

The Future of Personalized Health

A Detailed Practitioner's Guide to
Test-Based Nutrition & Zinzino



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Heather Nianouris

INTRODUCTION

Elevate Your Practice with Test-Based Health Solutions

Welcome to a new era of personalized wellness—rooted in science, measurable results, and the ability to transform patient health while growing your practice.

As a wellness practitioner, your goal is to provide the best possible outcomes for your patients. However, traditional supplement recommendations often rely on guesswork, leaving both you and your patients uncertain about their true impact. **Zinzino solves this problem with a scientifically validated, test-based nutrition system** that enhances patient care, improves compliance, and delivers measurable health benefits.

This is an exciting moment—Zinzino is in the midst of North America's official practitioner launch, providing an exclusive opportunity for forward-thinking professionals to get in early on a business model that merges health and wealth.

This guide will show you how easily Zinzino integrates into your practice, **equipping your clients with cutting-edge, research-backed supplements while also providing a significant revenue opportunity.**

We are here to support you every step of the way. Let's get started!



ABOUT ZINZINO

A New Era in Personalized Wellness

2005 Zinzino is founded

100+ Zinzino operates in over 100 markets worldwide, across Europe, North America, Asia, and Australia

141% Since 2020, Zinzino has experienced remarkable growth, with a 141.5% increase in revenue, demonstrating its rapid expansion and strong market presence in the personalized nutrition industry.



Zinzino is a global leader in **test-based, personalized nutrition**. Founded in 2005, we are a Scandinavian-based health and wellness brand dedicated to transforming the future of personal health through scientific innovation. Our commitment to test-based nutrition sets us apart, **providing practitioners and patients with measurable, data-driven insights to achieve optimal health.**

Our journey has been defined by **groundbreaking discoveries in the field of Omega-3 research, gut health, and immune system support.** With a presence in over 100 markets worldwide, Zinzino continues to pioneer personalized wellness solutions that empower individuals to take control of their health. Our partnerships with leading scientists, independent laboratories, and regulatory agencies ensure that our products maintain the highest standards of quality, efficacy, and safety.

OUR TEST-BASED NUTRITION STRATEGY

Step out of the dark.
Join the new standard
for personal health.

Incorporating test-based nutrition into your practice allows you to move beyond guesswork and provide personalized, data-driven solutions for your patients. By measuring key biomarkers, you can tailor supplement recommendations with scientific accuracy, improving patient compliance, outcomes, and long-term wellness. This approach not only elevates the standard of care but also creates a sustainable, recurring revenue stream for your practice.

VIDEO: WHY TEST-
BASED NUTRITION
MAKES SENSE



ZINZINO

OUR PHILOSOPHY

What is test-based nutrition?

Science. Precision. Proof.

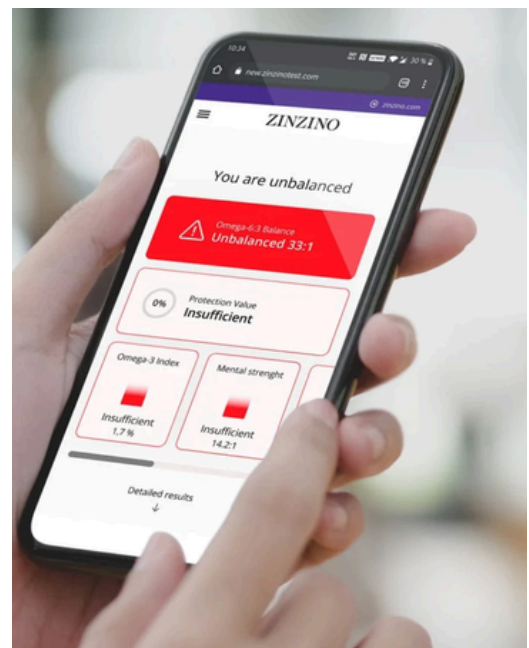
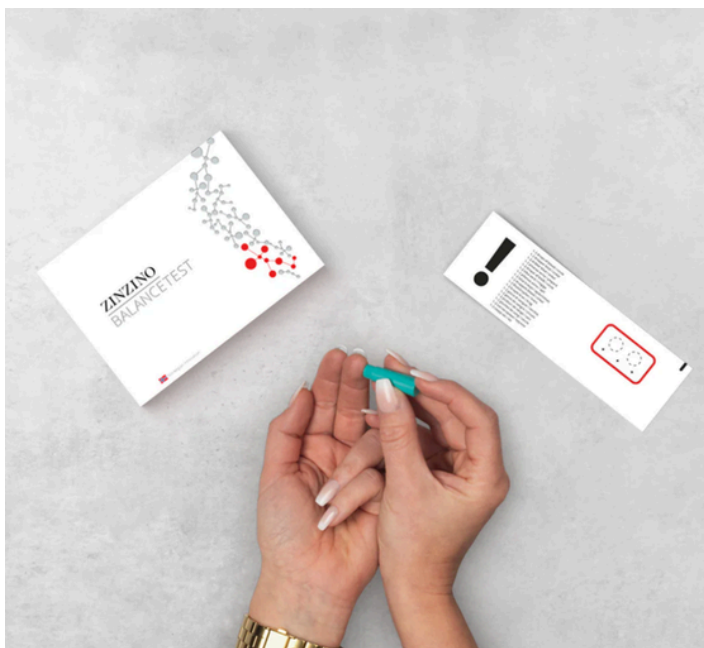
Our advanced **dried blood spot tests** deliver **real data, not guesswork**, empowering patients to take control of their health. With measurable insights, practitioners can personalize supplement plans with **scientific accuracy**—ensuring real, trackable results.

How It Works:

1. **Test:** A baseline blood test reveals the body's current state.
2. **Supplement:** Patients follow a tailored regimen.
3. **Retest:** After four months, a second test measures progress and refines the plan.

The result? **Patients see proof. Practitioners build trust.**

A win-win for health and business.



