

# BALANCEOIL+

ALL-NATURAL POLYPHENOL OMEGA BALANCE FOOD SUPPLEMENT



## HIGHLIGHTS REGARDING BALANCEOIL+

BalanceOil+ is an all-natural Polyphenol Omega Balance food supplement high in olive polyphenols, Omega-3 and vitamin D<sub>3</sub>. It safely adjusts and maintains EPA + DHA levels and the Omega-6:3 Balance in your body while protecting your cells from oxidation.<sup>6</sup> It contains a premium blend of oils derived from wild-caught small fish and pre-harvest extra virgin olive oil.

**Content:** 300 ml

## ALL-NATURAL INGREDIENTS

- ▶ The fish oil, from wild-caught small fish
- ▶ Cold-pressed extra virgin olive oil
- ▶ Vitamin D<sub>3</sub> is derived from a natural source
- ▶ Contains only natural flavors

-  **POLYPHENOL PROTECTION**  
Protect your cells from rusting (oxidation). Olive oil polyphenols contribute to the protection of blood lipids from oxidative damage.<sup>6</sup>
-  **GET BALANCED**  
Bring your Omega-6:3 ratio to 3:1 balance in 120 days.
-  **TEST-BASED NUTRITION**  
See your individualized before and after test results.
-  **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>1</sup> and immune<sup>3</sup> 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.

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## SUPPLEMENT FACTS

Nutritional value and contents in:	7.5 ml	12 ml
Fish oil	4142 mg	6627 mg
Omega-3 fatty acids	1549 mg	2478 mg
of which EPA	802 mg	1283 mg
of which DHA	427 mg	683 mg
Olive oil	2557 mg	4092 mg
of which oleic acid (Omega-9)	1918 mg	3069 mg
of which polyphenols	2.2 mg	3.5 mg
Vitamin D <sub>3</sub> (250% of RV*)	12.6 µg	
(400% of RV*)		20 µg
*RV = reference value		

**SUGGESTED USE:** 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 D<sub>3</sub> (cholecalciferol).

- \* Natural vanilla flavor
- \* Natural lemon flavor
- \* 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.

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

**ZINZINO BALANCE BLEND:** Omega-3 (EPA, DHA, DPA), Omega-7, Omega-9 and Vitamin D<sub>3</sub>.

**NATURAL:** BalanceOil+ is made only from ingredients coming from natural sources.

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

### FISH OIL

The fish oils used in BalanceOil+ products have a strict specification for EPA and DHA that efficiently optimizes the Omega-6:3 fatty acid balance in the body within 120 days. The fish oils we use are primarily derived from short-lived, small pelagic fish such as sardines and anchovies. The fish oils are derived from whole, unprocessed fish. The oil goes through a refining process to remove environmental contaminants (if any is present) and is

certified as free from heavy metals and other toxins. LYSI, the manufacturer of BalanceOil+, meets all regulatory requirements for production, and follows GMPs (Good Manufacturing Practices) for food and pharmaceutical products.

### EXTRA VIRGIN OLIVE OIL

The Spanish Picual olive is selected due to its richness in Omega-9 and very high antioxidant content. 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<sup>5</sup>), both with several beneficial effects.<sup>15</sup> The polyphenols protect the BalanceOil+ in the bottle but even more importantly, also your cells.<sup>6</sup>

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

BalanceOil+ contains vitamin D<sub>3</sub> (cholecalciferol). 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>.

### NATURAL TOCOPHEROLS

Mixed tocopherols are commonly used anti-oxidant in dietary supplements. The natural tocopherols used are made from GMO-free, highly refined soy bean oil distillates, which undergo further refining and therefore do not contain any soy proteins. This means there are no allergens present. The typical composition is: alpha-, beta-, gamma- and delta-tocopherols.



Norwegian Formulation. Produced in Iceland.

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## FISH AND OLIVE OIL SYNERGY = RESULTS

Our scientists formulated BalanceOil+ to combine the Omega-3 with the correct amounts of olive oil that provides Omega-9 and anti-oxidants in extra high amounts. This synergistic combination makes it possible to safely adjust and maintain the Omega-3 in your body to achieve an Omega-6:3 Balance below 3:1.

## 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 worlds 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 USA. After taking BalanceOil+ products for 120 days, the average ratio is for most people below 3:1.

## BRAIN FUNCTION

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

BalanceOil+ contains vitamin D<sub>3</sub>, vitally important for the immune system as it contributes to its normal function.<sup>3</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>6</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.

## KEY BENEFITS

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- ▶ **Contributes to normal brain function<sup>1</sup> and heart function<sup>2</sup> since the daily dosage contains 700 mg DHA**
- ▶ **Contributes to a normal immune system<sup>3</sup> since the daily dosage contains 20 µg 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**
- ▶ **Helps maintain polyphenol levels in your body to protect blood lipids from oxidative stress<sup>6</sup>**
- ▶ **Supports healthy and normal eye function since it contains 700 mg DHA<sup>7</sup>**
- ▶ **Contributes to normal bones<sup>11</sup>, muscle function<sup>12</sup>, normal teeth<sup>13</sup> and cell division<sup>14</sup> since the daily dosage contains 20 µg Vitamin D<sub>3</sub>**
- ▶ **Supports normal blood triglyceride levels<sup>8</sup>, normal blood pressure<sup>9</sup> and normal blood calcium levels<sup>10</sup>**

## BALANCEOIL+ HEALTH CLAIMS (EFSA)

<sup>1</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 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.

<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>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>4</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. Analyzed and certified at source.

<sup>5</sup>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.

<sup>6</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>7</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>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.

<sup>15</sup>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.