

Quick Reference Guide on how to explain the BalanceTest

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Your Protection (Fatty Acids Profile Value)

If the Fatty Acids Profile Value is more than 90% (green zone, dietary target) your diet is balanced and anti-inflammatory. By keeping your level of oxidative stress under control you should be well protected against the development of chronic lifestyle diseases. Several studies have shown that the fatty acids profile of circulating blood lipids reflects dietary fat intake, in turns it relates to health status. The fats in your blood represent the types of fats your body has available to make energy and to develop cells and tissues, including cell membranes.

Omega-3 (EPA+DHA) Level

The level of marine omega-3 EPA and DHA in your fatty acids profile should preferably be above 8% (green zone, Dietary target) of the total fatty acids. If the level drops below 4% (red zone) the body may experience difficulties in maintaining normal cell and tissue development (homeostasis).

Omega-3 (EPA + DHA) level is an important determinant in many disease processes including heart disease, hyper tension, insulin resistance and diabetes, asthma, depression, attention deficit hyperactivity disorder (ADHD) and more.

The marine omega-3 (EPA) is the most important omega-3 fatty acid found in muscles and liver, while the marine omega-3 (DHA) is dominant in the eyes, semen and cerebral cortex.

Omega-6 (AA)/Omega-3 (EPA) Balance

The AA/EPA ratio represents the proportion of plant oils vs marine oils in your diet. A surplus of vegetable omega-6 fatty acids will make your diet unbalanced and pro-inflammatory. Uncontrolled inflammations resulting from Omega-6 (AA)/Omega-3(EPA) balance above 9:1 (red zone) will put a body on "fire", while controlled inflammations support the immune system and general health.

Omega-6(AA)/Omega-3(EPA) balance needs to be below 3:1 (green zone, Dietary target) to help your body control the inflammation process. Brain growth and development is a prime priority of the body. In the brain the balance between omega-6 and omega-3 is close to 1:1, and in agreement with data from the evolutionary aspects of diet and genetics. Therefore a ratio of 1:1-2:1 omega-6/omega-3 fatty acids have been proposed as the target ratio for health.

Arachidonic Acid (AA) Formation Efficiency

This should be above 30% (green zone, Dietary target) to support your body's need for omega-6 (AA).

Arachidonic Acid (AA) Formation Efficiency is measured as the ratio between the essential fatty acid arachidonic acid (AA) and omega-6 linoleic acid (LA) in percentage. The index reflects how efficient the enzymes are in converting dietary omega-6 linoleic acid (LA) into omega-6 arachidonic acid (AA). The enzymes itself may be impaired, up-regulated, or functioning within normal limits.

A low AA level can result from impaired enzyme activity in the AA synthesis or inadequate omega-6 linoleic acid (LA) consumption from a fat-free or severely fat-restricted diet.

If Arachidonic Acid (AA) Formation Efficiency is below 30% (yellow or red zone) you are advised to include the "Special Arachidonic Acid Dietary Advice as an addition to your general dietary advice.

Cell Membrane Fluidity Index

This reflects how efficient your cells interact within their environment. Cell Membrane Fluidity Index is measured as the ratio between saturated fatty acids and the marine omega-3 essential fatty acids eicosapentaoenic acid (EPA) and docosahexaoenic acid (DHA). If Cell Membrane Fluidity Index is above 4:1 (yellow or red zone) you may benefit from changing your diet as suggested in "Your Dietary Advice".

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 fluid enough to allow nutrients in and waste products out, as well as to permit the free floating of cellular receptors in its phospholipids bi-layer.

Mental Strength Index

Reflects your mood and cognitive status. Mental strength Index is measured as the ratio between the omega-6 arachidonic acid (AA) and the marine omega-3 essential fatty acids eicosapentaoenic acid (EPA) and docosahexaoenic acid (DHA). An adequate supply of marine omega-3 fatty acids EPA and DHA in your diet is crucial to the development and function of the nervous system. The brain is the nervous system's control center. It monitors and controls the body's reaction to information from sight, hearing, smell and taste. Mood profile is significantly affected by the Omega-6 (AA)/Omega-3 (EPA) balance. A dietary change from an unbalance pro-inflammatory value above 9:1 to a value of less than 5:1 immediately affects a number of factors linked to mental health in a significant manner, particularly in children with ADHD and elderly depressed individuals. This has also been shown both in depressive disorders and among substance abusers.

If Mental strength Index is above 1:1 (yellow or red zone) you may benefit from changing your diet as suggested in "Your Dietary Advice".

Sample Test

0
Your Protection
(Fatty Acids
Profile Value)

2.6%
Omega-3
(EPA+DHA) Level

31.1:1
Omega-6 (AA)/Omega-3
(EPA) Balance

48.3%
Arachidonic Acid (AA)
Formation Efficiency

15.4
Cell Membrane
Fluidity Index

4.2
Mental
Strength
Index