OUR PHILOSOPHY

Enhancing global health through crowd science

Zinzino's Balance Concept is a global health initiative, gathering anonymous, real-world data from individuals worldwide to provide unprecedented insights into omega balance trends. **Each test is linked to a unique code, ensuring complete anonymity while still delivering accurate, science-backed results.** This approach allows Zinzino to leverage crowd science, analyzing patterns across populations while maintaining individual privacy—creating a powerful database that helps drive research, innovation, and better health solutions on a global scale.



Backed by the world leader in dried blood spot testing

We have performed close to 1.8 million fatty acid dried blood spot tests across the world, all strictly confidential and analyzed anonymously by **Vitas, an independent, GMP- certified chemical analysis contract lab in Oslo, Norway**

Vitas is a recognized as one of the pioneers in the modern use of dried blood spot testing.

Vitas Lab is an official partner of:

•Harvard University, US •University of Cambridge, UK •Kings College London, UK
•Max Plank Institute, Berlin, DE •University of Oxford, UK •Massachusetts General Hospital, US •University of Oslo, NO •Tufts University, US •Lund University



USVIDEO:VITAS LAB

ZINZINO

OUR PHILOSOPHY

Our Scientific Advisory Board

The brain behind our test-based nutrition strategy is a **carefully selected group of medical doctors, researchers and leading health experts who are some of the brightest minds in the field of health and wellness today.** Their combined know-how shines through in every product we make.



DR. PAUL CLAYTON

Dr. Clayton is a clinical pharmacologist and a pharmaco-nutritionist. A pioneer in the study of the pharmacological effects of foods and how they affect your health and physical performance.



OLA EIDE

Mr. Eide is the founder of industry leader BioActive Foods AS. He has held a number of leadership positions, such as Chairman of the Board for the Norwegian and the Nordic food research program.



DR. ANGELA M. RIZZO

Dr. Rizzo is an expert in the biochemistry of lipids. She is a Professor of Biochemistry at the University of Milan and her articles have been published in numerous professional journals.



DR. ANANTHARAJ ABRAHAM

Dr. Abraham has more than 40 years of experience in the health and nutrition industry. He is a medical doctor with experience in both state-run hospitals and in various medical disciplines.



DR. NATALIE KATHER

Natalie Kather, M.D. received her medical degree from The University of Utah School of Medicine. She is board-certified in Family Medicine, as well as Anti-aging, with specialties in women's health, hormone balancing and human performance.



STEPHEN CHERNISKE

Stephen Cherniske, M.S. is a biochemist and former university instructor in Clinical Nutrition. He served on the faculty of the American College of Sports Medicine, advised members of the US Olympic team.

The Omega-6:3 Ratio and Omega 3 Index: Why You Should Test It

Our bodies require both Omega-3 and Omega-6 to perform important functions. They are essential fatty acids that must be consumed through diet and food supplements, as the body doesn't produce them naturally.

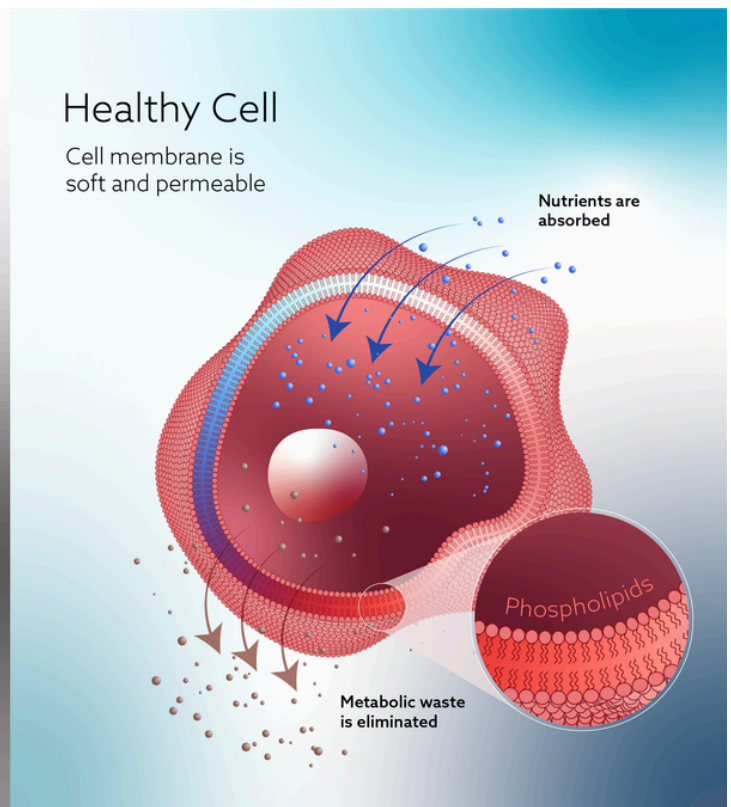
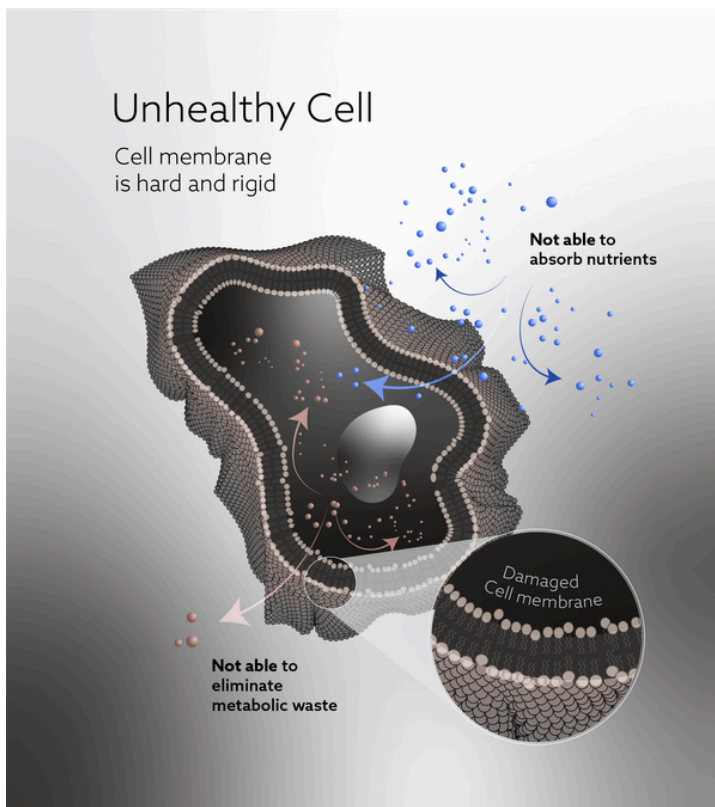
There's no shortage of Omega-6 in our diets. The challenge is getting enough Omega-3 and achieving a balanced ratio and optimal Omega-3 index.



