



A GOOD CHOICE FOR YOUR HEALTH

BALANCEOIL+ TEST

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INTRODUCTION

OUR BODY CONSISTS OF THE FOLLOWING FATTY ACIDS.

Essential = Omega-6/Omega-3, the body does not produce this itself and must therefore be supplied via the diet.

Non-essential = Saturated fat and Omega-9. This is produced by the body itself and therefore does not need to be supplied via the diet. Can be produced from other nutrients in the body.



BALANCEOIL

BalanceOil+ is a natural omega-balance dietary supplement with polyphenol that contains a lot of olive polyphenols, Omega-3 and vitamin D3. It adjusts and maintains EPA + DHA levels and the Omega-6:3 balance in the body.

The oil protects your cells from oxidation in a safe way. It contains a premium blend of oils derived from wild-caught small fish and pre-harvest extra virgin olive oil.

INFORMATION

Omega-6 = Arachidonic acid (AA) is the fatty acid that causes inflammation in the body.

Omega-3 = Contains e.g. of EPA and DHA and are anti-inflammatory. Balance Oil has large values of these fatty acids, in fact twice as high values of EPA than DHA.

EPA = Stored in the blood, blood vessels and heart and is dominant there. It can also contribute to less stiffness and stiffness in the muscles.

DHA = Stored in the brain and eyes and is the fatty acid that has the greatest impact on mental stress. It is also stored in semen and therefore has an effect on the sperm quality of the man.



REVIEW OF THE TEST

OMEGA-6:3 BALANCE

This number shows the ratio between Omega-6 and Omega-3. You have ... times more Omega-6 than 3.

Recommended value = 3:1 or lower

PROTECTION VALUE -

This value shows how much protection you have from your cells.

This is the total sum of the 11 fatty acids that are tested. If you were to get only 1 number on how good or bad your blood test is from 0 - 100%, this is the number.

Recommended value = 90 - 100%

OMEGA-3 INDEX

Shows the level of Omega-3 in your body. Both EPA, DHA and DPA (which is Omega-3) have been measured.

Recommended value = 8-10%

MENTAL STRENGTH

Simply explained, this is how good our protection is against inflammation in the brain. This affects mood, memory, the feeling of surplus and energy....to name a few. Postpartum depression can be seen to be linked to the mother's stock of e.g. DHA/EPA in the brain is in deficit. Anxiety and depression are also said to be linked to this.

Recommended ratio = 1:1 - 0.5:1

CELLEMEMBRAN FLUIDITY

This number shows how flexible and permeable the cell membrane is. When the membrane is stiff and impermeable, we have a "sick" cell that is unable to absorb nutrients. Supply of nutrients does not penetrate through the membrane and into the cell. Ergo, waste substances inside the cell do not escape.

Recommended value = 4:1 - 1:1

ARACHIDONIC ACID INDEX

This is the level of Omega-6 that we get from sources such as eggs, chicken and meat. The vast majority score very well on this. With the exception of vegans who do not eat animal fat. They have a better chance of scoring red on this one.

In short, Arachidonic acid is what creates inflammation in our body, while EPA/DHA is what dampens inflammation....so anti-inflammatory.

Recommended value = 6.5 - 9.5%

NB!

We need inflammation in our bodies. Inflammation is vital, it is our body's way of signaling to the immune system that something is wrong.

Arachidonic acid therefore has an important task in the body, it must warn when something is on fire (when something is wrong) in our body.

The most important numbers here are EPA and DHA. They show the value of omega-3 you have for the brain (DHA) and the heart (EPA).

Continue with your daily dose of Balance Oil and you should probably see that test #2 will show quite improved results.



MAIN BENEFITS

BALANCEOIL

- Synergy formula that contributes to normal heart, brain and immune function.
- Contributes to maintaining good levels of EPA and DHA in the body
- Helps maintain optimal Omega-6:3 levels in the body
- Helps maintain polyphenol levels in the body to protect blood lipids from oxidative stress
- Supports healthy and normal eye function as it contains 700 mg of DHA
- Contributes to normal bones, muscle function, normal teeth and cell division since the daily dose contains 20 µg of vitamin D3
- Supports normal blood triglyceride levels, normal blood pressure and normal blood calcium levels