

ZINZINO

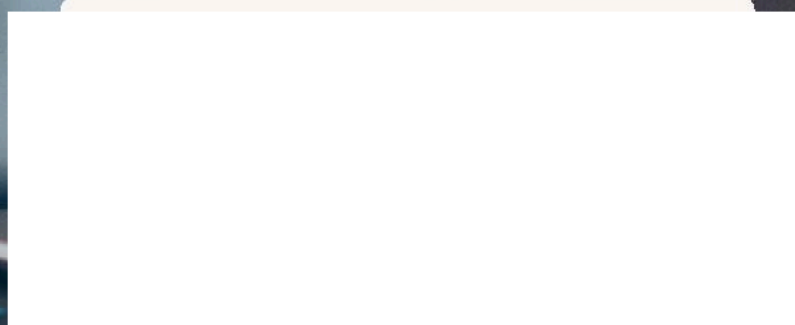
Inspire Change in Life

BalanceTest report

Independently analyzed by:



VITAS
ANALYTICAL SERVICES



The facts you need to create a health routine that works

Your personal BalanceTest report provides key insights into your diet and lifestyle, and how it's reflected in your body. The test blood, including your Omega-6:3 balance. You science-based health markers, forming your personalized diet and lifestyle routine.

Check your status & track your progress

Use your test results as a reference point of body with less stress, fatty fish rich in EPA supplements such as BalanceOil+.

The first test gives you a baseline. The second test reveals how well your body has responded. We recommend waiting 120 days between tests any adjustments.

Confidential & objective analysis*

Your anonymous blood samples are third-party in strict confidentiality by an independent, chemical laboratory* to ensure correct handling and unbiased results.



*Vitas AS' contribution is limited to the chemical analysis in accordance with applicable quality standards.

Please, note! This is a self-screening health test and the results should not be used to diagnose, treat, or

Contents

Key insights

Your results

Dietary advice based on the

How your results are calcul

How to change your diet - g

Sources of fatty acids

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KEY INSIGHTS

#01

Are you in the danger zone?

95% of the people tested do not have the optimal balance.

#02

More Omega-3, less Omega-6

Most people today have an imbalance of Omega-6 and Omega-3 and too low levels of Omega-3 due to our modern diet.

#03

Ratio 3:1 Where you should be with a healthy diet works. Science recommends you have a 3:1 ratio of essential fatty acids Omega-6 and Omega-3.

Ratio 7:1 People who take a traditional Omega-3 supplement, most of them have an average Omega-6:3 ratio of 7:1 or higher.

Ratio 15:1 Some people don't take any supplement regularly and have an Omega-6:3 ratio as high as 50:1, 80:1 and above. Don't worry! A regular BalanceOil daily will correct it.

#04

We know the statistics

5% of those tested have a ratio of 3:1 or lower, which is the recommended Omega-6:3 ratio.

20% of those tested take an Omega-3 supplement but their results are still not optimal.

75% of those tested do not take any Omega-3 supplement and often have a ratio of 15:1 or higher.

95% of those people taking a BalanceOil product have an Omega-6:3 ratio near 3:1 after 120 days.

#05

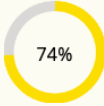
Zinzino BalanceOil a blend of polyphenols

BalanceOil contains a high amount of olive polyphenols, Omega-6, Omega-7 and Omega-9, which is exactly what you need to reach the 3:1 ratio to where it should be.