Omega-3 is largely anti-inflammatory.



Omega-6 is largely pro-inflammatory.

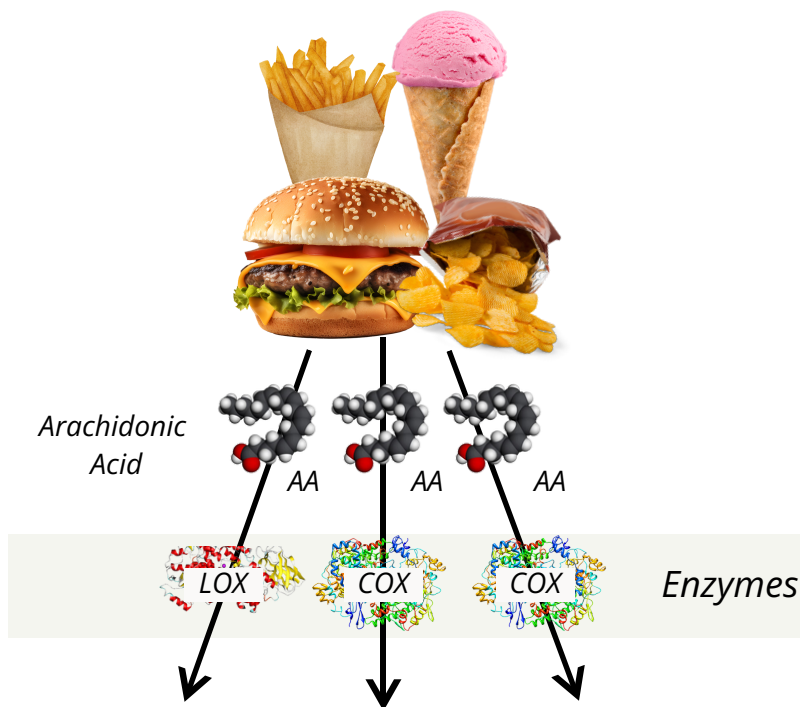


For optimally healthy cell membranes and a healthy inflammatory response, the latest science suggests we should have a 3:1 balance between Omega-6 (AA) and Omega-3 (EPA).

Omega 6:3 Imbalance and Omega-3 Index

Cellular Structure Supported by Critical Fatty Acids

Omega-6



LTB-4

Leukotrienes-4 series

- Promotes inflammation
- Constricts airways
- Prolongs duration of inflammation

TXA-2

Thromboxane-A2

- Constricts blood vessels
- Constricts airways
- Increases blood clotting
- Reduces circulation

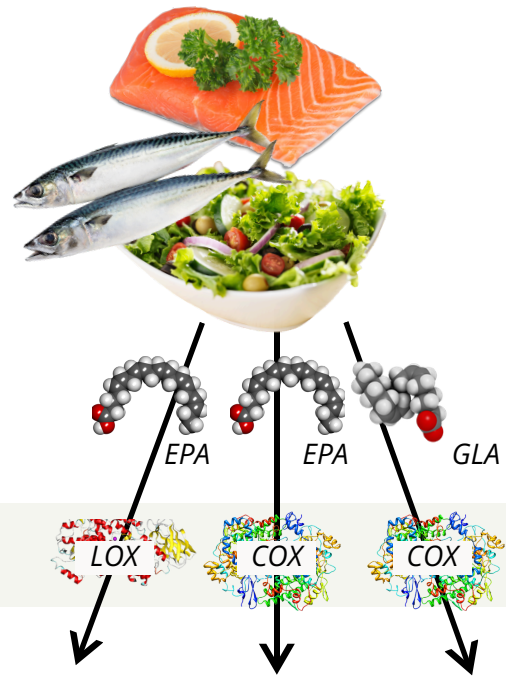
PGE-2

Prostaglandin-E2

- Increases sensitivity to pain
- Increases swelling
- Induces fever
- Constricts blood vessels

**LARGELY
PRO-INFLAMMATORY**

Omega-3 and GLA



LTB-5

Leukotrienes-5 series

- Relaxes blood vessels
- Promotes anti-inflammatory response
- Increases circulation
- Relaxes airways

PGE-3

Prostaglandin- E3

- Improves circulation
- Promotes anti-inflammatory response
- Relaxes blood vessels
- Decreases sensitivity to pain

PGE-1

Prostaglandin- E1

- Relaxes muscle spasms
- Increases protective stomach secretions
- Reduces blood clotting
- Improves circulation

**LARGELY
ANTI-INFLAMMATORY**

Omega Balance May Be The Most Important Number



VIDEO: THE BALANCE
CONCEPT

3:1

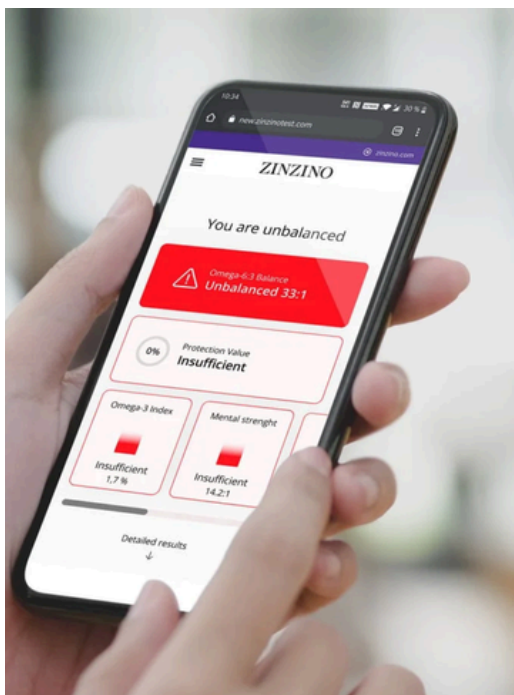
The latest science suggests that the Omega-6 (AA) to Omega-3 (EPA) ratio should be $< 3:1$ for healthy cells and a healthy inflammatory response.

