



ZINZINO

# BalanceOil AquaX

BalanceOil AquaX takes the Omega-6/Omega-3 concept to the next level! AquaX contains a unique emulsifier, Aquacelle\*, that gives a better absorption of EPA, DHA and the polyphenols, but foremost makes it easy for everyone to take the right amount on a daily basis.

AquaX changes the whole concept of flavors and Omega-3 products! When AquaX is blended with e.g. water, the emulsifier Aquacelle\* turns it into a water like drink with a touch of lemon flavor.

Any unwelcome tastes or unpleasant sensations are gone.

Just mix the daily dosage of BalanceOil AquaX with a glass of water or any cold drink of your choice. Simply shake the bottle then pour, stir, drink and enjoy!

*\*Aquacelle patent pending*



## Key benefits

- Optimal **brain** function\*\*
- Good for your **heart**\*\*
- Boost your **immune** system\*\*
- Easier and better absorption
- Taste like lemon water
- User friendly

\*\*Commission Regulation (EU) 1924/2006 and 432/2012

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# A synergistic formula

## QUALITY + SYNERGY = RESULTS

BalanceOil AquaX is a combined fish and olive oil product. Our scientists have formulated BalanceOil AquaX for results. This includes selecting oil from fish species with high content of EPA and DHA (essential omega-3 fatty acids), blended with a special, high-quality high-polyphenol extra virgin olive oil. Our BalanceOil formulation helps to adjust the omega-6:3 balance in a safe and efficient way to an optimal balanced level.

## WILD FISH OIL

Our wild fish oil (sardines, anchovies and mackerel) comes from a leading fish oil manufacturer in Iceland. The manufacturer of BalanceOil meets all regulatory requirements for production and follows GMPs (Good Manufacturing Practices) for food and pharmaceuticals. Our products are GMO-free (i.e. free of genetically modified organisms).

## OLIVE OIL WITH HIGH CONTENT OF ANTIOXIDANTS

BalanceOil contains a special cold-pressed, extra-virgin olive oil known for its high-content of polyphenols. Polyphenols are strong antioxidants with numerous beneficial effects. The polyphenols protect Balance oil in the bottle and in your body.

## DOCUMENTED RESULTS OF BALANCE IN 120 DAYS

With over 140,000 (June, 2016) blood tests we have the worlds largest data-base and the results speak for themselves. More than 95% of our customers that use the BalanceOil products according to the plan, gets into an Omega-6:3 balance close to 3:1 or better. The average omega 6:3 balance for those who were not taking omega-3 supplements was 12: 1 in Europe and 24: 1 in the United States.

## KEY FEATURES OF BALANCEOIL AQUAX

Traditional fish oils have a taste and smell that makes you reluctant to taking them. BalanceOil being a fish and olive oil mixture with gentle flavors, have a taste that is greatly enjoyed by most people. Still, despite this, some people struggle with taking the oil daily and some have a slow absorption response. When AquaX is blended with water for instance, the emulsifier Aquacelle\* absorbs the oil like magic in the water, and you can enjoy your glass of water with a touch of lemon taste. Any unwelcome tastes or unpleasant sensations are gone. Just shake the bottle then pour, stir, drink and enjoy!



**HOW TO USE BALANCEOIL AQUA-X:** BalanceOil Aqua X is a tasty and exciting product that helps to increase your Omega-3 levels in a safe and effective way. The product is designed to be consumed after being mixed\*\*\* with a glass of water or any other cold liquid of your choice that goes well with lemon flavor (examples are water, orange juice, fruit drinks, iced tea etc.).

**Remember to shake the bottle first and to stir well** with a spoon after blending it with the liquid. Increase the amount of liquid to get the blending effect you like. BalanceOil Aqua X is a product that makes it easier for the whole family to get their daily Omega-3 intake – no more excuses of undesired oily flavors.

\*\*\*AquaX can be used safely on its own if needed.

**SUGGESTED USE:** 0,15 ml BalanceOil x 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.

**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 one year of age.

**STORAGE:** Store unopened bottles in a dark dry place at room temperature or in refrigerator. Store opened bottles in refrigerator and use within 45 days. The oil may become cloudy at temperatures lower than 4° C/39° F due to the solidification of the olive oil. The oil will clear at room temperature. Keep out of reach of children.