YOUR RESULTS

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Omega-6:3 balance
Semi-balanced 3.9:1

Protection value

Moderate

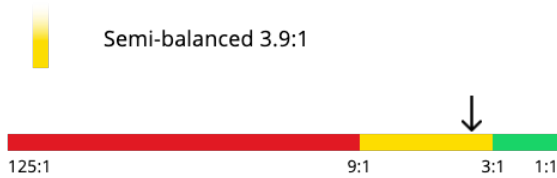
Omega-3 index
 Moderate
 7.3%

Mental strength
 Moderate
 1.4:1

Cell membrane fluidity
 Moderate
 5.3:1

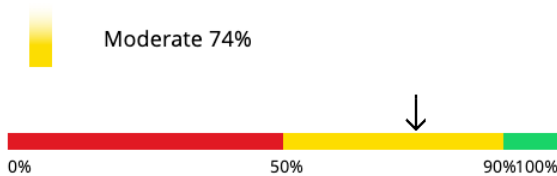
Arachidonic acid (AA) index
 Elevated
 10.1%

Omega-6:3 balance



The Omega-6:3 balance is moderate, but still too high. Increase the Omega-3 intake to improve the results and to reach balance.

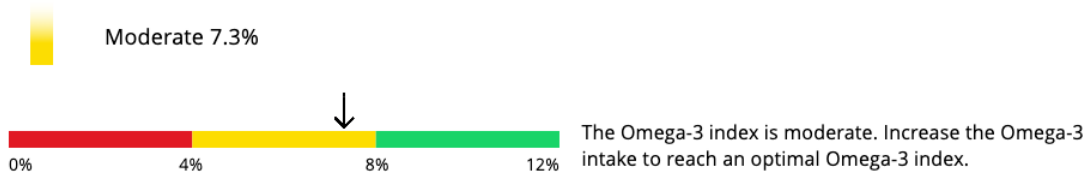
Protection value



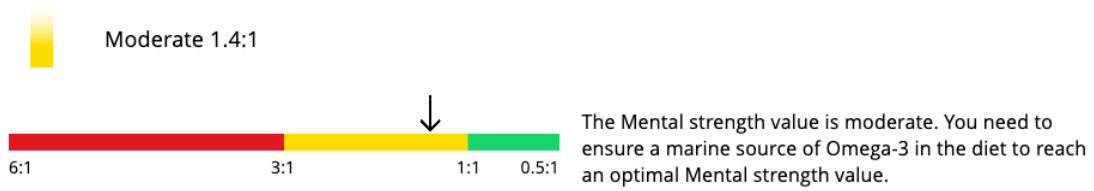
The Protection value is moderate. A daily intake of BalanceOil in the recommended dosage for 120 days will increase the diet's protective capacity.

This is a self-screening health test intended for informational purposes only, and the results should not be used to diagnose, treat, or cure.

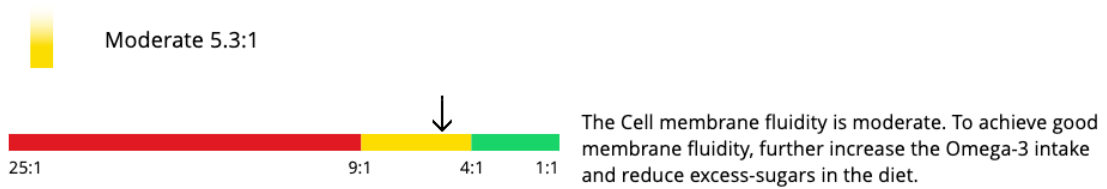
Omega-3 index



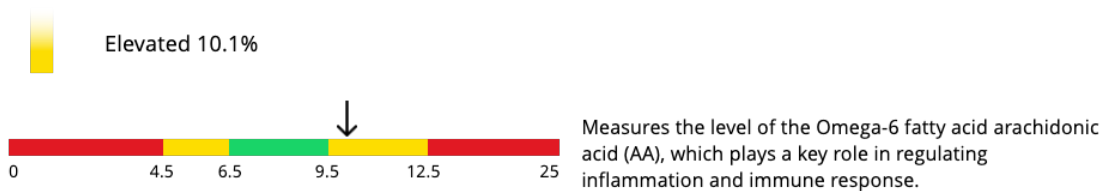
Mental strength



Cell membrane fluidity



Arachidonic acid (AA) index



Details of fatty acids measured

Saturated fat

	Target range, %	Your value	Deviation (in %)
Palmitic acid (PA) C16:0	23.12 - 25.05	23.90%	0%
Stearic acid (SA) C18:0	12.51 - 13.77	15.10%	9.7%

