



ZINZINO

# BalanceOil Vegan

Zinzino BalanceOil Vegan is a synergistic blend of marine micro-algae oil, echium seed oil, extra virgin pre-harvest olive oil and vegan vitamin D. It safely adjusts and maintains EPA+DHA levels and the omega-6:3 balance in your body. The marine algae oil from Schizochytrium sp. contains omega-3 (EPA and DHA). The echium seed oil contains omega-3 (SDA and ALA), omega-6 (GLA) and omega-9 (OA). The extra virgin pre-harvest olive oil contains omega-9 (OA) and very high levels of polyphenols. BalanceOil supports normal brain function<sup>1</sup> and normal heart function<sup>2</sup>, and the immune system<sup>3</sup>.



## Key Benefits:

- ✓ Normal **brain function**<sup>1</sup>
- ✓ Good for **the heart**<sup>2</sup>
- ✓ Good for the **immune system**<sup>3</sup>
- ✓ Increases EPA and DHA in the body in a safe and efficient way
- ✓ Helps to adjust the omega-6/omega-3 balance to an normal ratio
- ✓ Increases polyphenol levels in your body to protect the blood lipids from oxidative stress<sup>6</sup>
- ✓ Supports normal eye function<sup>7</sup>, blood triglyceride levels<sup>8</sup>, normal blood pressure<sup>9</sup>, normal blood calcium levels<sup>10</sup>, normal bones<sup>11</sup>, muscle function<sup>12</sup>, normal teeth<sup>13</sup> and cell division<sup>14</sup>

# A synergistic formula

## BRAIN FUNCTION

EPA and DHA have approved health claims for maintaining normal brain function<sup>1</sup>. For pregnant women, DHA contributes to normal brain development of the fetus and breastfed infants<sup>1</sup>.

## GOOD FOR YOUR HEART

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

## GOOD FOR YOUR IMMUNE SYSTEM

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

## PROOF OF BALANCE IN 120 DAYS

Our certified laboratories have analyzed more than 270.000 blood tests (January 2019), creating the world's largest data base. The average omega-6:3 balance for people not taking an omega-3 supplement is 12:1 for Northern Europe, 15:1 for Europe and 25:1 for USA. After taking BalanceOil for 120 days, average balance is below 5:1 and in many cases below 3:1.

# Vegan health

## SHORT VERSION

Can vegetarians and vegans get healthy omega-3 EPA and DHA fatty acids from a diet that contains no fish? Can they rely on plant foods such as flax seed to provide enough of the long chain omega 3's they need? Yes – and no. Our bodies can convert plant-sourced omega-3 fatty acids to EPA and DHA, but only to a very small degree. Typical conversion rates are below 5% in women, and below 2% in men. So, most vegans and vegetarians cannot get into omega-6/omega-3 balance. But now there is an easy solution. Go to where the fish get their omega-3's from; cold water marine algae. These algae provide pure long chain omega-3's – the same found in fish – but which are entirely vegan. This algae oil is the main ingredient in Zinzino's BalanceOil Vegan and is offering you all the benefits of our regular BalanceOil made from fish oil. It safely adjusts and maintains EPA+DHA levels and the omega-6:3 balance in your body.

## LONG VERSION

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/omega-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 food.

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 if 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), high oleic sunflower oil (HOSO) and an 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 portion of the so important vitamin D from a 100% vegan source.

As a result, the vegan oil is offering you all the benefits of our regular BalanceOil made from fish oil. Zinzino 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!

# The vital ingredients

## ALGAE OIL

The oil derived from the marine microalgae *Schizochytrium* sp. is rich in the omega-3 fatty acids Eicosapentaenoic Acid (EPA)/Docosahexaenoic Acid (DHA). The vegetarian equivalent to fish oil, 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, it is a highly concentrated and consistent product. The algae oil also contains small amounts of high oleic sunflower oil, rosemary extract for flavoring, ascorbyl palmitate (derived from GMO free corn) and tocopherols (extracted from GMO free plant oils), to ensure stability.

## ECHIUM OIL

The cold pressed echium seed oil is further 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. GMO free, is rich in the omega-3 fatty acids omega-3 SDA and ALA, the omega-6 fatty acid GLA and the omega-9 fatty acid OA. A superb choice for vegetarians and vegans, echium seed oil contains an ideal fatty acid profile. Firstly, it contains twice as much omega-3 as omega-6 and omega-9, 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, i.e. in flaxseed. But there is more. Echium seed oil also contains the valuable omega-6 fatty acid GLA, beneficial for balancing hormones and skin health!

## OLIVE OIL

BalanceOil contains a special cold-pressed, extra-virgin pre-harvest oil from Spanish, GMO free, Picual olives. It is rich in omega-9 (OA), but is specially selected for its very high content of polyphenols (above 350 mg/ kilo)<sup>5</sup>. Polyphenols are powerful antioxidants with numerous

beneficial effects. They protect BalanceOil in the bottle and, equally importantly, in your body.

