusting (oxidation). Olive oil polyphenols contribute to the protection of blood lipids from oxidative damage.<sup>6</sup>



### GET BALANCED

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



### TEST-BASED NUTRITION

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



### 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.



### CARE FOR THE FUTURE, TODAY

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

## **BALANCEOIL+: FISH AND OLIVE OIL IN PERFECT BALANCE WITH PROVEN RESULTS**

The scientific formulation inside BalanceOil+ 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>4</sup>

The polyphenols bind to the Omega-3s and act as effective anti-oxidants, preventing the lipids from oxidating.<sup>4</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 levels above the required 8% necessary to achieve an Omega-6:3 balance below 3:1.

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 600,000+ tests analyzed at the independent laboratory, Vitas Analytical Services. After taking BalanceOil+ products for 120-days, the average ratio in all of these geographical areas is below 3:1.

### **SPANISH EXTRA VIRGIN OLIVE OIL IN BALANCEOIL+**

Balance Oil+ 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. Omega-9 (Oleic acid) is an important feature, which actively supports the normalization of blood cholesterol levels.<sup>4</sup> 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), both with several beneficial effects.<sup>15</sup> The polyphenols protect the BalanceOil+ 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	4.230 mg / kilo
Vitamin E	300 mg / kilo
Maslinic acid	100 mg / kilo

### **THE UNIQUE BLEND OF FISH OIL SUPPORTING NORMAL HEART AND BRAIN FUNCTION**

The fish oil used in BalanceOil+ products 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 EU, 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+ 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+ is alpha-, beta-, gamma-, and delta-tocopherols.

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

BalanceOil+ 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.



Norwegian Formulation. Produced in Iceland.

**ZINZINO**

## KEY BENEFITS

- ▶ **Contributes to normal brain function<sup>1</sup> as the daily dosage contains 700 mg DHA**
- ▶ **Contributes to a normal immune system<sup>3</sup> as the daily dosage contains 20 µg Vitamin D<sub>3</sub>**
- ▶ **Helps maintain sufficient 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>6</sup>**
- ▶ **Supports healthy and normal eye function as it contains 700 mg DHA<sup>7</sup>**
- ▶ **Contributes to normal bones<sup>11</sup>, muscle function<sup>12</sup>, normal teeth<sup>13</sup> and cell division<sup>14</sup> since the daily dosage contains 20 µg Vitamin D<sub>3</sub>**
- ▶ **Supports normal blood triglyceride levels<sup>8</sup>, normal blood pressure<sup>9</sup> and normal blood calcium levels<sup>10</sup>**

### 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 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 our hearts.<sup>2</sup>

### THE IMMUNE SYSTEM

BalanceOil+ contains vitamin D<sub>3</sub>, which is 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>6</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.

## SUPPLEMENT FACTS

Nutritional value and contents in:	12 ml
Fish oil	6627 mg
Omega-3 fatty acids	2478 mg
of which C20:5 (EPA)	1283 mg
of which C22:6 (DHA)	683 mg
Olive oil	4092 mg
of which oleic acid (Omega-9)	3069 mg
of which polyphenols	3.5 mg
Vitamin D <sub>3</sub> (400% of RV*)	20 µg
*RV = reference value	

**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>.

**NATURAL:** BalanceOil+ is made from naturally sourced ingredients only.

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

**RECOMMENDED DAILY DOSAGE:** 0.15 ml per 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. A dietary supplement should not replace a varied and balanced diet and healthy lifestyle.

**INGREDIENTS:** Fish oils (from anchovy, mackerel, sardine), cold-pressed olive oil, tocopherol-rich extract (antioxidants), natural flavors\*, vitamin D<sub>3</sub> (cholecalciferol).

\* Natural lemon flavor

\* Natural orange lemon mint flavor

\* Natural grapefruit lemon lime flavor

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

**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.

**CONTENT:** 300 ml

## HEALTH CLAIMS (EU)

<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. 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.

<sup>4</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>5</sup> The extra virgin oil used in BalanceOil+ 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> 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>7</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>8</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>9</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>10</sup> Vitamin D contributes to normal blood calcium levels.

<sup>11</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>12</sup> Vitamin D contributes to the maintenance of normal muscle function.

<sup>13</sup> Vitamin D contributes to the maintenance of normal teeth.

<sup>14</sup> Vitamin D has a role in the process of cell division.

<sup>15</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.