Omega-9

	Target range, %	Your value	Deviation (in %)
Oleic acid (OA) C18:1	20.93 - 23.39	19.10%	-8.7%

Omega-6

	Target range, %	Your value	Deviation (in %)
Linoleic acid (LA) C18:2	18.44 - 21.26	21.30%	0.2%
Gamma-linolenic acid (GLA) C18:3	0.11 - 0.22	0.06%	-45.5%
Dihomo-gamma-linolenic acid (DGLA) C20:3	0.91 - 1.16	0.91%	0%
Arachidonic acid (AA) C20:4	6.50 - 9.50	10.10%	6.3%

Omega-3

	Target range, %	Your value	Deviation (in %)
Alpha-linolenic acid (ALA) C18:3	0.38 - 0.63	0.23%	-39.5%
Eicosapentaenoic acid (EPA) C20:5	3.33 - 5.02	2.61%	-21.6%
Docosapentaenoic acid (DPA) C22:5	1.95 - 2.36	2.05%	0%
Docosahexaenoic acid (DHA) C22:6	4.23 - 4.95	4.69%	0%

DIETARY ADVICE BASED ON THE RESULTS

Omega - 6 : 3 Balance

The natural Omega-6:3 Balance according to our genes is below 3:1.

When Omega-3 fatty acids make up more than 8% of all fatty acids, your Omega - 6 : 3 Balance will be 3 : 1 or lower. The Omega-3's EPA and DHA is dependent on body weight. Adults weighing 80 kg need to consume approximately 3 grams of Omega-3's (EPA + DHA) daily to get their Omega - 3 (EPA + DHA) level

The daily recommended dosage of BalanceOil is an amount of Omega-3 to 8% in your body so that you can achieve a good Omega-6:3 Balance in 120 days. We also recommend that you incorporate a variety of fatty fish into your diet on a daily

Most people also need to reduce Omega-6 in their diet. If your values show that you belong to that group, you should then avoid products that contain vegetable oils high in Omega - 6, such as soybean oil.

If your values are not what you expected them to be, check whether you have consumed the correct dosage of BalanceOil. If you have consumed plain Omega-3 oils, we suggest that you switch to an Omega Polyphenol Balance supplement instead (such as

Protection Value

A daily intake of BalanceOil in the recommended dosage will increase your Omega-3 level above 8% in 120 days and improve your value. We also recommend that you incorporate a variety of fatty fish into your diet on a daily basis. In order to reduce your Omega-6, avoid products that contain vegetable oils high in Omega-6, such as sunflower oil, corn oil and soybean oil.

Omega - 3 Index

The natural level of EPA in the blood is 3.6%, while that of DHA is 4.7%, and combined they need to be above 8%, preferably 10%. The daily requirement of marine Omega - 3's EPA and DHA is dependent on body weight. Adults weighing 80 kg need to consume approximately 3 grams of Omega-3's (EPA + DHA) daily to get their Omega-3 (EPA + DHA) level above 8%. The daily recommended dosage of BalanceOil is an amount of Omega-3 to 8% or more in your body in 120 days. We also recommend that you incorporate a variety of fatty fish into your diet on a daily basis.

If your values are not what you expected them to be, check whether you have consumed the correct dosage of BalanceOil. If you have consumed plain Omega-3 oils, we suggest that you switch to an Omega Polyphenol Balance supplement instead (such as



Mental Strength

The Mental Strength value should be below 100. Your primary benefit from sufficient and balanced supply of essential fatty acids (Omega-6's and Omega-3's) to the brain and the nervous system. Marine Omega-3 Eicosapentaenoic acid (EPA) and Docosahexaenoic acid (DHA) levels reflect mood- and are scientifically documented to support a normal brain function.