### 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.



**SUGGESTED USE:** 0.1 ml BalanceOil Vegan x kilo body weight. Adjust serving size based on body weight. Adults with body weight 50 kg: 5 ml daily. Adults with body weight 80 kg: 8 ml daily. Do not exceed recommended daily dose.

**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 solidification of the olive oil. The oil will clear at room temperature. Keep out of reach of children.

**NOTICE:** Food supplements are not intended as a substitute for a balanced and varied diet. If you are taking blood-thinning medications, consult your physician before using the BalanceOil.

### NUTRITION VALUES:

#### Nutritional value and content in 5 ml and 8 ml:

Algae oil	2115 mg	3384 mg
Omega-3 fatty acids	1604 mg	2566 mg
Of which is EPA	438 mg	700 mg
Of which is DHA	721 mg	1154 mg
Oleic acid	1373 mg	2197 mg
Vitamin D3	(250 % of RV) 12,5 µg	(400 % of RV) 20 µg

RV = reference value

**INGREDIENTS:** Algae oil from the microalgae Schizochytrium sp., cold pressed extra virgin olive oil, refined echium oil, sunflower oil, flavoring (rosemary extract), antioxidants (Tocopherol-rich extract, ascorbyl palmitate), vitamin D3 (cholecalciferol derived from plant extract).

## Frequently asked questions

### WHY SHOULD I TAKE OMEGA-3 SUPPLEMENTS?

Omega-3 fatty acids are important to achieve a normal and good balance between components in your body. Additionally, omega-3 is important for a natural and healthy development and growth. A number of documented scientific studies show that the omega-3's (EPA and DHA) are important for cardiovascular health<sup>2</sup>, fetus development<sup>3</sup>, cognitive performance, mood and behavior, to mention only a few.

### HOW MUCH OMEGA-3 DO I NEED?

The minimum recommended daily intake of EPA and DHA differs between countries and organizations. Below are some examples:

- EFSA (European Food Safety Authority); 250 mg EPA+DHA/day
- American Heart Association; Two serving of fatty fish per week
- ISSFAL (International Society for the Study of Fatty Acids and Lipids); Minimum 500 mg EPA+DHA/day
- WHO (World Health Organization); 200-500 mg EPA+DHA/day

Our western diet contains a surplus of omega-6 fatty acids compared to omega-3 fatty acids, which makes it necessary to increase the daily intake of omega-3 fatty acids up to 3 gram to achieve a normal omega-6/omega-3 fatty acid balance.

**IS THERE ANY GENETICALLY MODIFIED MATERIAL IN THE VEGAN OIL?**  
No.

### WHY IS IT IMPORTANT TO HAVE A NORMAL OMEGA-6/OMEGA-3 FATTY ACID BALANCE?

Our Western diet contains much omega-6 fatty acids and relatively small amounts of marine omega-3 fatty acids. This increases the imbalance between omega-6 fatty acids and omega-3 fatty acids in the body. Such imbalance is a driving force for development of lifestyle related health problems. Both the omega-6 and omega-3 fatty acids are precursors for hormone-like signaling molecules (eicosanoids) in the body. Eicosanoids derived from omega-6 are pro-inflammatory and support chronic inflammation. Signaling molecules derived from omega-3 fatty acids have lower inflammatory potential, and some are powerfully anti-inflammatory. The eicosanoids complement each other, and it is important to have a good balance between these. A normal omega-6/omega-3 fatty acid balance is fundamental for a good eicosanoid balance, while a high omega-6/omega-3 fatty acid balance supports chronic inflammation. The Nordic Council of Ministers recommends that the omega-6/omega-3 fatty acid balance in the diet is below 5:1 (see also "Fatty acids and local hormones").

### HOW CAN I KNOW IF I HAVE A HEALTHY OMEGA-6/OMEGA-3 FATTY ACID BALANCE?

We advise everyone to check the omega-6/omega-3 fatty acid balance in their body by using our Zinzino BalanceTest. The test measures fatty acids in whole blood, which reflects the fatty acid profile in your diet and in your cells. From the fatty acid profile the omega-3 level and omega-6/omega-3 fatty acid balance is calculated. If you have a balanced diet, your omega-6/omega-3 fatty acid balance will be lower than 5:1, and preferably below 3:1.

### IS ALGAE OIL SAFE?

The algae Schizochytrium sp belongs to a family called Chromista not related in any way to any toxic algae forms. The oil has been consumed by humans for over 25 years without significant adverse effects. A few individuals experience occasional intestinal discomfort and nausea when taking oils.

## BalanceOil Vegan CLAIMS (EFSA)

1. DHA contributes to 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 support 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 for omega-3 fatty acids for adults, i.e.: 250 mg DHA and EPA. The claim can 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. 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.

3. 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.

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 eicosapentaenic acid and docosahexaenoic acid per 100 g and per 100 kcal. Analysed and certified at source.

5. The extra virgin oil used in BalanceOil comes from a Picual olive that is cold-pressed and then specially selected with high content of polyphenols (above 350 mg/ kilo). Analysed 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. 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.

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. 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.

13. 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.

14. 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.