20:1

The average North American has an omega balance of 20:1, with some estimates as high as 25:1 due to modern diets.

97%

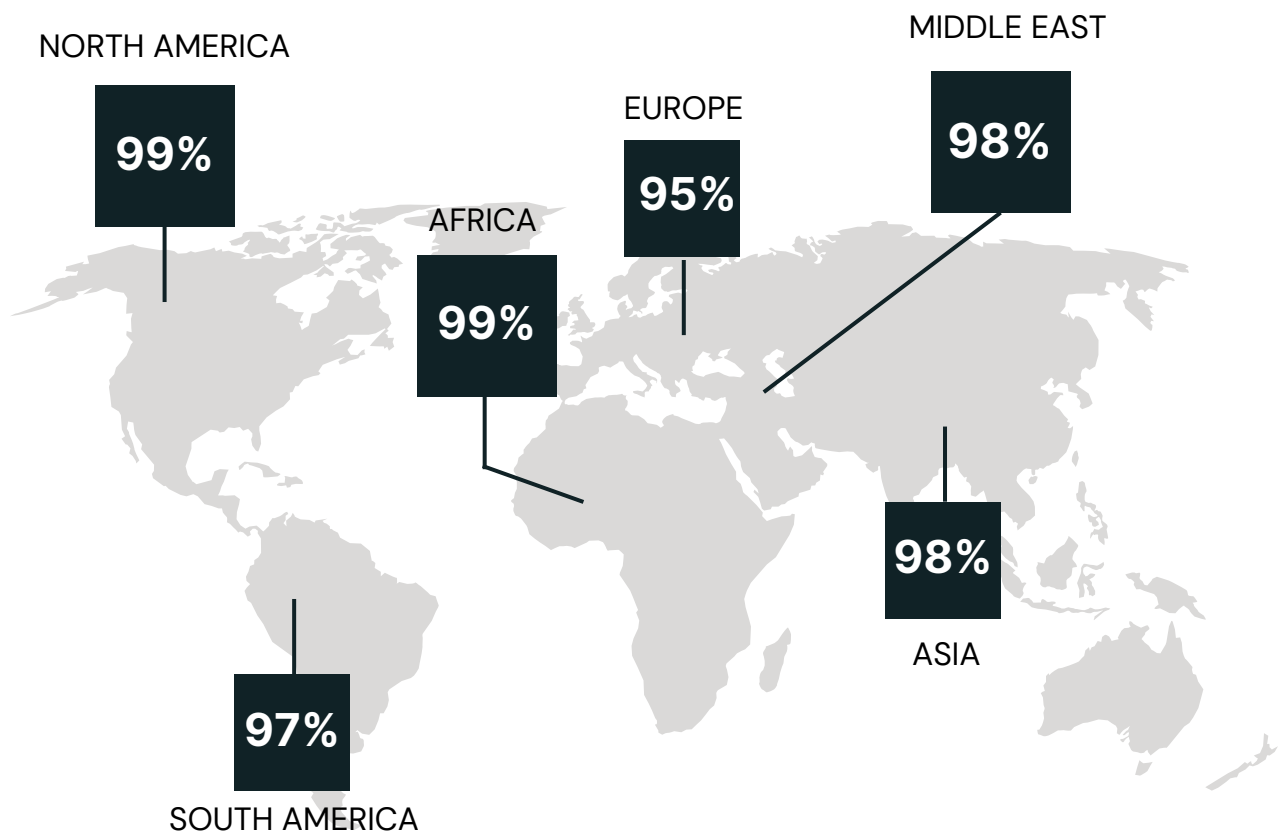
97% of the global population has an unhealthy omega balance, even those already taking omega-3 supplements.



The modern diet has triggered an epidemic of Omega imbalance, and a deficiency of Omega 3 — a key contributor to a wide range of health problems.

Even individuals who take Omega-3 supplements and eat fish on a regular basis often remain out of balance and deficient in Omega-3, leaving them vulnerable to one of the most modifiable risk factors.

Traditional fish oil supplements fall short because they lack the appropriate anti-oxidants which influences bioavailability, stability, and absorption needed to restore the body's Omega-6 to Omega-3 balance and Omega-3 index — a key to a healthy inflammatory response after physical activity..



Our nearly
1,800,000 test
results show a
world out of
balance.

Nearly 1.8 million omega-3 blood spot tests worldwide reveal that most people are out of balance, often with ratios of 12:1 or higher.

Yet, with proper Omega-3 supplementation, individuals can restore their balance to the optimal 3:1 ratio within just 120 days.

What is in the test portfolio?



GLOBAL IMBALANCE STUDY



BALANCETEST - ANALYZING FATTY ACIDS IN THE BLOOD

Zinzino's BalanceTest is a simple, at-home test that analyzes your fatty acids using a few drops of blood from your fingertip. It's quick and scientifically proven to be as accurate as a venous blood sample.

VITAS Analytical Services in Norway analyzes 11 key fatty acids, representing 98% of those in your blood, providing insights into your diet over the past 120 days. Your results are available in approximately 20 business days at zinzinotest.com.



Vitamin D Test – Shine a light on your health

Track your sunshine nutrient year-round and see if the sun is doing its job or if you need a boost. With clear, easy-to-follow instructions and personalized recommendations, this test ensures you get the optimal vitamin D your body needs, exactly when it needs it.