The daily intake of Balance Oil will increase the Omega-3 levels of both EPA and DHA in 120 days. We also recommend a variety of fatty fish into your diet.

Cell Membrane Fluidity

The daily intake of Balance Oil will increase your Omega-3 level. Balance Oil as recommended is lower the level, or maintaining a low level, of saturated fats in the human blood.

If the total of the two saturated fats is above 37%, this indicates an imbalance between your intake of carbohydrates (sugar) and your energy consumption, which over time is a risk factor for lifestyle diseases and increased body weight. Excess carbohydrates are stored as saturated fatty acids both in cell membranes and in adipose tissues.

and starch intake will also reduce the blood glucose. Your primary benefit from sufficient and balanced supply of essential fatty acids (Omega-6's and Omega-3's) to the brain and the nervous system.

Arachidonic Acid (AA) Activity (AA) is

Arachidonic acid (AA) is the most important Omega-6 fatty acid. The body can synthesize AA from linoleic acid (LA), an essential fatty acid obtained from the diet, but it can also be supplied directly through foods. AA is the starting point for the production of hormones involved in physiological processes such as blood clotting, inflammation, and body from infections or after an injury.

Modern diets have a large surplus of Omega-6 Linoleic acid (LA), which regulates the subsequent production of AA.

Good average values are in the range of 6.5% to 9.5% with an optimum target value of 8.3%. Due to the surplus of dietary Omega-6 (LA), the AA value is only very slightly influenced by dietary changes for the

Due to genetics, some people have a lower or higher than average AA production. If your value is below 5%, you may benefit from adding foods high in AA such as chicken, turkey, pork and farmed salmon. If your value is higher than 10%, you may benefit from foods with lower AA content. These recommendations are useful for most people but cannot be guaranteed to work for everybody due to genetic differences.





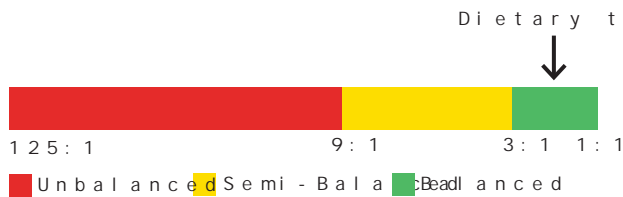
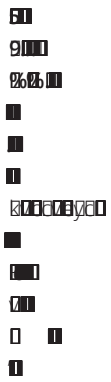
HOW YOUR RESULTS ARE CALCULATED

The Zinzino BalanceTest evaluates the level of fatty acids in blood samples obtained from a fingertip. The test measures 11 fatty acids, which together with 98% of the fatty acids in the blood. The fatty acids include saturated, monounsaturated (Omega-9) and polyunsaturated (Omega-6 and Omega-3) fatty acids.

The fatty acid profile derived from the test is used to calculate 6 different diet

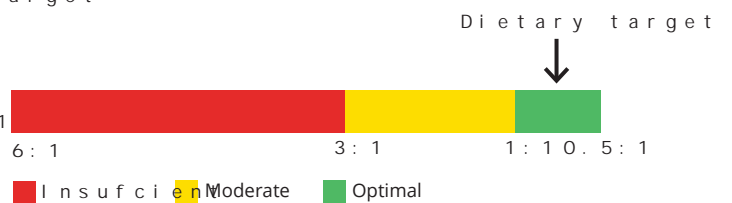
- Protection Value
- Omega-3 Index
- Omega-6:3 Balance
- Cell Membrane Fluidity
- Mental Strength
- Arachidonic Acid (AA) Index

Omega - 6 : 3 Balance



Mental Strength

This is the balance between Omega-6 (EPA/DHA). A sufficient supply of marine EPA and DHA in the diet contributes to normal brain function. Daily administration of Omega-3's EPA and DHA for 3 months significantly reduced feelings of anger and anxiety among subjects.

