

BALANCEOIL+

ALL-NATURAL 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 heart², and for your brain¹.

ALL-NATURAL INGREDIENTS

- ▶ Natural triglyceride fish oil
- ▶ Cold-pressed extra virgin olive oil
- ▶ Vitamin D₃ 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.⁶



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 heart², brain¹ and immune³ 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.

ZINZINO

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.⁴

The polyphenols bind to the Omega-3s and act as effective anti-oxidants, preventing the lipids from oxidating.⁴ 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.⁴ 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.¹⁵ 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 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+ 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 D₃

BalanceOil+ contains vitamin D₃ (cholecalciferol). We use a natural vitamin D₃ made from lanolin, a naturally occurring fat found in sheep's wool. The vitamin D₃ is made by dissolving a precursor to vitamin D₃ 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 D₃ from sunlight exposure.



Norwegian Formulation. Produced in Iceland.

ZINZINO

KEY BENEFITS

- ▶ **Contributes to normal brain function¹ as the daily dosage contains 700 mg DHA**
- ▶ **Contributes to a normal immune system³ as the daily dosage contains 20 µg Vitamin D₃**
- ▶ **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 stress⁶**
- ▶ **Supports healthy and normal eye function as it contains 700 mg DHA⁷**
- ▶ **Contributes to normal bones¹¹, muscle function¹², normal teeth¹³ and cell division¹⁴ since the daily dosage contains 20 µg Vitamin D₃**
- ▶ **Supports normal blood triglyceride levels⁸, normal blood pressure⁹ and normal blood calcium levels¹⁰**

BRAIN FUNCTION

EPA and DHA have approved health claims for maintaining normal brain function.¹ For pregnant and lactating women, DHA contributes to 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 our hearts.²

THE IMMUNE SYSTEM

BalanceOil+ contains vitamin D₃, which is 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.⁶ 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

NUTRITION INFORMATION

Serving size (Servings per pack) 12 mL (25) (Based on Serving Suggestions)		
Average Quantity	Per 12.0 mL	Per 100 mL
Energy	443 kJ 106 kcal	3690 kJ 882 kcal
Protein	0 g	0 g
Fat, total	11.9 g	99.8 g
saturated fat	2.4 g	20 g
trans fat	0 g	0 g
Carbohydrate	0 g	0 g
sugars	0 g	0 g
Dietary fibre	0 g	0 g
Sodium	0 mg	0 mg
Omega-3 Fatty Acids	2400 mg	20 g
EPA	1283 mg	10.7 g
DHA	683 mg	5.7 g
Olive Oil	4091 mg	34 g
of which oleic acid (Omega-9)	3069 mg	26 g
of which Olive Polyphenols	3.5 mg	29 mg
Vitamin D	20 mcg	166.7 mcg

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

ZINZINO BALANCE BLEND: Omega-3 (EPA, DHA, DPA), Omega-7, Omega-9 and Vitamin D₃.

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. Food supplements are not intended as a substitute for a balanced and varied diet.

INGREDIENTS: Fish oils (from anchovy, mackerel, sardine), cold-pressed olive oil, mixed tocopherols (antioxidants), natural flavors*, vitamin D₃ (cholecalciferol).

* 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

BALANCEOIL+ HEALTH CLAIMS (EFSA)

¹ 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.

² 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.

³ Vitamin D contributes to the normal function of the immune system.

⁴ 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.

⁵ 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.

⁶ 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.

⁷ 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.

⁸ 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.

⁹ 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.

¹⁰ Vitamin D contributes to normal blood calcium levels.

¹¹ 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.

¹² Vitamin D contributes to the maintenance of normal muscle function.

¹³ Vitamin D contributes to the maintenance of normal teeth.

¹⁴ Vitamin D has a role in the process of cell division.

¹⁵ 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.

BALANCEOIL+(平衡油+)

纯天然多酚欧米茄类脂肪酸平衡营养补充品



产品亮点

平衡油+ 是我们的标志性纯天然多酚欧米茄类脂肪酸平衡营养补充品系列。基于我们独特的科学配方，这种优质创新的混合油从野生捕获的小鱼和早收特级初榨橄榄油中提取，提供大量多酚，能高效且有效地吸收和保护血脂。它安全提升并维持人体内的欧米茄-3 水平，调整欧米茄 6: 3 比例，有益于胆固醇、心脏²和大脑¹健康。

纯天然成分

- ▶ 天然甘油三酯鱼油
- ▶ 特级冷压初榨橄榄油
- ▶ 维生素 D₃ 来源天然
- ▶ 认证天然香料



多酚保护

帮助细胞抵抗生锈（氧化）。橄榄油多酚有助于保护血脂免受氧化损伤。⁶



均衡调理

让体内的欧米茄 6: 3 比例在 120 天内实现 3: 1 的均衡比例。



营养功效经过验证

观察您个人服用平衡油+ 前后的效果。



超纯

经过分子毒素检测，确保新鲜性、安全性和纯度值得信赖。



新一代的保健营养

采用综合增效配方，实现协同作用，有助于维持心脏²、大脑¹、和免疫系统³的正常机能。



普惠当下，关怀未来

平衡油+ 选用具有可持续认证的野生捕捞鱼类作为原材料，选择平衡油+ 即是在支持海洋生态平衡保护事业。

ZINZINO

平衡油+：鱼油搭配橄榄油，平衡营养上佳组合，效果久经验证

平衡油+ 配比科学，鱼油成分富含有益人体的欧米茄-3 和欧米茄-7，橄榄油添加经过科学认证，多酚、植物营养素和欧米茄-9 含量高，有助于增强欧米茄-3 脂质的氧化稳定性。⁴

