

# ESSENT+ PREMIUM

## POLYPHENOL OMEGA BALANCE FOOD SUPPLEMENT



KETO-FRIENDLY



NON-GMO



SOY-FREE



GLUTEN-FREE



SUGAR-FREE



NATURALLY SOURCED INGREDIENTS



### PRODUCT HIGHLIGHTS

A new era of Omega supplements. Essent+ Premium takes our range of all-natural Polyphenol Omega Balance food supplements to yet another level of superiority. The easily digested softgels will safely restore your body's fatty acid balance, protect your blood lipids from oxidation and support normal heart and brain function. Each capsule contains concentrated pure fish oil rich in the Omega-3 fatty acids EPA and DHA, as well as powerful, bioactive polyphenols derived from our proprietary extra virgin olive oil (R.E.V.O.O), olive fruit extract and cocoa powder.

### ALL-NATURAL INGREDIENTS

- ▶ Natural triglyceride fish oil
- ▶ Cold-pressed R.E.V.O.O (Revolutionary Extra Virgin Olive Oil)
- ▶ Vitamin D<sub>3</sub> from lanolin
- ▶ Mixed tocopherols from a vegetable source



### POLYPHENOL PROTECTION

A daily dose of 5 mg olive hydroxytyrosol contributes to the protection of blood lipids from oxidative damage.<sup>1</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 Essent+ Premium.



### 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>3</sup> and immune<sup>4</sup> function. 3 softgels contain 600 mg DHA, 1080 mg EPA and 20 mcg vitamin D<sub>3</sub>.



### CARE FOR THE FUTURE, TODAY

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

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## **ESSENT+ PREMIUM: FISH AND OLIVE OIL IN HARMONY FOR PROVEN RESULTS**

The scientific formulation inside Essent+ Premium combines a unique fish oil grade with beneficial amounts of Omega-3 along with a scientifically certified measure of olive oil that provides polyphenols, phytonutrients, and Omega-9 and thus contributes to the enhanced oxidative stability of Omega-3 lipids.

The polyphenols bind to the Omega-3s and act as effective antioxidants, preventing the lipids from oxidating<sup>6</sup>. The enhanced polyphenols of R.E.V.O.O 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 REVOLUTIONARY EXTRA VIRGIN OLIVE OIL IN ESSENT+ PREMIUM**

Essent+ Premium capsules are made with extra virgin olive oil from a patented production process that gives us the proprietary R.E.V.O.O from certified Koroneiki olives with unparalleled levels of polyphenols<sup>5</sup>, oleic acid, several phytonutrients and more. In fact, R.E.V.O.O is up to 30 times higher in polyphenols than standard extra virgin olive oils. Its richness in Omega-9 (Oleic acid) is another important feature, which actively supports the normalization of blood lipid levels<sup>1</sup>. It is a high premium component and individually retails at €69.00 per 250 ml.

## **THE SPECIALIST BLEND OF NATURAL FISH OIL CONCENTRATE SUPPORTING THE CARDIOVASCULAR SYSTEM AND BRAIN FUNCTION**

The fish oil used in Essent+ Premium capsules comes from two selectively sourced natural Omega-3 triglyceride concentrates for the best possible result. These high-quality triglyceride concentrates contain 85% EPA and DHA, and with such a high concentration only small amounts are needed to get the necessary results in our bodies so they are perfect to be used in capsules.

Choosing the triglyceride form is important since this is the form naturally found in fish and plant species and thus the form the body most easily recognizes and absorbs. In fact, over 98% of all fats ingested from foods are in the triglyceride form. Triglyceride fish oils are more complicated and take longer to produce, but for us there's no other way. The chosen natural Omega-3 concentrates are made from pure anchovies from the unpolluted waters of the South Pacific and are certified by Friend of the Sea and meet the highest standard for sustainable fishing.

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

Essent+ Premium contains vitamin D<sub>3</sub> (cholecalciferol) and 3 softgel capsules provide 20 µg. We use a natural vitamin D<sub>3</sub> (cholecalciferol) made from lanolin. Lanolin is 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>.

## **CACAO POWDER**

Cacao powder from defatted cocoa seeds contains high amounts of polyphenols, particularly a sub-class known as flavanols with nutritional benefits. A daily dose of 3 softgel capsules provides 17.9 mg of polyphenols.

## **NATURAL HYDROXYTYROSOL**

The hydroxytyrosol in Essent+ Premium is a 100% natural extract obtained by cold-pressing olive fruits, followed by water-based extraction. Hydroxytyrosol is the major phenolic compound found in olives and is considered to provide most of the health benefits of both the olive fruit and extra virgin olive oil. Hydroxytyrosol supports blood lipid maintenance and protects essential Omega fatty acids.

The European Food Safety Authority (EFSA) approved a health claim stating that hydroxytyrosol and its derivatives contribute to the protection of blood lipids from oxidative damage, a key risk factor of cardiovascular disorders, if 5 mg is consumed daily. This is the dose of hydroxytyrosol found in 3 softgel capsules.

## **GELATIN FROM FISH**

The softgel capsules are made of high-grade pharmaceutical fish gelatin derived from fish skin and are free from any artificial colors.