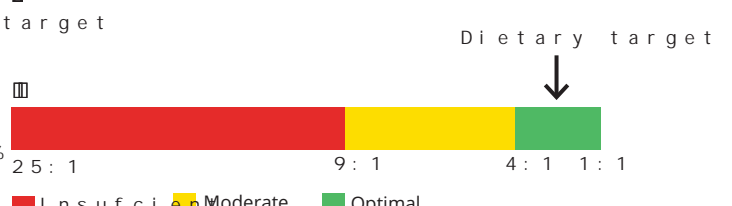
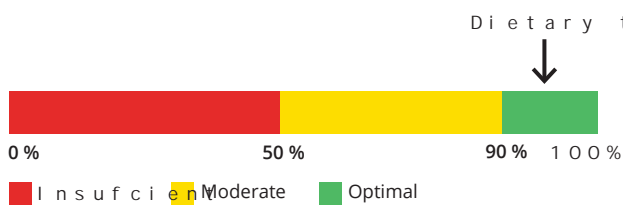


Protection Value

First, the following 3 recognized health maintenance indicators are calculated:

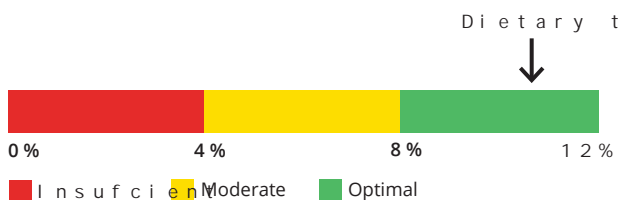
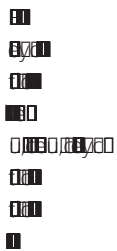
1. The value for the Omega-6 to Omega-3 ratio is calculated as $\frac{\text{DGLA} + \text{AA}}{\text{EPA} + \text{DHA}}$
2. The value for the Omega-3 Index is the sum of EPA and DHA as a percentage of total fatty acids.
3. The Balance value is calculated as $\frac{\text{Omega-6 (AA)}}{\text{Omega-3 (EPA)}}$.

Each indicator value is given the same weight in a second calculation and assigned a value between 0 and 100, which is then divided by 3 to get the Protection Value. The Protection Value should be above 90. EPA and DHA values have a high impact on all the calculations and if EPA and DHA percentages are low, then as a result very low or even zero Protection Values are not uncommon.

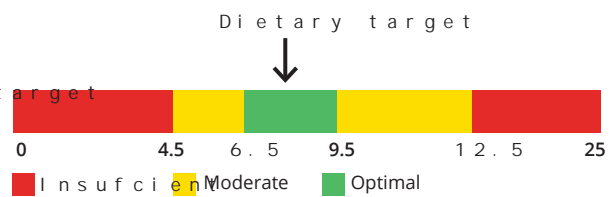


Omega - 3 Index

The 'Omega-3 Index' is a combined measure of the percentage of marine Omega-3 fatty acids EPA and DHA of the total fatty acids found in the blood. Omega-3's have



Arachidonic Acid (AA) is the largest percentage of the measured value of total fatty acids. AA is not a part of the diet (AA) as a percentage is part of several of our calculations and if your





HOW TO CHANGE YOUR DIET - GUIDE

Longer term dietary advice is based on the fact that main dietary sources have different fatty acid group profiles.

