



**Bonus step:**

Brighten your mood and relieve stress with Viva+, an all-natural dietary supplement based on extracts of pure, premium saffron stigmas. Viva+ wraps you in luxurious comfort, melts away occasional routine stress, and helps you feel rejuvenated.

- **A spa for the mind**
- **Increases feelings of well-being**
- **Supports a healthy functioning nervous system and brain**



**ZINZINO**  
HEALTH  
PROTOCOL

**Any questions?**

Contact your personal Independent Zinzino Partner on:

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# Unlock the secret of a balanced life

Our business is all about a deeply rooted mission to inspire change in life and put the world back in balance. Zinzino is a public limited, global nutrition company from Scandinavia, working within the new science of pharmaco-nutrition. Founded in 2005, we are pioneering test-based, personalized nutrition with an ambition to become a world leader in preventative health, with first-class, scientifically proven nutritional supplements, skincare and lifestyle products.

## Exercise or eating right is no longer enough to tip the scale

Taking the time to stay fit is an everyday challenge and the food we eat today is high in sugar, low in fibers and lacking key nutrients. Fish is coming up short as a natural source of Omega-3's as it is primarily farmed and fed with Omega-6-based concentrates. Our cell functions are compromised, making it difficult to absorb nutrients and flush out waste products. We believe that the road to health and wellness is a personal journey and that real change begins deep inside. In our cells, gut and immune system. Our test-based, scientifically proven health products are designed to help you balance, restore and support your body from within.

## Find your balance. Follow the Zinzino Health Protocol

There's no one-size-fits-all fix when it comes to nutrition. Skip the trial-and-error part of your health journey and zero in on the best approach to a more balanced life with a nutrition plan targeted specifically for you. The Zinzino Health Protocol is based on the personal, detailed reading from your BalanceTest and offers a step-by-step customized nutrition plan tailored to your body's Omega-6:3 ratio and what you need to get it back in balance.

## Working together to balance your body from within

All products in the Zinzino Health Protocol are designed to gently balance, restore and support your cells, gut and immune system. Our BalanceOils will readjust your body's Omega ratio, ZinoBiotic+ is a dietary fiber blend to promote your digestive health and our Xtend+ multi-immune supplements protect your body's first defense.



### Take the BalanceTest. Start the journey

Begin your way back to a life in balance with our BalanceTest - a scientifically based, self-administered blood test that defines the Omega-6:3 Balance in your body. The dried blood spot sample is analyzed anonymously by our independent laboratory partner. You take the test before you start using BalanceOil+ products, and then again 120 days later to track your progress. The detailed readings of your fatty acid profile will serve as a benchmark measure for a targeted personalized nutrition plan that maps your unique needs according to your body's Omega-6:3 ratio.

- Dried blood spot test
- Measures 11 fatty acids in your blood
- Gives a result on your Omega-6:3 Balance



### Step 1: Balance

Create a healthy Omega-6:3 Balance and help protect the body's cells from rusting (oxidation). Our BalanceOil+ does this through its premium blend of oils, derived from the highest quality, wild-caught fish oil and pre-harvest extra virgin olive oil. High in Omega-3 (EPA + DHA), olive polyphenols and vitamin D<sub>3</sub>. Our BalanceOil+ is available in 4 different natural flavors, as capsules, as a water-soluble formula as well as a vegan formula.

- Polyphenol protection
- Contributes to normal heart, brain and immune function
- Contributes to normal Omega-6:3 Balance



### Step 2: Restore

Taking care of the body's 'good' bacteria can have a profound impact on our health. ZinoBiotic+ is a highly complex blend of 8 natural dietary fibers, created to time-release metabolize in the large intestine, supporting the growth of healthy bacteria.

- Dietary fiber blend
- Supporting better gut health
- Reduces blood sugar spikes after meals



### Step 3: Support

Xtend+ is an advanced immune and nutritional supplement that perfectly complements BalanceOil+ and ZinoBiotic+. Created to support our innate immune system, it contains micro- and phyto-nutrients, including 23 essential vitamins and minerals, and purified 1-3, 1-6 beta glucans derived from baker's yeast.

- Enjoy more energy
- Improve your bone and joint function
- Contribute to a normal immune system