## **FISH AND OLIVE OIL SYNERGY = RESULTS**

Our scientists have formulated Essent+ Premium as a blend of several high-quality Omega-3 fatty acids in a concentrated form, but as natural triglycerides, with an extra high content (85%) of EPA & DHA; and the fatty acid Omega-9 from extra virgin olive oil. Essent+ Premium also contains a very significant amount of polyphenols (23 mg) in a special blend of hydroxytyrosol and flavanols. Hydroxytyrosol is derived from olive oil and olive fruit extract, while flavanol is derived from cocoa powder.

## **PROOF OF BALANCE IN 120 DAYS**

Our certified laboratories are responsible for analyzing the dried blood spot tests for eleven fatty acids in the blood, making our database the world's largest of its kind. 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 the USA. After taking BalanceOil products for 120 days, the average ratio for most people is below 3:1.



Norwegian Formulation. Produced in Spain.

**ZINZINO**

## KEY BENEFITS

- ▶ **Helps maintain polyphenol levels in your body to protect blood lipids from oxidative stress<sup>1</sup>**
- ▶ **When 3 softgel capsules or more are consumed daily, it contributes to the protection of blood lipids from oxidative damage<sup>1</sup> since the daily dosage contains 5 mg or more of hydroxytyrosol**
- ▶ **Contributes to normal heart function<sup>2</sup> since the daily dosage contains 1080 mg EPA and 600 mg DHA**
- ▶ **Contributes to normal brain function<sup>3</sup> since the daily dosage contains 600 mg DHA**
- ▶ **Contributes to normal immune<sup>4</sup> function since the daily dosage contains 20 µg of vitamin D<sub>3</sub>**
- ▶ **Supports healthy and normal eye function since it contains 600 mg of DHA<sup>6</sup>**
- ▶ **4 softgel capsules or more per day helps maintain triglyceride<sup>8</sup> and blood pressure levels<sup>9</sup> that are already within normal limits since the daily dosage contains 2240 mg of EPA and DHA**
- ▶ **Contributes to healthy bones,<sup>11</sup> muscles,<sup>12</sup> teeth<sup>13</sup> and cells<sup>14</sup> since the daily dosage contains 20 µg of vitamin D<sub>3</sub>**
- ▶ **Helps maintain good levels of EPA and DHA in your body**
- ▶ **Helps maintain optimal Omega-6:3 levels in your body**

### BRAIN FUNCTION

EPA and DHA have approved health claims for maintaining normal brain function.<sup>3</sup> For pregnant and lactating women, DHA contributes to normal brain development of the fetus and breastfed infants.<sup>3</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

Essent+ Premium contains vitamin D<sub>3</sub>, vitally important for the immune system as it contributes to its normal function.<sup>4</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>1</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

<b>Nutritional value and contents in:</b>	<b>2 softgels</b>	<b>3 softgels</b>
Fish oil	1600 mg	2400 mg
Omega-3 fatty acids	1120 mg	1680 mg
of which EPA	720 mg	1080 mg
of which DHA	400 mg	600 mg
Olive oil	340 mg	510 mg
Oleic acid (Omega-9)	255 mg	383 mg
Polyphenols	18.3 mg	27.4 mg
of which hydroxytyrosol	5.8 mg	8.7 mg
Squalene	1.3 mg	1.9 mg
Vitamin D <sub>3</sub> (250%*, 400%** of RV*)	13.4 µg*	20.1 µg**

\*RV = reference value

**ZINZINO POLYPHENOL BLEND:** Hydroxytyrosol, cacao and olive polyphenols.

**ZINZINO BALANCE BLEND:** EPA, DHA and Omega-9.

**NATURAL:** Essent+ Premium is made from ingredients coming from natural sources.

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

**RECOMMENDED DAILY DOSAGE:** 1 softgel per circa 30 kg body weight. Adjust serving size based on body weight. Adults with body weight 50–60 kg: 2 softgels daily. Adults with body weight 80–90 kg: 3 softgels daily. Maximum 5 softgels per day. Do not exceed recommended daily dose. Food supplements are not intended as a substitute for a balanced and varied diet.

**INGREDIENTS:** Fish oils\*, capsule shell (fish gelatine, glycerol), cold-pressed extra virgin olive oil, thickener (beeswax), cocoa seed powder, emulsifier (sunflower lecithin, olive fruit extract (*Olea europaea*)), vitamin D<sub>3</sub> (cholecalciferol). \*Non-EU origin.

**CAUTION:** If taking blood-thinning medicine or if you have a medical condition, consult your doctor before using Essent+ Premium.

**STORAGE:** Store in a dark dry place at room temperature or in refrigerator. Keep out of reach of children.

**CONTENT:** 60 softgels in individual blister packs for optimal freshness.

## ESSENT+ PREMIUM HEALTH CLAIMS (EFSA)

<sup>1</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>2</sup>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.

<sup>3</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 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.

<sup>4</sup>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.

<sup>5</sup>The extra virgin oil used in Essent+ Premium comes from Koroneiki olives from Cyprus that are cold-pressed and specially selected for their high polyphenol content (above 2600 mg/kg). Analyzed and certified at source.

<sup>6</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>7</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. Analysed and certified at source.

<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. 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>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. 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>13</sup>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.

<sup>14</sup>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.