



ZINZINO

BALANCETEST REPORT

Your test ID 3DL469244356BT

Date	29.10.2024	BalanceOil	No
Country	Australia	Other Omega-3	Yes
Sex	Male	BalanceOil AquaX	No
Age	51	BalanceOil Vegan	No
		Essent	No

YOUR RESULTS

Your test ID	3DL46924435	BalanceOil	No
Date	29.10.2024	Other Omega-3	Yes
Country	Australia	BalanceOil AquaX	No
Sex	Male	BalanceOil Vegan	No
Age	51	Essent	No



Omega-6:3 balance

Unbalanced 21:1

Protection value



Insufficient

Omega-3 index

Insufficient
3.8%

Mental strength

Insufficient
3.1:1

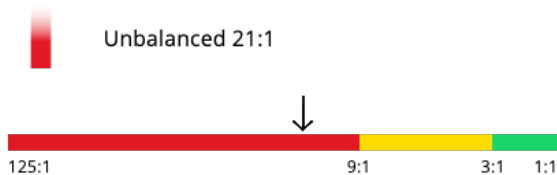
Cell membrane fluidity

Insufficient
10.3:1

Arachidonic acid (AA)
index

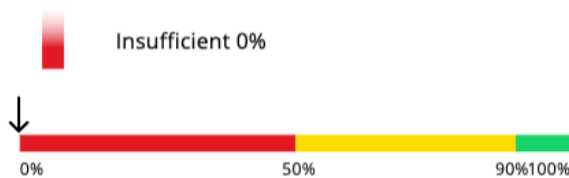
Elevated
11.8%

Omega-6:3 balance



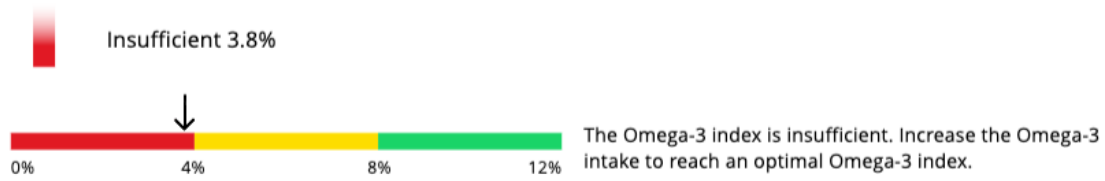
The Omega-6:3 balance is too high. Increase the Omega-3 intake to improve the results and to reach balance.

Protection value

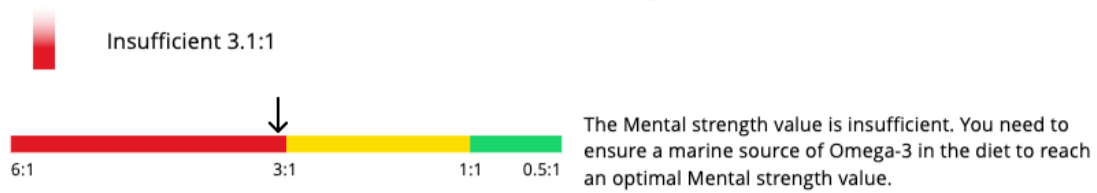


The Protection value is insufficient. A daily intake of BalanceOil in the recommended dosage for 120 days will increase the diet's protective capacity.

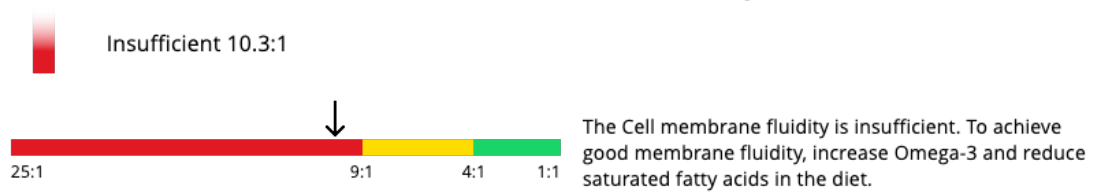
Omega-3 index



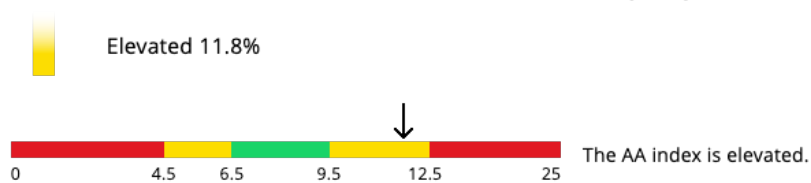
Mental strength



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	24.00%	0%
Stearic acid (SA) C18:0	12.51 - 13.77	15.20%	10.4%

Omega-9	Target range, %	Your value	Deviation (in %)
Oleic acid (OA) C18:1	20.93 - 23.39	21.70%	0%

Omega-6	Target range, %	Your value	Deviation (in %)
Linoleic acid (LA) C18:2	18.44 - 21.26	19.00%	0%
Gamma-linolenic acid (GLA) C18:3	0.11 - 0.22	0.15%	0%
Dihomo-gamma-linolenic acid (DGLA) C20:3	0.91 - 1.16	2.06%	77.6%
Arachidonic acid (AA) C20:4	6.50 - 9.50	11.80%	24.2%

Omega-3	Target range, %	Your value	Deviation (in %)
Alpha-linolenic acid (ALA) C18:3	0.38 - 0.63	0.28%	-26.3%
Eicosapentaenoic acid (EPA) C20:5	3.33 - 5.02	0.57%	-82.9%
Docosapentaenoic acid (DPA) C22:5	1.95 - 2.36	1.91%	-2.1%
Docosahexaenoic acid (DHA) 22:6	4.23 - 4.95	3.24%	-23.4%