GUTTEST - MEASURING IPA, KYNURENINE, AND TRYPTOPHAN METABOLITES IN BLOOD

Track your gut and metabolic activity and get actionable insights into how your diet and lifestyle influence gut function and whole-body balance from five science-based health markers. The test reveals whether your food is fueling your body and keeping your immune system balanced or if it's triggering immune stress responses. Your overall gut health score will help you create a personalized health routine supported with less stress, fiber-rich foods, and prebiotic supplements.



HbA1c Test – Put your future health to the test

Assess your long-term blood sugar levels and see if your lifestyle is setting you up for lasting health. This test evaluates your diet and habits, then provides personalized recommendations on nutrition, activity, and exercise—guiding you toward a healthier future.

ZINZINO BALANCEOIL+
THE FUTURE OF OMEGA-3 SUPPLEMENTATION

Revolutionizing Fish Oil with Science

Zinzino BalanceOil+ combines pure fish oil with polyphenol-rich extra virgin olive oil to prevent oxidation, support absorption, and long-term health benefits. Our BalanceTest provides measurable proof, eliminating guesswork and personalizing nutrition.



NATURALLY SOURCED
INGREDIENTS

VIDEO: WHAT MAKES
BALANCE OIL
DIFFERENT



ZINZINO

OMEGA PRODUCTS

The Zinzino difference:

THE POWER OF POLYPHENOLS

We unlocked the secret of a balanced life. Our scientific fatty acid test and Omega supplements help your patients restore their Omega-6:3 balance, supporting brain, heart, and immune health. **This evidence-based approach eliminates guesswork, making personalized wellness simple and effective.**

The Critical Role of Polyphenol Antioxidants in Omega-3 Absorption

Polyphenol antioxidants protect cells, maintain membrane flexibility, and slow Omega-3 oxidation, may ensure better absorption and a longer shelf life. Found naturally in seafood and nuts, they are cofactors for maximizing fish oil's long-term health benefits.

However, the fish oil refining process that removes toxins and contaminants also strips away natural polyphenols. **Without these powerful antioxidants, Omega-3s may oxidize quickly, reducing their effectiveness both in the bottle and in the body.**

PAPER: WHAT MAKES
BALANCE OIL
DIFFERENT



ZINZINO'S BALANCEOIL+ HAS CHANGED THE FUTURE OF FISH OIL

In 2012, we made a groundbreaking discovery that has placed our BalanceOil in a league of its own.

We found that polyphenols from pre-harvest olives are the plant-based analog to the antioxidants naturally found in algae.

This resulted in a synergistic formula where we combine pure fish oil with premium, extra virgin olive oil to safeguard the omega-3 fatty acids in the body, **a finding that has rocked the concept of omega supplements on its foundation.**

ZINZINO

BALANCEOIL+

POLYPHENOL OMEGA-3 AND VITAMIN D SUPPLEMENT



PRODUCT HIGHLIGHTS BalanceOil+ is our signature range of all-natural Polyphenol Omega Balance dietary supplements. Based on our unique, scientific formulation, this premium, innovative blend of oils derived from wild-caught small fish and pre-harvest extra virgin olive oil provides large amounts of polyphenols for an efficient and effective absorption and blood lipid protection. It safely increases and maintains your Omega-3 levels, adjusting your Omega-6:3 ratio, creating beneficial levels for your cholesterol, your heart*, and for your brain*.

ALL-NATURAL INGREDIENTS

- Natural triglyceride fish oil
- Cold-pressed extra virgin olive oil
- Vitamin D3 is derived from a natural source
- Certified natural flavors



POLYPHENOL PROTECTION

Protect your cells from rusting (oxidation). Olive oil polyphenols contribute to the protection of blood lipids from oxidative damage.*



GET BALANCED

Bring your Omega-6:3 ratio to 3:1 balance in 120 days.



TEST-BASED NUTRITION

See your individualized test results before and after you start taking BalanceOil+.



ULTRA-PURE

Molecularly tested for toxins to ensure freshness, safety and purity you can trust.



NEXT GEN NUTRITION

Synergistic formula that contributes to normal heart*, brain* and immune* function.



CARE FOR THE FUTURE, TODAY By choosing BalanceOil+, you're supporting a balanced ocean ecosystem with a certified sustainable source of wild-caught fish.

* 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.

ZINZINO

PARTNER PERSPECTIVE

I've been a naturopath for 25 years, and I was confident I was recommending a high-quality Omega-3. But once I started seeing my patients' test results, I knew I had to get the word out. If I was missing the mark, then so are many others—whether they're naturopaths, chiropractors, or other health professionals.

The missing link is the testing. I've realized we can't just rely on the quality of a supplement. The test results proved that what I was doing wasn't working. Now that I know this, I want everyone to know.



DR. JACQUI FLEURY, ND



"I'm completely brand agnostic—I'm not tied to any company or product. For me, it's all about what delivers the best results. After a career dedicated to the Omega-3 space as a subject matter expert, I can confidently say that Zinzino produces the best results I've ever seen from any Omega-3 company. That's a big statement, but one I feel qualified to make.

STUART TOMC

FORMER PRODUCT EDUCATOR AND BRAND
AMBASSADOR FOR NORDIC NATURALS

Quality, Safety, Certification and Compliance

Zinzino's globally recognized certificates

The superior quality of our scientifically proven and third-party tested range of products is validated by internationally recognized, global certifications and recognitions that further strengthen Zinzino's credentials as a leader in clean, test-based nutrition.



FRIEND OF THE SEA

Friend of the Sea is the leading certification standard for products and services that respect and protect the marine environment and support a balanced ocean ecosystem. A Friend of the Sea certification guarantees sustainable fishery and quality of fishery products, fishmeal and Omega-3 fish oil.



THE MARINE STEWARDSHIP COUNCIL (MSC)

The Marine Stewardship Council is an international non-profit organization that recognizes and rewards efforts to protect oceans and safeguard seafood supplies for the future. The blue MSC ecolabel means that the product is fully traceable to a wild-catch fishery which has been independently assessed and certified to the MSC's science-based standard for sustainable fishing.



COLOGNE LIST® (KÖLNER LISTE®)

Cologne List® is a European initiative for doping prevention listing food supplements that have been independently tested for selected banned substances and approved without any remarks, performed by a globally leading European scientific analytical testing laboratory.



