

BALANCEOIL+

NUTRITIONAL SUPPLEMENT BASED ON OMEGA-3 (EPA, DHA), OMEGA-9, AND VITAMIN D₃



PRODUCT HIGHLIGHTS

Our bestselling Omega nutritional supplement, scientifically proven and third-party tested for freshness, purity, and potency to offer lasting benefits. The high-grade fish oil, sourced from small, wild-caught fish, is rich in EPA and DHA and fortified with naturally bioactive antioxidants in premium, extra virgin olive oil from early harvested olives. This combination helps keep omega-3s easily absorbed in the body, supporting normal brain¹, heart², and immune³ function.

NATURALLY DERIVED INGREDIENTS

- ▶ Natural triglyceride fish oil
- ▶ Cold-pressed extra virgin olive oil
- ▶ Vitamin D₃ derived from a natural source
- ▶ Flavors certified from natural origin



POLYPHENOL PROTECTION

Olive oil polyphenols contribute to the protection of blood lipids from oxidative stress.⁶



GET BALANCED

Bring your omega-6:3 level into balance in 120 days.^{[1], [2], [3]}



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 GENERATION NUTRITION

Synergistic formula containing EPA, DHA and vitamin D that contributes to normal brain¹, heart², 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.

This blend is designed to help maintain and adjust your omega-6:3 levels, which in turn supports the maintenance of beneficial levels of unsaturated fatty acids – key contributors to normal cholesterol¹, your heart² and brain function³. It contains high amounts of omega-3 fatty acids, which increases and maintains your omega-3 levels, adjusting your omega-6:3 level, creating beneficial levels for your cholesterol, your heart², and for your brain¹ with more than 2,000 mg DHA and EPA in 12.5 ml.

The average omega-6:3 level for people not taking an omega-3 supplement is 12:1 for Northern Europe, 15:1 for Europe, and 25:1 for the 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 days¹⁴, the average ratio in all of these geographical areas is below 3:1.

EXTRA VIRGIN OLIVE OIL IN BALANCEOIL+

BalanceOil+, 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 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), 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 / kg
Hydroxytyrosol and Tyrosol	330 mg / kg
Oleocanthal + Oleacein	490 mg / kg
Oleuropein	64 mg / kg
Squalene	4,230 mg / kg
Vitamin E	300 mg / kg
Maslinic acid	100 mg / kg

THE UNIQUE BLEND OF FISH OIL CONTAINING EPA AND DHA THAT SUPPORTS 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 (approximately 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 flavors, 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 around the globe. LYSI meets all regulatory quality requirements and is GMP-certified for food and pharmaceutical products. Thus, the BalanceOil+ products are also GMP-certified.

NATURALLY DERIVED TOCOPHEROLS

Mixed tocopherols are commonly used antioxidants in dietary supplements. The naturally derived tocopherol-rich extract used in BalanceOil+ is 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 soy allergens are present in the product. The typical composition in BalanceOil+ is alpha-, beta-, gamma-, and delta-tocopherols.

VITAMIN D₃

BalanceOil+ contains vitamin D₃ (cholecalciferol). We use vitamin D₃ 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.

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**
- ▶ **Contributes to normal heart function² as the daily dose contains 1,300 mg EPA and 700 mg DHA.**
- ▶ **Helps maintain adequate levels of EPA and DHA in your body as BalanceOil+ is high in omega-3 fatty acids**
- ▶ **Helps maintain normal omega-6:3 levels in your body as BalanceOil+ is high in omega-3 fatty acids**
- ▶ **Helps maintain polyphenol levels in your body to protect blood lipids from oxidative stress as it contains olive oil polyphenols⁶**
- ▶ **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 levels with a beneficial effect with 2 g EPA+DHA/day (12 ml BalanceOil+)⁸**
- ▶ **Supports normal blood pressure with beneficial effect with 3 g EPA+DHA/day (19 ml BalanceOil+)⁹**
- ▶ **Supports normal blood calcium level as it contains vitamin D¹⁰**

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.

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

Nutritional value and contents in:	12 ml
Fish oil	6 627 mg
Omega-3 fatty acids	2 478 mg
of which C20:5 (EPA)	1 283 mg
of which C22:6 (DHA)	683 mg
Olive oil	4 092 mg
of which oleic acid (omega-9)	3 754 mg
Vitamin D ₃ (400% NRV*)	20 µg
*Nutrient reference values (NRV)	

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, balanced diet and a healthy lifestyle.

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

INTERACTIONS: At high doses (> 2 g/day of omega-3), it may slightly enhance the effect of anticoagulant and antihypertensive medications. It may cause hypervitaminosis D if consumed together with other sources of vitamin D.

CONTRAINDICATIONS: Do not use in individuals allergic to fish or fish-derived products.

MOST COMMON ADVERSE EFFECTS: Abdominal pain, bad breath, fishy aftertaste, heartburn, loose stools, nausea, and rash.

STORAGE: Store below 30°C. Once opened, it is recommended to keep the bottle refrigerated and use within 45 days. The oil may become cloudy at temperatures below 4°C due to the solidification of olive oil. The oil will clear at room temperature.

INGREDIENTS: Fish oil, olive oil, Vitamin D₃, and additives q.s. Natural flavor of orange, lemon, and mint.

NATURALLY DERIVED: BalanceOil+ is made from naturally sourced ingredients only.

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

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

CONTENT: 300 ml

BALANCEOIL+ HEALTH CLAIMS (EU)

- ¹ DHA contributes to the maintenance of normal brain function (requires 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 (requires a daily intake of 200 mg of DHA on top of 250 mg of DHA and EPA for pregnant and lactating women).
- ² EPA and DHA contribute to the normal function of the heart (requires a daily intake of 250 mg of EPA and DHA).
- ³ Vitamin D contributes to the normal function of the immune system.
- ⁴ High in omega-3 fatty acids. Contains at least 0.6 g α -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.
- 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. 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 ~6.8 mg hydroxytyrosol and derivatives per 20 g. A daily dose (12 ml) of BalanceOil+ provides ~4 g olive oil.
- ⁷ DHA contributes to the maintenance of normal vision (requires 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 (requires a daily intake of 100 mg of DHA).
- ⁸ DHA and EPA contribute to the maintenance of normal blood triglyceride levels (requires a daily intake of 2 g of EPA and DHA, do not exceed a supplemental daily intake of 5 g of EPA and DHA). DHA contributes to the maintenance of normal blood triglyceride levels (requires a daily intake of 2 g of EPA and DHA, do not exceed a supplemental daily intake of 5 g of EPA and DHA).
- ⁹ DHA and EPA contribute to the maintenance of normal blood pressure (requires a daily intake of 3 g of EPA and DHA, do not exceed a supplemental daily intake of 5 g of EPA and DHA).
- ¹⁰ Vitamin D contributes to normal blood calcium levels.
- ¹¹ Vitamin D contributes to the maintenance of normal bones.
- 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.

REFERENCES

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