



ZINZINO

BalanceShake

Strawberry flavour

Enjoy the tasty BalanceShake, which gives you BalanceOil, vitamins and minerals, 1,3/1,6-beta glucans and proteins in one package. BalanceShake adjusts your omega-6/omega-3 balance, and supports normal heart, brain, eye and Immun System among other health benefits.



Key benefits

- Helps to **increase** the **Omega-3 essential fatty acid** levels in your body in a safe and efficient way
- Helps to **adjust** your **Omega 6:3- ratio** to optimal levels of balance.
- Contains **wild fish oil** combined with a **high-polyphenol** extra virgin olive oil that gives a synergetical and beneficial blend
- Supports among other healthy and optimal **eye, heart, brain and immune function**
- Contains BetaGlucans which enhances the bodys normal **immune function.**
- Contains Vitamin D, C, K2, B1 to B12, potassium, calcium, phosphorus, selenium which among other contributes to the maintenance of the immune system, bones, muscles, nervous system and energy-yielding metabolism.

BalanceShake

Strawberry flavour

QUALITY + SYNERGY = RESULTS

BalanceOil is more than just fish oil. Our scientists have formulated BalanceOil for results. This includes selecting 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 and BalanceShake formulation helps to adjust the omega-6:3 balance in a safe and efficient way to an optimal balanced level. Our data shows proven results of balance (near 3:1 ratio) within 120 days. (See PROOF of BALANCE on this page.)

WILD FISH OIL

Our wild fish oil, including sardines, anchovies and mackerel, comes from a leading fish oil manufacturer in Iceland. Iceland specializes in fisheries and 70% of its economy relates to fish in some way. The manufacturer of BalanceOil meets all regulatory requirements for production and follows GMPs (Good Management Practices) for food and pharmaceuticals. Our products are GMO-free (i.e. free of genetically modified organisms).

HIGH QUALITY EXTRA VIRGIN OLIVE OIL

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. Refined oils extracted from olive fruits by heat or solvents lack the same quality.

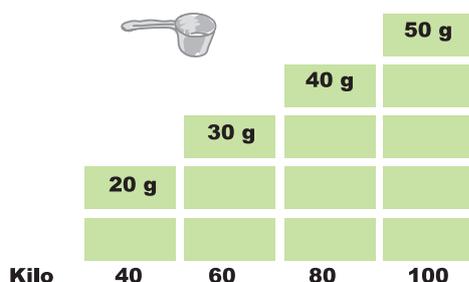
PROOF OF BALANCE IN 120 DAYS

Our certified laboratories have now analyzed around 110.000 tests (October 2015). The average Omega 6:3 balance for people not taking Omega-3 supplement was 12:1 for Europe and 23:1 for USA. After taking BalanceOil and BalanceShake for 120 days the overall average balance is around 3:1.

SUGGESTED USE:

 Adjust serving size based on your bodyweight.

Adults with body weight 60 kg: 3 scoops or 30 g daily, and 80 kg: 4 scoops or 40 g daily. Pr. 20 g of powder you add 1 dl cold water. Shake the powder and water in a shaker for 5 sec. Combine dietary supplements with a balanced diet and healthy lifestyle for best results. Do not exceed recommended daily dose.



STORAGE: Store unopened boxes in a dark dry place at room temperature or In refrigerator. Store opened boxes in refrigerator and use within 1 Month. Keep out of reach of children.

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

NUTRITION VALUE	pr 100 g	60 g
Calories	514,6 kcal (2236 k J)	138,9 kcal (603 kJ)
Protein	16,1 g	4,4 g
Carbohydrates	34,5 g	9,3 g
Of which:		
Sugar	11,3 g	3,1 g
Fat	37,2 g	10,0 g
Saturated fatty acids	9,7 g	2,6 g
Monounsaturated fatty acids	14,4 g	3,9 g
Polyunsaturated fatty acids	7,6 g	2,1 g
Omega-3	6,0 g	1,6 g
Of which: C20:5 (EPA)	3,4 g	0,9 g
Of which: C22:6 (DHA)	1,6 g	0,4 g
Dietary Fiber	2,1 g	0,6 g
Sodium	4,2 m g	1,1 mg
Vitamins		
Vitamin D3	(832 %) 41,6 µg	(224 %) 11,2 µg
Vitamin C	(81 %) 65 mg	(22 %) 17,6 mg
K2-vitamins	(122 %) 91 µg	(33 %) 24,6 µg
B1-vitamins	(178 %) 2 mg	(48 %) 0,5 mg
B2-vitamins	(186 %) 3 mg	(57 %) 0,8 mg
Niacins	(122 %) 20 mg	(34 %) 5,4 mg
Pantothenic acid	(109 %) 7 mg	(32 %) 1,9 mg
B6-vitamins	(186 %) 3 mg	(57 %) 0,8 mg
Biotins	(117 %) 59 µg	(32 %) 15,9 µg
Folic acid	(130 %) 260 µg	(35 %) 70,2 µg
B12-vitamins	(156 %) 4 µg	(42 %) 1,1 µg
Minerals		
Potassium	(104 %) 2083 mg	(28 %) 562,5 mg
Calcium	(98 %) 781 mg	(26 %) 210,9 mg
Phosphorus	(112 %) 781 mg	(30 %) 210,9 mg
Selenium	(118 %) 65 µg	(32 %) 17,6 µg

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

OTHER INGREDIENTS: Zinzino BalanceOil ((fish oils, cold pressed olive oil, mixed tocopherols (antioxidant), Vitamin D3 (cholecalciferol)), glucose syrup, milk protein, cream powder, stabilizer (maltodextrin), minerals (dipotassium phosphate, calcium carbonate, potassium chloride, sodium selenate), sweetener (fructose, (steviol glycoside (E960))), antioxidant (sodium ascorbate (E301), bulking agent (cellulose powder), thickener (xanthan gum), avour, vitamins (ascorbic acid, folic acid, nicotinamide, menaquinone, calcium-D-pantothenate, biotin, cyanocobalamin, pyridoxine hydrochloride, riboavin, thiamine hydrochloride), acidity regulator ((dipotassium phosphate (E340ii)), emulsifier ((mono- and diglyceride of fatty acids (E471))), yeast (Saccharomyces cerevisiae) beta-glucans*, anticaking agent (silicon dioxide (E551), avour. *Wellmune®. Contains fish and milk.

Frequently asked questions

What is omega-3?

Omega-3 is a collective term for a group of long-chained polyunsaturated fatty acids, having the first double bond between carbon number 3 and 4 counted from the methyl-end (See also "Fatty acids and local hormones"). 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 the plant kingdom and longer chained omega-3 fatty acids from marine sources. The long chained omega-3 fatty acids have the highest bioactive effect (see also "Fatty acids and local hormones"), 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, 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 pro- and anti-inflammatory components in your body (see also "Fatty acids and local hormones"). 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.

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 (See also "Fish oil and health").

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. Most importantly for the balance products are a fatty acid profile that



safely and efficiently normalizes the Omega-6/Omega-3 fatty acid balance in 120 days.

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.

Is there any genetically modified material in the fish oil?

There is no genetically modified material in the fish oil, or in the balancing products.

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, while a high Omega-6/Omega-3 fatty acid balance supports chronic inflammation. 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 normal 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 (see also "The Omega Balance Health Concept"). 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. If you need to normalize your Omega-6/Omega-3 fatty acid balance we recommend balancing products combined with a healthy diet and active lifestyle.