THE INFORMED SPORT CERTIFICATION

The Informed Sport certification is a global testing and certification program for sports and nutritional supplements that ensures that the product has been cleared of any illegal substances that could result in a positive doping test.



THE VEGAN SOCIETY TRADEMARK

The Vegan Society trademark indicates that a product contains no animal ingredients or derivatives, has not been tested on animals, and fully complies with vegan standards. This trusted symbol makes it easy for consumers to choose ethical, animal-friendly products.



THE SUPERIOR TASTE AWARD

The Superior Taste Award is a prestigious recognition given by a panel of world-class chefs and sommeliers at the International Taste Institute in Brussels, Belgium, honoring exceptional products meeting the highest global standards in flavor and quality. This label indicates exceptional flavor, confirming the product as a superior choice for consumers.



HALAL-CONTROL

A product marked HALAL-control certified means it complies fully with Islamic dietary laws. The certification confirms that all ingredients, processing methods, and handling practices adhere to halal guidelines, ensuring the product is permissible for Muslims to consume or use.



Quality, Safety, Certification and Compliance



KOSHER CERTIFIED

This certification means that the product has been prepared according to traditional Jewish dietary laws and inspected by a recognized certification authority..



GMP-CERTIFIED (LYSI)

A product that is "Good Manufacturing Practice" certified has been manufactured according to strict quality standards set by regulatory authorities. These standards ensure products are consistently produced and controlled to maintain purity, potency, and safety—giving you confidence in their quality.



FSSC 22000 CERTIFICATION (LYSI)

This is a globally recognized food safety certification. It ensures that a company meets strict standards for producing safe, high-quality food and dietary products, from raw ingredients to finished goods.



ISO 9001 CERTIFICATION (FAUN)

A company that is ISO 9001 certified adheres to a structured and consistent approach to quality management, customer satisfaction, and continuous improvement across all operations.



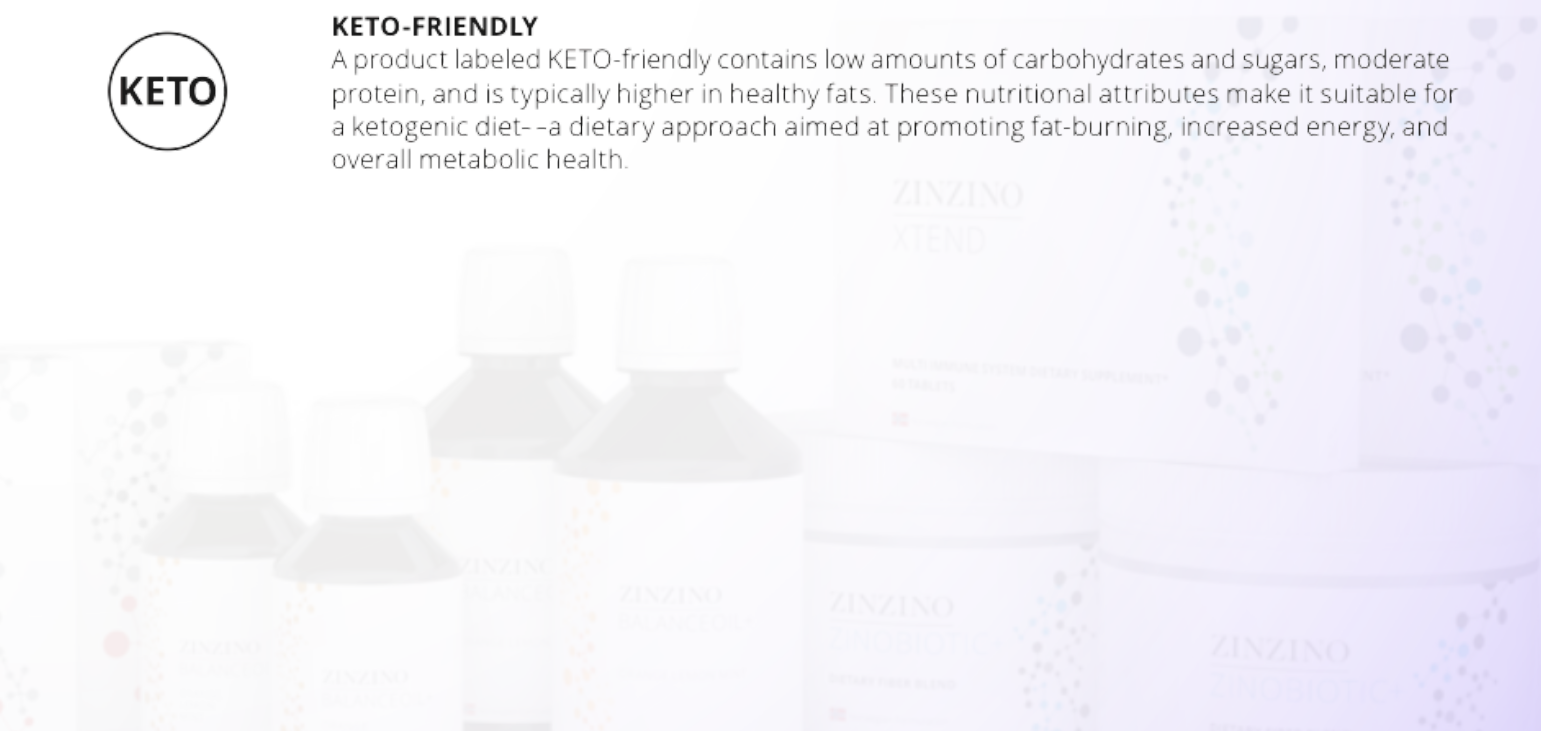
DEBIO (FAUN)

This is Norway's official certification for organic products. It guarantees that the product meets strict standards for sustainable farming, animal welfare, and environmentally friendly production.



KETO-FRIENDLY

A product labeled KETO-friendly contains low amounts of carbohydrates and sugars, moderate protein, and is typically higher in healthy fats. These nutritional attributes make it suitable for a ketogenic diet--a dietary approach aimed at promoting fat-burning, increased energy, and overall metabolic health.



