



ZINZINO

BALANCETEST REPORT

Your test ID Sample Report (Simple)

| | | | |
|----------------|--------------|-------------------------|----|
| Date | 03.06.2024 | BalanceOil | No |
| Country | South Africa | Other Omega-3 | No |
| Sex | Male | BalanceOil AquaX | No |
| Age | 46 | BalanceOil Vegan | No |
| | | Essent | No |

YOUR RESULTS

| | | | |
|--------------|--------------|------------------|----|
| Your test ID | 3EV48374532 | BalanceOil | No |
| Date | 03.06.2024 | 6BT | No |
| Country | South Africa | Other Omega-3 | No |
| Sex | Male | BalanceOil AquaX | No |
| Age | 46 | BalanceOil Vegan | No |
| | | Essent | No |



Omega-6:3 balance

Unbalanced 32:1

Protection value



Insufficient

Omega-3 index

Moderate
4.8%

Mental strength

Moderate
2.5:1

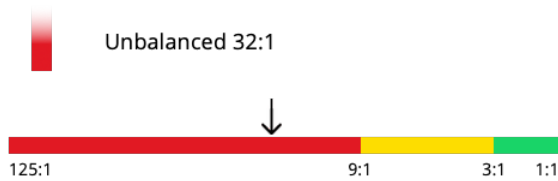
Cell membrane fluidity

Moderate
8.3:1

Arachidonic acid (AA) index

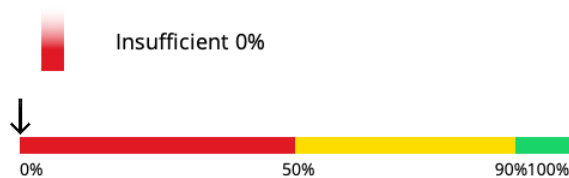
Elevated
11.7%

Omega-6:3 balance



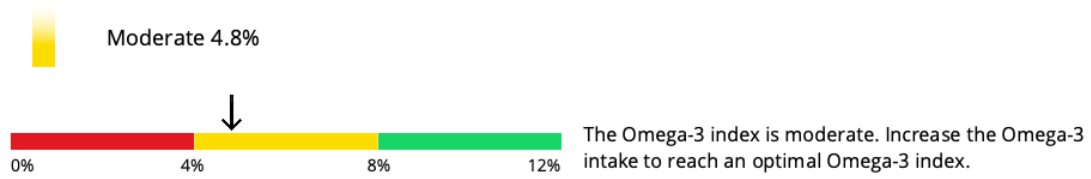
The Omega-6:3 balance is too high. Increase the Omega-3 intake to improve the results and to reach balance.

Protection value

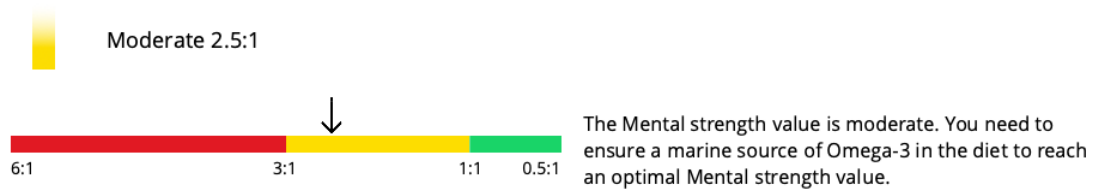


The Protection value is insufficient. A daily intake of BalanceOil in the recommended dosage for 120 days will increase the diet's protective capacity.

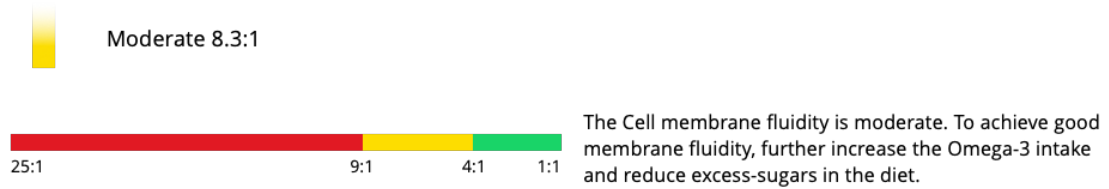
Omega-3 index



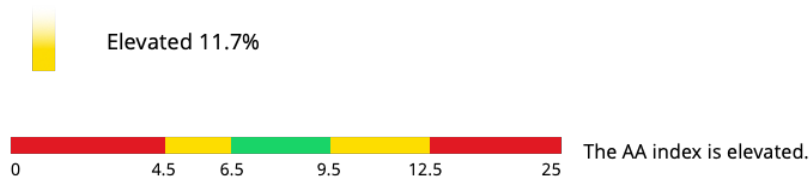
Mental strength



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 | 24.80% | 0% |
| Stearic acid (SA) C18:0 | 12.51 - 13.77 | 14.50% | 5.3% |

Omega-9

| | Target range, % | Your value | Deviation (in %) |
|-----------------------|-----------------|------------|------------------|
| Oleic acid (OA) C18:1 | 20.93 - 23.39 | 19.00% | -9.2% |

Omega-6

| | Target range, % | Your value | Deviation (in %) |
|--|-----------------|------------|------------------|
| Linoleic acid (LA) C18:2 | 18.44 - 21.26 | 21.60% | 1.6% |
| Gamma-linolenic acid (GLA) C18:3 | 0.11 - 0.22 | 0.07% | -36.4% |
| Dihomo-gamma-linolenic acid (DGLA) C20:3 | 0.91 - 1.16 | 1.60% | 37.9% |
| Arachidonic acid (AA) C20:4 | 6.50 - 9.50 | 11.70% | 23.2% |

Omega-3

| | Target range, % | Your value | Deviation (in %) |
|-----------------------------------|-----------------|------------|------------------|
| Alpha-linolenic acid (ALA) C18:3 | 0.38 - 0.63 | 0.17% | -55.3% |
| Eicosapentaenoic acid (EPA) C20:5 | 3.33 - 5.02 | 0.37% | -88.9% |
| Docosapentaenoic acid (DPA) C22:5 | 1.95 - 2.36 | 1.78% | -8.7% |
| Docosahexaenoic acid (DHA) 22:6 | 4.23 - 4.95 | 4.39% | 0% |