多酚与欧米茄-3 结合，有力充当抗氧化剂，防止脂质氧化。⁴橄榄油多酚模拟鱼类体内的天然多酚类物质，安全输送稳定性较低的欧米茄-3，经过全身直至抵达细胞膜中。多酚和海洋脂质紧密协同作用，让人体安全吸收、调整并维持欧米茄-3 高于 8% 的标准水平，以实现欧米茄 6：3 平衡比例低于 3：1。

通过研究全世界最大的必需脂肪酸数据库，独立实验室 Vitas Analytical Services 分析 60 余万项测试结果后发现，北欧未摄入欧米茄-3 补充剂人群的平均欧米茄 6：3 比例为 12：1，全欧洲为 15：1，美国为 25：1。服用平衡油+ 产品 120 天后，这些地区的平均比例降至 3：1 以下。

平衡油+ 中添加西班牙特级初榨橄榄油

平衡油+ 中使用的特级初榨橄榄油精选西班牙皮夸尔橄榄，因其富含欧米茄-9 和高抗氧化成分。欧米茄-9（油酸）是它的一个重要特色，能有力支持胆固醇水平恢复正常化。⁴所选橄榄为早收品质，果实经过石磨冷压得到富含欧米茄-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（大于 750 毫克/公斤），欧米茄-9 和多酚类物质都具有多重有益功效。¹⁵多酚类物质不仅可以保护瓶中的平衡油+ 免受氧化，更能给机体细胞带来重要的抗氧化保护。

特级初榨橄榄油植物营养素含量

橄榄多酚	750 毫克/公斤
羟基醇和酯醇	330 毫克/公斤
橄榄油刺激醛 + Oleacein	490 毫克/公斤
橄榄苦苷	64 毫克/公斤
角鲨烯	4230 毫克/公斤
维生素 E	300 毫克/公斤
山楂酸	100 毫克/公斤

独特鱼油配比呵护心脏大脑的正常机能

平衡油+ 产品选用的鱼油为精选等级 20/10 EPA/DHA 鱼油（优于行业标准 18/12），必需脂肪酸欧米茄-3（EPA、DHA、DPA）和欧米茄-7（POA、VA）配比独特。我们选用的鱼油来自寿命较短的野生远洋小型鱼。以鳀鱼为主，但也包含沙丁鱼和鲱鱼。鱼油原料均来自海洋之友认证的无污染水域可持续捕捞渔区，优质油料不含重金属、多氯联苯和其他毒素，生态意义深远且势在必行。

全鱼经过蒸制（期间各阶段均不使用化学品或溶剂），而后完整压榨，提取油分（约占全鱼重量的 3%-5%）。和所有同类原料一样，鱼油需要经过 4 步精炼。这一流程由冰岛制造商 LYSI 负责，消除了味道、气味和任何可能破坏产品质量的环境污染物。因此，我们的鱼油符合欧洲食品安全局 (EFSA)、美国食品药品监督管理局 (FDA) 及全球其他严格规定。LYSI 全面遵守质量监管要求，已通过食品和药品生产质量管理规范 (GMP) 认证。因此，平衡油+ 产品也通过了 GMP 认证。

天然生育酚

混合生育酚是膳食补充剂中常用的抗氧化剂。所使用的天然生育酚经过专门挑选，来自高精炼非转基因大豆油馏分，经过深度精炼，确保不含任何大豆蛋白。这就意味着产品不存在任何过敏原。平衡油+ 的主要成分包括 α-生育酚、β-生育酚、γ-生育酚和 δ-生育酚。

纯维生素 D₃

平衡油+ 含有维生素 D₃（胆钙化醇）。我们采用天然维生素 D₃，采自羊毛中天然存在的脂肪羊毛脂。这种维生素 D₃ 通过将羊毛脂中的维生素 D₃ 前体溶解而得。当它暴露于紫外线时就会发生化学变化并被激活。这种化学反应与人体皮肤经阳光照射产生维生素 D₃ 的过程相似。

主要益处

- ▶ 有利于维持脑部正常机能¹，因为每日剂量包含 700 毫克 DHA
- ▶ 有利于免疫系统的正常功能³，因为每日剂量包含 20 微克维生素 D₃
- ▶ 帮助维持人体内部足够的 EPA 和 DHA 水平
- ▶ 帮助优化人体内部的欧米茄 6: 3 水平
- ▶ 帮助维持人体内部多酚水平，保护血脂对抗氧化应激⁶
- ▶ 支持眼部健康和正常机能，因为其中含有 700 毫克 DHA⁷
- ▶ 强健骨骼¹¹、肌肉¹²、牙齿¹³并促进细胞分裂¹⁴，因为每日剂量包含 20 微克维生素 D₃
- ▶ 有助于维持正常的血甘油三酯⁸、血压⁹和血钙水平¹⁰