NUTRITION VALUE	pr 7,5 ml	12 ml
Fishoil	4575 mg	7320 mg
Omega-3	1549 mg	2478 mg
of which: C20:5 (EPA)	802 mg	1283 mg
of which: C22:6 (DHA)	427 mg	683 mg
Oleic acid (omega-9)	1918 mg	3069 mg
Vitamin D3		
(125 % of RDA)	6,3 ug	
(200 % of RDA)		10 ug

\*) % recommended daily allowance (RDA) Directive 90/496/EEC

**INGREDIENTS:** Fish oil (anchovy, mackerel, sardine), cold pressed extra virgin olive oil, emulsifiers\* (polyglycerol esters of fatty acids, lecithin, oat oil, olive oil, citrus oil), mixed tocopherols (to preserve freshness), lemon flavor, vitamin D3 (cholecalciferol).

## Frequently asked questions

### What is omega-3?

Omega-3 is a collective term for a group of long-chained polyunsaturated fatty acids. Omega-3 fatty acids are essential, which means that the body cannot produce them itself so they have to be a part of your diet. The exception is females in a fertile age, which have the ability to produce small amounts of omega-3 fatty acids. However, intake of omega-3 fatty acids through the diet is still recommended for females in this group. There are different types of omega-3 fatty acids; shorter chained omega-3 fatty acids from plants and vegetables and longer chained omega-3 fatty acids from marine sources. The long chained omega-3 fatty acids have the highest bioactive effect, especially eicosapentaenoic acid (EPA, C20:5 omega-3) and docosahexaenoic acid (DHA, C 22:6 omega-3-3).

### In what type of food can I find omega-3?

The long chained omega-3 fatty acids (EPA and DHA) are mainly found in oily fish such as sardines, mackerel, anchovies, and salmon to mention some, while the shorter chained omega-3 fatty acid alpha-linolenic acid (ALA) are found in most vegetable oils.

### Why should I take omega-3 supplements?

Marine omega-3 fatty acids are important to achieve a normal and good balance between components in your body. In addition omega-3 is important for a natural and healthy development and growth. A number of documented scientific studies show that omega-3 (EPA and DHA) are important for our cardiovascular health, fetus development, cognitive performance, mood and behavior, to mention some.

DHA contributes to 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 \*\*

\*\*Commission Regulation (EU) 1924/2006 and 432/2012

### How much omega-3 do I need?

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. 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

### Where does the fish used in the BalanceOil come from?

The fish oils used in balance products are produced according to a specification that does not require a specific origin of the fish. The specified high content of EPA and DHA is more important.



### What part of the fish is used to produce the BalanceOil?

The fish oils from LYSI are normally derived from short-lived, small pelagic fish. The whole fish is used to produce the oil. The crude oil goes through a refining process to remove sensory- and environmental contaminants. The refining process makes the fish oil palatable.

### What is the difference between BalanceOil and BalanceOil Aqua X?

The difference is that BalanceOil Aqua X contains Aquacelle\*. That is why it can be mixed into cold liquids like water or juice.

### Is there any genetically modified material in the BalanceOil?

There is no genetically modified material in any of the BalanceOils and its ingredients.

### 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, which increases the unbalance between omega-6 fatty acids and omega-3 fatty acids in the body. Such unbalance 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 supports chronic inflammation. Signaling molecules derived from omega-3 fatty acids have lower inflammatory potential, some are also anti-inflammatory. In many ways the eicosanoids fulfill each other, and that is why 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, Nordic Council of Ministers recommends a diet containing Omega-3 fatty acids that will, when eaten, give you a O-6/O-3 balance 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 ZinzinoTest. The test measures fatty acids in whole blood, which reflects the fatty acid profile in your daily diet. From the fatty acid profile the Omega-3 level and Omega-6/Omega-3 fatty acid balance are calculated. If you have a balanced diet, your Omega-6/Omega-3 fatty acid balance will be lower than 5:1, preferably lower than 3:1.