Fat groups with main sources in your diet

Saturated fat

- Fatty dairy products: milk, butter, cream cheese
- Meat
- Cakes and pastries
- Biscuits and crackers
- Sauces
- Fast food, hamburgers, pizza
- Surplus carbohydrates: sugar, starch, white bread, potatoes, rice and pasta

Monounsaturated fat (Omega-9)

- Olives and oliveoil
- Rapeseed oil
- Almonds
- Avocado
- Peanuts
- Brazil nuts
- Cashew nuts
- Hazelnuts
- Pistachio nuts

Polyunsaturated vegetable fat (Omega-6)

- Vegetable margarine, vegetable oils, mayonnaise
- Meat
- Sunflower oil and corn oil balance)
- Soy bean oil
- Grapeseed oil
- Sesame seeds

Polyunsaturated fish fat (Omega-3)

- Fatty fish: salmon, trout, herrington, tuna, sardines, wolf-fish, fount
- Zinzino BalanceOil (to restore and maintain



SOURCES OF FATTY ACIDS IN YOUR DIET

The following is only a guideline providing examples of food sources for the 11 different in our home test:

Palmitic acid, C16:0, saturated
Stearic acid, C18:0, saturated
Oleic acid, C18:1, Omega-9
Linoleic acid, C18:2, Omega-6
Alpha-linolenic acid, C18:3, Omega-3
Gamma-linolenic acid, C18:3, Omega-6
Dihomo-gamma-linolenic acid, C20:3, Omega-6
Arachidonic acid (AA), C20:4, Omega-6
Eicosapentaenoic acid (EPA), C20:5, Omega-3
Docosapentaenoic acid (DPA), C22:5, Omega-3
Docosahexaenoic acid (DHA), C22:6, Omega-3

Your diet is reflected in the fatty acid profile of your blood presented in your home test results and forms the basis for our suggestions on how you may change your diet. The fatty acid profile provides an overview of fatty acids in your blood (98% of total fatty acids). To be accurate, you need to know the fatty acid content of some common foods.

Almost all foods contain many different types of fatty acids, including saturated and polyunsaturated Omega-6 and Omega-3 fatty acids. However, the amount of those fatty acids varies from one food to another, making it possible to change the intake of fatty acids by changing the types of foods consumed.



DIET AND HEALTH

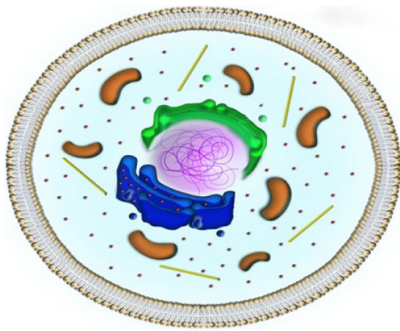


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storehouse of energy, they are critical for cell

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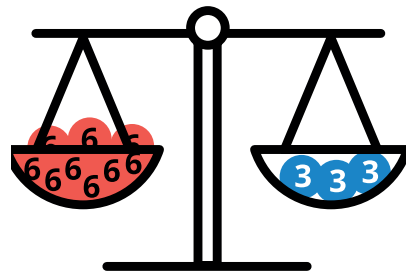
Omega - 6 and Omega 3 Fatty Acids

The increased consumption of soy bean oil in the US has increased the intake of the essential Omega - 6

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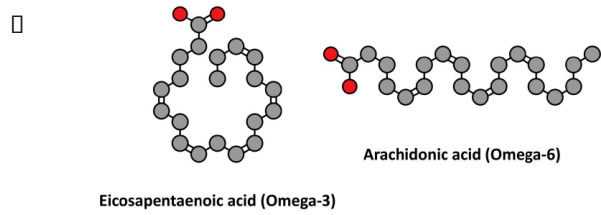


Polyunsaturated Essential Fatty
Omega - 3's and Omega - 6's are poly
acids (PUFAs), which means that
have more than one double bond.

