

BALANCETEST



- ▶ **Dry blood spot self-test**
- ▶ **Measures 11 fatty acids in your blood.**
- ▶ **Informs about your Omega-6:3 balance**

In today's modern world we eat differently than our we did in the early 1900s when for example fast food was not on the menu.

But even if you cook your own food, then the ingredients are unfortunately not of the same quality anymore. Meat tends to come mainly from animals being fed inside a barn with feed instead of eating grass in the open fields and fish like salmon are farmed in closed basins and fed with fishmeal instead eating algae in the deep seas. This has a huge impact on the nutritional values in the food and thus in our cells, tissues and our bodies.

Zinzino's BalanceTest is an easy self-test for analyzing the fatty acids in your blood which is a reflection of the fat in the food you eat. The BalanceTest is a dry blood spot test (DBS) which is scientifically proven to be as accurate as a venous blood sample, when fatty acids are to be analysed.

All it requires are a few drops of blood from the fingertip on a filter paper and it takes less than a minute to complete. VITAS Analytical Services* will anonymously analyse content of 11 fatty acids**, which together contributes to approximately 98 % of the fatty acids in the blood. The fatty acids includes saturated-, monounsaturated- (omega -9) and polyunsaturated (omega-6 and omega-3) fatty acids. The result is then displayed, after about 20 days, on the website; zinzinotest.com where information is given about the Omega-6:3 balance, the Omega 3 content, a fatty acids protection profile and more.

Studies on fatty acids profile of blood have shown that this profile is strongly related to health status.

*Vitas is a GMP certified chemical analysis contract lab, with 20 years' experience in providing a high quality chromatographic analysis based on cutting-edge knowledge and technology.

** The 11 fatty acids are : Palmitic acid(PA), Stearic acid(SA), Oleic acid(OA), Linoleic(LA), Alpha-Linolenic acid(ALA), Gamma-linolenic acid(GLA), dihomogamma-linolenic acid(DHGLA), Arachidonic acid(AA), Eicosapentaenoic acid(EPA), Docosapentaenoic acid(DPA), Docosahexaenoic acid(DHA).

HOW DOES IT WORK?

You should take your first BalanceTest and then start at once to take your daily dosage of Zinzino Balance products.

Continue to take the Balance products as recommended for 120 days and then you take your second BalanceTest to find out how your fatty acids profile has changed.

**Should your initial results show an Omega-6:3 balance of 3:1 or better then you should contact Zinzino since you do not need the Balance product.*

YOUR PROTECTION (FATTY ACID PROFILE VALUE)

This factor relates the profile of 11 fatty acids in your blood. It is calculated from an equation combining all the long chain essential fatty acids (omega-6 and omega-3), the Omega-3 (EPA+DHA) level and the Omega-6 (AA)/Omega-3 (EPA) Balance. The scale goes from 0 -100 and the goal is to help your customer achieve 100 on their second test after 120 days. This does not tell anything about the health status of the person, only the fatty acid protection level.

OMEGA-6 (AA) TO OMEGA-3 (EPA) BALANCE

Omega-6 (AA)/Omega-3 (EPA) Balance is measured as the ratio between C20:4 the "vegetable" omega-6 arachidonic acid (AA) and marine omega-3 eicosapentaenoic acid (EPA). This ratio is an approximate expression for the distribution between vegetable fatty acids and fish fatty acids in the diet consumed. A surplus of vegetable omega-6 fatty acids will make a diet unbalanced and pro-inflammatory. The ratio of Omega-6 (AA) and Omega-3 (EPA) should preferably be below 3:1. If this ratio is above 3:1 you will benefit from a change in your diet. A low balance of omega-6 and omega-3 is important for maintaining normal cell and tissue development (homeostasis) and help body control inflammation.

