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The Omega-3 Supplement, Unique For Your Body's Needs

Before increasing the intake of a nutrient with supplements, it's important to research it as much as possible. This includes the nutrients like Omega-3, the essential fatty acids that can't be made by the body and must be sourced through the diet. When answering questions like 'Is Omega-3 bad for you?', remember that anything in excess is unhealthy. The same can be said for the nutrients that are essential to the body.

Instead of talking about the pros and cons of Omega-3 fatty acids, it's better to view it as what this nutrient can and can't do. Omega-3 plays an important role in brain function, heart health, stabilizing blood pressure and supporting vision.

To leverage this essential nutrient, focus on its strengths and the approved list of benefits. It's unreasonable to consume Omega-3 supplements and expect it to fix ailments. Fish oil has health-promoting properties that should be consumed in line with your body weight. It's not a one size for all supplements.

Not all fish oils are the same

When learning about Omega-3 side effects, it's vital to discern the way in which it's delivered to the body. Buying just any standard, over-the-counter fish oil is never a good idea. The supplement needs to be high-quality and tailored to you. High doses of fish oil might cause belching, bad breath, heartburn, nausea, loose stools, rash, and nosebleeds. Always make sure to take your daily dose according to your body's needs to prevent side effects from excess use which might reduce the immune system's activity and reduce the body's ability to fight infection.

Low-quality fish oil can also be contaminated with mercury and other industrial and environmental chemicals. Traditionally processed fish oils are worlds apart from a natural Omega-3 supplements backed by science, such as the Zinzino BalanceOil+. To remove any risk of side effects when taking Omega-3 fish oil, invest in a treatment that's tailored to you, with pure ingredients molecularly tested for toxins.

The all-natural Polyphenol Omega BalanceOil+

BalanceOil+, which includes a vegan option, is no ordinary fish oil. It's a food supplement high in olive polyphenol (antioxidants), Omega-3, and Vitamin D3. The polyphenols, sourced from pre-harvested olives, support your cells1 and Vitamin D3 introduces a host of benefits – aiding the immune system2, blood calcium levels3, bones4, teeth5, muscle function6, and cell division7.

Plus, the Omega-3 contributes to normal brain8 and heart function9, while safely rebalancing the off-center Omega-6:3 ratio. With a harmonious ratio (3:1, as advised by scientists), the body is better equipped to stay healthy and strong. BalanceOil+ has 15 EFSA-approved health benefits that you can enjoy from day one. Within five months of daily treatment, the Omega-6:3 ratio is brought back into balance.

Discover your current Omega-6:3 ratio

One proven way to eliminate possible side-effects is to take a dried blood spot test to learn your starting point, your Omega-6:3 ratio. The Zinzino BalanceTest measures 11 fatty acids in your blood and breaks down the current state of your health, including your ratio.

Once you know your Omega-6:3 ratio, the Zinzino BalanceOil+ is an easy, personalized way to bring the body back to its most natural state – simply by taking 0.15ml per kilogram of body weight. It's a systematic, scientifically proven way to leverage all the benefits of Omega-3 (plus polyphenols and Vitamin D3), in just the right amount your body is calling for. BalanceOil+ is natural, keto-friendly, non-GMO, and derives oil from wild-caught small fish.

It's the most efficient, ethical and sustainable way to harmonize your body and get an optimal mix of Omega-3 fatty acids, Omega-9, polyphenols, and Vitamin D3. It also comes in a range of different flavors for better taste.

There's nothing quite like **BalanceOil+.**

** These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.*

References

1. Olive oil polyphenols contribute to the protection of blood lipids from oxidative stress. Replacing saturated fats in the diet with unsaturated fats contributes to the maintenance of normal blood cholesterol levels. Oleic acid is an unsaturated fat. The claim may be used only for olive oil which contains at least 5 mg of hydroxytyrosol and its derivatives (e.g. oleuropein complex and tyrosol) per 20 g of olive oil. In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 20 g of olive oil.
2. Vitamin D contributes to the normal function of the immune system. The claim may be used only for food which is at least a source of vitamin D as referred to in the claim SOURCE OF vitamin D as listed in the Annex to Regulation (EC) No 1924/2006
3. Vitamin D contributes to normal blood calcium levels. The claim may be used only for food which is at least a source of vitamin D as referred to in the claim SOURCE OF vitamin D as listed in the Annex to Regulation (EC) No 1924/2006.
4. Vitamin D contributes to the maintenance of normal bones. The claim may be used only for food which is at least a source of vitamin D as referred to in the claim SOURCE OF vitamin D as listed in the Annex to Regulation (EC) No 1924/2006.
5. Vitamin D contributes to the maintenance of normal teeth. The claim may be used only for food which is at least a source of vitamin D as referred to in the claim SOURCE OF vitamin D as listed in the Annex to Regulation (EC) No 1924/2006.
6. Vitamin D contributes to the maintenance of normal muscle function. The claim may be used only for food which is at least a source of vitamin D as referred to in the claim SOURCE OF vitamin D as listed in the Annex to Regulation (EC) No 1924/2006.

7. Vitamin D has a role in the process of cell division. The claim may be used only for food which is at least a source of vitamin D as referred to in the claim SOURCE OF vitamin D as listed in the Annex to Regulation (EC) No 1924/2006.

8. DHA contributes to the maintenance of normal brain function. The claim may be used only for food which contains at least 40 mg of DHA per 100 g and per 100 kcal. In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 250 mg of DHA. Docosahexaenoic acid (DHA) maternal intake contributes to the normal brain development of the fetus and breastfed infants. Information shall be given to pregnant and lactating women that the beneficial effect is obtained with a daily intake of 200 mg of DHA in addition to the recommended daily intake of Omega-3 fatty acids for adults, i.e. 250 mg DHA and EPA. The claim may be used only for food which provides a daily intake of at least 200 mg DHA.

9. DHA and EPA contribute to the normal function of the heart. The claim may be used only for food which is at least a source of EPA and DHA as referred to in the claim SOURCE OF Omega-3 FATTY ACIDS as listed in the Annex to Regulation (EC) No 1924/2006. In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 250 mg of EPA and DHA.

Learn more about these products