ZINZINO

Quality, Safety, Certification and Compliance

These 15 health claims are **approved by EFSA**



Supports optimal and healthy immune function*



Helps maintain optimal and healthy brain function*



Helps maintain optimal and healthy heart function*



Helps adjust your Omega-6 / Omega-3 ratio to an optimal ratio*



Helps increase the Omega-3 essential fatty acids in your body*



Helps maintain / balance cholesterol levels that are already in a normal range*



Helps maintain optimal and healthy eye function*



Helps maintain optimal and healthy circulation*



Supports optimal and healthy muscle function*



Provides nutrients vital to optimal cell function*



Provides nutrients vital to healthy teeth and bone structure*



Supports healthy hair and nails*



Promotes skin health and elasticity*



Protects your cells from oxidative stress from free radicals*



Polyphenols are strong antioxidants with numerous beneficial effects*

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



ZINZINO

OMEGA SUPPLEMENTS

POLYPHENOL OMEGA-3 AND VITAMIN D SUPPLEMENT



BALANCEOIL+

The next generation of fish oil

BalanceOil+ is an all-natural Polyphenol Omega Balance dietary supplements. This premium blend of oils from wild-caught small fish and pre-harvest extra virgin olive oil provides large amounts of polyphenols for efficient and effective absorption and blood lipid protection. It safely increases and maintains your Omega-3 levels, adjusting your Omega-6:3 ratio, creating beneficial levels for your cholesterol, your heart*, and for your brain*



BALANCEOIL+ VEGAN

The new standard for vegan supplements

Certified by The Vegan Society, this all-natural Omega Balance blend features marine micro-algae oil (rich in Omega-3), pre-harvest olive oil (high in polyphenols), Ahiflower® seed oil (with SDA), and vegan vitamin D3.



BALANCEOIL TUTTI FRUTTI

Backed by science, approved by kids

Fresh flavor. No fishy taste. Keep your children's essential Omega-3 levels in check with our game-changing blend of pure sustainable fish oil and pre-harvest olive oil (high in polyphenols)



BALANCEOIL+ AQUAX

Just add water

Featuring an award-winning natural emulsifier, it mixes easily with water or cold liquids, enhancing taste, texture, and Omega-3 absorption. Restore your Omega balance, protect blood fats from oxidative stress, and support heart and brain function.



ESSENT+ PREMIUM

Redefining the concept of Omega-3

Easy-to-digest softgels. Each capsule delivers concentrated sustainable fish oil (rich in EPA and DHA) plus pre-harvest olive oil (high in polyphenols) from proprietary extra virgin olive oil (R.E.V.O.O), olive fruit extract, and cocoa powder.



BALANCEOIL+ PREMIUM

Our most revolutionary supplement so far

This advanced blend of pure sustainable fish oil and plus pre-harvest olive oil (high in polyphenols) from proprietary extra virgin olive oil (R.E.V.O.O) delivers 3.7x more polyphenols than BalanceOil+, supporting Omega-3 absorption and fatty acid protection like never before.

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IMMUNE SUPPLEMENTS

SCIENTIFICALLY PROVEN TO HELP SUPPORT YOUR BODY'S DEFENSES



XTEND+

The ultimate all-in-one supplement

Complete nutrition in a vegan capsule. Our most advanced all-in-one supplement, Xtend+ delivers 22 essential food-based vitamins, minerals, and phytonutrients to support immunity and overall wellness—naturally balancing your modern diet.



XTEND

The nutrients you need in one capsule

Comprehensive nutrition for immune and joint health. Packed with 23 essential vitamins, minerals, and phytonutrients, Xtend bridges nutritional gaps and supports immunity, bones, and joints. The perfect complement to BalanceOil+ and ZinoBiotic+ for complete wellness.



PROTECT+

Help your body to protect itself

Support your immune system naturally. This all-vegan supplement blends beta glucans from baker's yeast, vitamin C from acerola berries, and vitamin D3 from wild-harvested lichen to help defend against oxidative stress and promote immune balance.



ZINOSHINE+

Let the sun shine in

Top up your vitamin D levels throughout the year. ZinoShine+ is a natural food supplement that combines vegan vitamin D3 from wild-harvested lichen, and broad-spectrum magnesium. Helps your immune system to function normally and supports the health of your muscles, bones and teeth. Easy-to-customize dosing based on the season and your personal needs.*

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ZINZINO

GUT AND RESTORE SUPPLEMENTS

SCIENTIFICALLY PROVEN FOR A TOTAL BODY RESET

ZINOBIOTIC+

Support your gut health

ZinoBiotic+ is a tailored blend of 8 natural dietary fibers. These fibers are metabolized in the colon (the large intestine) where they support the growth of healthy bacteria.*

ZinoBiotic+ helps maintain healthy blood sugar level, and maintain cholesterol levels that are already within the normal range.*

The fibers promote many healthy bowel functions.*



VIVA+

Less stress. Sound sleep.

Viva+ is an all-natural dietary supplement designed to relieve stress, improve mood and increase feelings of well-being.* It supports a healthy functioning nervous system and brain, contributing to the reduction of occasional tiredness and mild fatigue.*

Viva+ is a combination of affron®, a standardized and patented extract of pure, premium quality saffron stigmas (*Crocus sativus* L) from Spain, magnesium from seawater, iodine, and vitamin C from acerola. All the ingredients add to your general well-being, and together they form a gentle yet powerful alliance.*



ZINOGENE+

The all-natural spring-clean for your body

Zinogene+ is the cutting-edge innovation for food supplements. A scientific breakthrough based on a complex formulation of fucoidans, a natural polysaccharide from seaweed, polyphenols, vitamin C and zinc. This product helps flush out ineffective cells that accumulate overtime. The overall effect is like a deep clean, or a spring clean for your body.*



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ZINZINO

COLLAGEN BOOZT

DIETARY SUPPLEMENT – NATURAL FLAVOR OF CHERRY – 10-DAY ROUTINE



PRODUCT HIGHLIGHTS

Collagen Boozt is a cherry-flavored liquid formula with high levels of two key ingredients: marine collagen [8 g/sachet] and hyaluronic acid [120 mg/sachet]. Sourced from fish, marine collagen is known for its high bioavailability* and potential to improve skin structure and elasticity*, while hyaluronic acid is valued for its moisture-retaining properties of the skin*.