脑部机能

EPA 和 DHA 已经证实具有维持脑部正常机能的保健功效。1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。1欧米茄-3 长链脂肪酸对亲子两代人的健康都非常重要。

心脏机能

EPA 和 DHA 已经证实有益于心脏健康。它们有助于维持心脏的正常机能。²

免疫系统

平衡油+ 含有维生素 D₃，它对于维持免疫系统的正常功能有着非常重要的作用。³

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。⁶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。

营养成分

营养资料		
食用份量（每包装所含食用份量数目） （基于份量建议）	12 毫升 (25)	
平均含量	每 12.0 毫升	每 100 毫升
能量	443 千焦 106 千卡	3690 千焦 882 千卡
蛋白质	0 克	0 克
总脂肪	11.9 克	99.8 克
饱和脂肪	2.4 克	20 克
反式脂肪	0 克	0 克
碳水化合物	0 克	0 克
糖	0 克	0 克
膳食纤维	0 克	0 克
钠	0 毫克	0 毫克
Omega-3 脂肪酸	2400 毫克	20 克
EPA	1283 毫克	10.7 克
DHA	683 毫克	5.7 克
橄榄油	4091 毫克	34 克
油酸 (Omega-9)	3069 毫克	26 克
橄榄多酚	3.5 毫克	29 毫克
维生素 D	20 微克	166.7 微克

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: 欧米茄-3（EPA、DHA、DPA）、欧米茄-7、欧米茄-9 和维生素 D₃。

天然: 平衡油+ 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）。

每日推荐剂量: 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。营养补充品不可替代均衡多样的膳食。

成分: 鱼油（源自鲱鱼、鲭鱼、沙丁鱼）、冷榨橄榄油、混合生育酚（抗氧化剂）、天然香料*、维生素 D₃（胆钙化醇）。

- * 天然橘子柠檬薄荷香料
- * 天然葡萄柚柠檬青柠香料

注意事项: 如果正在服用血液稀释药物，请在服用平衡油+ 前咨询自己的医生。

保存方式: 未开封时，可室温或冷藏保存在避光干燥处。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，平衡油在低于 4°C 时会变得浑浊。平衡油在室温下为澄清状。避免儿童接触。

含量: 300 毫升

平衡油+ 保健功效声明 (EFSA)

- ¹ DHA 有利于维持脑部正常机能。此声明仅可用于每 100 克和每 100 千卡中至少含有 40 毫克 DHA 的食物。为履行声明责任，应告知消费者，每日摄入 250 毫克 DHA 才能获得相应保健功效。母体摄入二十二碳六烯酸 (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，还建议摄入成人欧米茄-3 脂肪酸，即 250 毫克 DHA 和 EPA。此声明仅可用于每日摄入量能提供至少 200 毫克 DHA 的食物。
- ² EPA 和 DHA 有助于维持心脏的正常机能。为履行声明责任，应告知消费者，每日摄入 250 毫克 EPA 和 DHA 才能获得相应保健功效。
- ³ 维生素 D 有助于维持免疫系统的正常功能。
- ⁴ 向消费者表示食物中欧米茄-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 α -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。
- ⁵ 平衡油+ 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。
- ⁶ 橄榄油多酚有助于保护血脂对抗氧化应激。此声明仅可用于每 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。为履行声明责任，应告知消费者，每日摄入 20 克橄榄油才能获得相应保健功效。
- ⁷ DHA 有利于维持视力健康。此声明仅可用于每 100 克和每 100 千卡中至少含有 40 毫克 DHA 的食物。为履行声明责任，应告知消费者，每日摄入 250 毫克 DHA 才能获得相应保健功效。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。
- ⁸ DHA 和 EPA 有利于维持正常血液甘油三酯水平。此声明仅可用于能提供每日 2 克 EPA 和 DHA 摄入量的食物。为履行声明责任，应告知消费者，每日摄入 2 克 EPA 和 DHA 才能获得相应保健功效。当此声明用于营养补充品和/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。为履行声明责任，应告知消费者，每日摄入 2 克 DHA 才能获得相应保健功效。当此声明用于营养补充品和/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。
- ⁹ DHA 和 EPA 有利于维持正常的血压水平。此声明仅可用于能提供每日 3 克 EPA 和 DHA 摄入量的食物。为履行声明责任，应告知消费者，每日摄入 3 克 EPA 和 DHA 才能获得相应保健功效。当此声明用于营养补充品和/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。
- ¹⁰ 维生素 D 有利于维持正常的血钙水平。
- ¹¹ 维生素 D 有利于维持骨骼健康。此声明仅可用于至少为《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。
- ¹² 维生素 D 有利于维持肌肉健康。
- ¹³ 维生素 D 有利于维持牙齿健康。
- ¹⁴ 维生素 D 在细胞分裂过程中起着一定的作用。
- ¹⁵ 油酸（欧米茄-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胆固醇水平。