OMEGA-3 LEVEL (EPA+DHA)

The 'Omega-3 (EPA+DHA) Level' is the combined percentage value of the marine omega-3 fatty acids EPA and DHA out of the total value of fatty acids found in the blood. Omega-3's have many benefits because they are the primary building blocks in you cells. EPA is dominant in blood, muscles and tissue, while DHA is dominant in brain, sperm and eyes. In the test report the ideal range is 8% or more. European Food Safety Authority (EFSA) claims that EPA and DHA are contributing to the maintenance of normal heart function. DHA also contributes to the maintenance of normal vision and maintenance of normal brain function.

CELL MEMBRANE FLUIDITY INDEX

The ratio between saturated fatty acids and the marine omega-3 essential fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) is indicative of cell membrane fluidity. The more saturated the fats are in a membrane, the more rigid is the membrane. Conversely, the more polyunsaturated the fats are in a membrane, the more fluid is the membrane. Cell membrane composition and structural architecture is critical for the health of the cells and hence the body. On the one hand, the membrane needs to be rigid enough to provide sound cellular structural architecture. On the other hand, the membrane needs to be fluid enough to allow nutrients in and waste products out. This Index should be below 4:1.

MENTAL STRENGTH - DIETARY INDEX

This is the balance between Omega-6 (AA) and Omega-3 (EPA+DHA). A sufficient supply of marine Omega-3 fatty acids, DHA, in the

diet contributes to the maintenance of a normal brain function. Daily administration of 3 g of marine omega-3's EPA and DHA for 3 months significantly decreased feelings of anger and anxiety among users compared with placebo group in a study. Several other clinical studies show that cognitive performance improves with increased anti-inflammatory consumption of marine omega-3 EPA and DHA. Childhood and old age are two critical and vulnerable stages and Omega-3 deficiency is associated with learning and memory deficits as well as mood. This Index should be below 1:1

ARACHIDONIC ACID (AA) FORMATION EFFICIENCY

This shows the efficiency by which your body convert Omega-6 (LA) fatty acids, from food in your diet into the essential fatty acids Omega-6 (AA) in your body. If you have less than 30% efficiency you are recommended to include food in your diet that is high in AA, like chicken, turkey, pig and farmed salmon.

TAKING THE TEST

1. Zinzino Test is an approved in vitro diagnostics product for personal blood sample collection at home.
- First wash your hands with soap and rinse well with warm water and dry them.
Take out the sample card from the paper envelope.
Save the envelope for later use.
Tear off the **SAVE** part on the sample card and take a picture of the Test Id. You can **ONLY** see YOUR test result with your **PERSONAL** Test Id. Place the card with the two circles facing up on the table.
2. Use alcohol wipe to clean the tip of your finger (middle finger is recommended).
Stimulate blood flow by making big circles with your arm or shaking the hand downwards for 20 seconds. Take out the single-use lancet. Remove the transparent safety cap and the lancet is ready to use.
3. Place the lancet against the **lower** part of the fingertip facing the collection paper on the table. Push the top of the lancet towards the finger until you hear a click. The lancet will automatically make a small prick in the finger.
4. Don't touch the filter paper circles with your hands. Squeeze the finger gently one time and add several, minimum 3, free dripping blood drops to each circle marked on the sample card. The blood should completely fill the inner part of the circles.
Important: Avoid many aggressive squeezing of the finger to force the blood to drip.
5. Leave the sample card in a horizontal position in room temperature for at least 10 minutes for the samples to dry well.
6. Insert the sample card back into the paper envelope. Then place the paper envelope into the metal bag and close it.
Important: Do not remove drying bag inside the metal bag.
7. Place the closed metal bag into the big envelope with the laboratory address on it: **NOTE!** You **MUST** put the correct amount of postage stamps on the envelope before you put in the mail box.
8. Go to internet and register your test code on **www.zinzinotest.com**. This is the web page where you can see your test results later. It takes 10-20 days until your result is ready.
Important: Keep the **SAVE** part of the card. You can **ONLY** see YOUR test result on the internet with your **PERSONAL** Test ID.

