

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 and normal heart function, and it's good for the immune system.



Key Benefits:

- ✓ Normal **brain function**
- ✓ Good for **the heart**
- ✓ Good for the **immune system**
- ✓ 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
- ✓ Supports healthy and normal eye function, helps maintain triglyceride and blood pressure levels that are already within normal limits and promotes healthy bones, muscles, teeth and cells.

A synergistic formula

NORMAL BRAIN FUNCTION

EPA and DHA helps maintain normal brain function*.

GOOD FOR YOUR HEART

EPA and DHA helps maintain normal function of your heart*.

GOOD FOR YOUR YOUR IMMUNE SYSTEM

BalanceOil contains Vitamin D, which is vitally important for the immune system as it contributes to normal immune function*.

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.

ECHIUUM 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)⁵. Polyphenols are powerful antioxidants with numerous

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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: 0.009 tsp x lb body weight. Adjust serving size based on body weight. Adults with body weight 110 lbs: 1 tsp daily (1 tsp = 5 mL). 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.

WARNING: Consult your physician before using BalanceOil™ if you are pregnant, nursing, taking prescription drugs or have a medical condition. Do not give BalanceOil™ to children under four years of age.

Supplement Facts				
	Body Weight	110 lb	165 lb	
Serving Size		1.0 tsp (5 mL)	1.5 tsp (7.5 mL)	
Servings per Container		40	about 27	
Amount Per serving		% DV		% DV
Calories		41	60	
Total Fat	4.5	7 %*	7 g	9 %*
Saturated Fatty Acids	0.8 g	4 %*	1 g	5 %*
Polyunsaturated Fat	2.2 g	†	3 g	†
Monounsaturated Fat	1.6 g	†	2 g	†
Vitamin D	12.5 mcg	63 %	20 mcg	100 %
Omega-3 Fatty Acids	1604 mg	†	2406 mg	†
EPA (Eicosapentaenoic Acid)	438 mg	†	657 mg	†
DHA (Docosahexaenoic Acid)	721 mg	†	1081 mg	†

* Percent Daily Values (% DV) are based on a 2,000 calorie diet. † Daily Value not established.

INGREDIENTS: ALGAL OIL (THE MICRO-ALGAE SCHIZOCHYTRIUM SP.), COLD PRESSED OLIVE OIL, ECHIUM SEED OIL, LESS THAN 2 % OF HIGH OLEIC SUNFLOWER OIL, TOCOPHEROLS TO PRESERVE FRESHNESS), ASCORBYL PALMITATE TO PRESERVE FRESHNESS), ROSEMARY EXTRACT VITAMIN D3 FROM PLANT EXTRACTS).

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 health², fetus development¹, 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.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

BalanceOil Vegan

STATEMENTS OF NUTRITIONAL SUPPORT

- > Helps maintain optimal and healthy brain function.
 - > Helps maintain optimal and healthy heart function.
 - > Helps maintain optimal and healthy circulation.
 - > Supports optimal and healthy immune function.
 - > Helps maintain optimal and healthy eye function.
 - > Helps adjust omega 6:3 ratio to optimal levels for balance.
 - > Combines fish oil with high-polyphenol olive oil for maximum absorption and synergy. Polyphenols are strong antioxidants with numerous beneficial effects.
 - > Supports healthy and optimal eye, heart, brain and immune function.
 - > Helps increase the omega-3 essential fatty acid levels in your body.
 - > BalanceOil will safely adjust and maintain the omega-3 levels and omega-6/omega 3 balance in your body.
 - > Zinzino Balance products can bring your [omega 6:3] ratio to near 3:1 in 120 days.
 - > Help increase omega-3 essential fatty acid levels in your body.
 - > Give your body vital nutrients to function optimally.
 - > Provides nutrients vital to optimal cell function.
 - > Protects your cells from the oxidative stress by free radicals.
- > Supports optimal and healthy muscle function.
 - > A number of documented scientific studies show that omega-3 (EPA and DHA) is important for our cardiovascular health, fetus development, cognitive performance, mood and behavior.
 - > DHA contributes to the maintenance of normal brain function.
 - > EPA and DHA contribute to the normal function of the heart.
 - > Vitamin D contributes to the normal function of the immune system.
 - > Olive oil polyphenols contribute to the protection of blood lipids from oxidative stress.
 - > DHA contributes to the maintenance of normal vision.
 - > DHA and EPA contribute to the maintenance of blood triglyceride levels that are already within normal limits.
 - > DHA contributes to the maintenance of blood triglyceride levels that are already within normal limits.
 - > DHA and EPA contribute to the maintenance of blood pressure levels that are already within normal limits.
 - > Vitamin D contributes to normal blood calcium levels.
 - > Vitamin D contributes to the maintenance of normal bone health.
 - > Vitamin D contributes to the maintenance of normal muscle function.
 - > Vitamin D contributes to the maintenance of normal teeth.
 - > Vitamin D plays a role in the process of cell division.