Acids
of soy bean oil in the US
the essential Omega - 6

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- essential polyunsaturated fatty acids, such as
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Omega - 6 / Omega - 3 Fatty Acid Balance Prostaglandin Balance In The Body

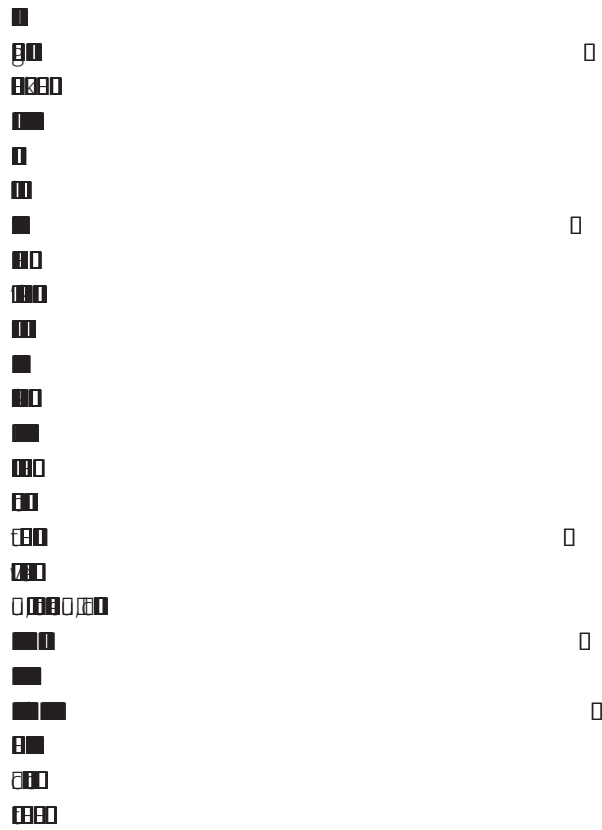


Prostaglandin Synthesis The production of some prostaglandins further on in the process, locally functioning hormones and signaling molecules (eicosanoids) will be

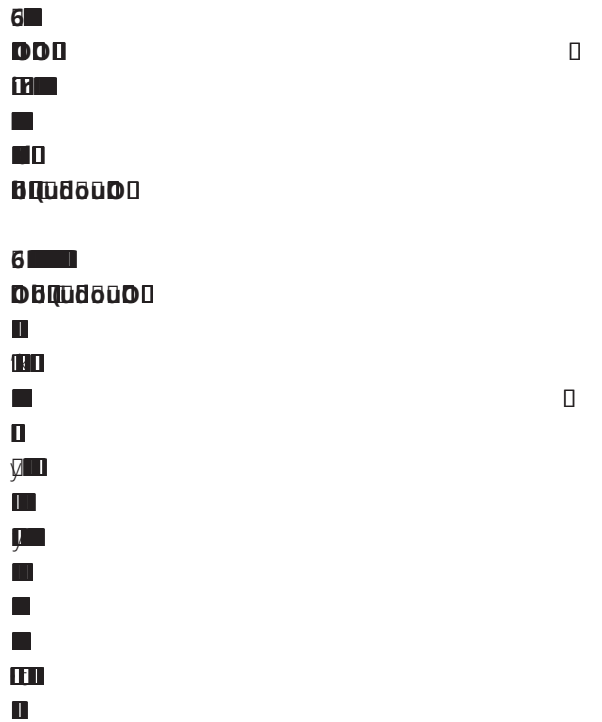
the initial structure changes into the type of prostaglandin. Oxidative stress and health all cells produce free radicals that can turn polyunsaturated fatty acids, such as

Arachidonic acid (Omega-6) and Eicosapentaenoic acid (Omega-3) are the primary precursors of prostaglandins. The balance between these two fatty acids is crucial for maintaining a healthy inflammatory response. Omega-6 fatty acids tend to promote inflammation, while Omega-3 fatty acids have anti-inflammatory properties. This balance is important for overall health and the prevention of chronic diseases.

Commercially Available Oil
Before modern technology w
processing, organically sourced and unprocessed



Zinzino Balance Products



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L i f e i n b a l a n c e i s a l i f e l o n g c o m m i t m e n t .

ZINZINO