Additionally, Collagen Boozt is a blend of prebiotics, postbiotics, and active ingredients such as: Vitamin C contributes to normal collagen formation for the normal function of the skin*; biotin and zinc help maintain normal skin*; and copper supports normal skin pigmentation*. Together, these ingredients work synergistically to support and invigorate your skin's natural functions and appearance.*

Collagen Boozt is designed as a 10-day routine, carefully formulated to support your collagen needs*.

Content: 10 × 1.55 FL OZ (46 mL)

KEY BENEFITS

Supports skin elasticity

- ▶ Marine collagen contributes to the maintenance of skin elasticity*.

Contributes to the skin's surface structure

- ▶ Marine collagen supports the normal structure of the skin*.

Supports skin hydration

- ▶ Marine collagen peptides support hydration*, and hyaluronic acid helps retain moisture in the skin*.

Maintains skin function

- ▶ Vitamin C contributes to normal collagen formation for the normal function of skin*.

Supports skin maintenance

- ▶ Biotin and Zinc helps maintain normal skin*.

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ZINZINO

X GOLD+®

ALL-NATURAL FOOD SUPPLEMENT WITH TURMERIC ROOT EXTRACT AND PIPERINE

PRODUCT HIGHLIGHTS

X GOLD+® is a premium dietary supplement designed to **leverage the combined benefits of turmeric root extract and piperine**. Utilizing Xelliss Totum technology, X GOLD+® delivers the full spectrum of naturally occurring compounds in turmeric, optimized for enhanced absorption and efficacy. This supplement features bioactive compounds that support immune system function and offer antioxidant support.* Combined with piperine for better absorption, X GOLD+® ensures you receive maximum benefits from these powerful natural ingredients.* Made without synthetics, or added chemicals, X GOLD+® is a clean and natural product.

KEY BENEFITS

- ▶ **Immune System Support:** Helps maintain immune efficacy.
- ▶ **Enhanced Absorption:** Piperine increases bioavailability of curcuminoids.
- ▶ **Antioxidant Properties:** Provides significant antioxidant activity.
- ▶ **Natural Composition:** Contains no solvents, emulsifiers, or added chemicals.

Incorporating X GOLD+® into your daily routine may bolster your body's defenses, support digestive health, and protect cells from oxidative stress.



ALL-NATURAL INGREDIENTS

- ▶ Aqueous turmeric extract (*Curcuma longa*)
- ▶ Fibregum acacia, a plant-based stabilizer .
- ▶ Piperine extract from black pepper (*Piper nigrum*)
- ▶ Glycerine derived from natural plant sources

ENHANCED ABSORPTION WITH PIPERINE

Piperine, a natural compound from black pepper, significantly increases curcumin absorption—by up to 2000%—ensuring turmeric's active compounds are fully utilized. This powerful synergy enhances anti-inflammatory and antioxidant effects, maximizing support for overall health and well-being.

REFERENCES

[1]. Shoba, G., et al., Influence of piperine on the pharmacokinetics of curcumin in animals and human volunteers. *Planta medica*, 1998. 64(04): p. 353-356.

XELLISS TOTUM TECHNOLOGY

Totum is a total extract of the plant obtained through an appropriate extraction method that contains all the active molecules of the plant. With X GOLD®, you will benefit from the complete spectrum of turmeric's natural components, ensuring you get the combined effect of all the ingredients present in the turmeric root.

QUALITY ASSURANCE

X GOLD® ensures top quality with strict testing for contaminants like mycotoxins, pesticides, and heavy metals. Sourced from trusted producers and processed in France, it undergoes rigorous quality control. The Totum-EX® process preserves all active turmeric compounds for maximum efficacy.

PHYCOSCI X²⁰®

FUEL YOUR BODY WITH NATURE'S MOST POTENT SUPERFOOD EXTRACT

PRODUCT HIGHLIGHTS

PhycoSciX20 Dietary supplement based on the **aqueous extract of spirulina**. It is designed to enhance overall health and vitality. **Its uniqueness stems from its high concentration of phycocyanin, a potent antioxidant derived from spirulina.** Phycocyanin is known for its ability to support natural energy levels, bolster the immune system, and combat oxidative stress.

Through a dedicated technological approach, Xelliss has created its own extraction process called EPNA (Phyco Native Active Extraction) which makes it possible to obtain a high quality and highly concentrated phycocyanine from growth in photobioreactors.

KEY BENEFITS

- Provides energy and vitality, especially in cases of fatigue.
- Supports the immune system.
- Supports fitness and recovery abilities.
- Helps fight oxidative stress.



ALL-NATURAL INGREDIENTS

- Glycerine of vegetable origin (*Stabilizer*)
- aqueous extract of spirulina.

GROWTH IN PHOTOBIOREACTORS

Xelliss ensures the purity and potency of PhycoSci X20 by cultivating spirulina in controlled photobioreactors. This method prevents contamination and maintains consistent quality. The extraction process, known as EPNA (Extraction of Phyco Native Active), is a natural, solvent-free technique that preserves the active compounds in spirulina, maximizing the supplement's efficacy.

PHYCOCYANIN

Spirulina, a freshwater microalga, thrives in harsh environments by producing a range of antioxidant compounds. Phycocyanin, its cyan-blue protein, plays a key role in photosynthesis and serves as a powerful antioxidant within the cell structure.

SPIRUMAX+ SPIRULINA CAPSULES

BOOST VITALITY NATURALLY

PRODUCT HIGHLIGHTS

SpiruMax+ is a premium, **whole-food spirulina** supplement harnessing the full spectrum of nutrients that occur naturally in *Spirulina maxima*, one of nature's most nutrient-dense microalgae.

SpiruMax+ is naturally composed of bioavailable protein, iron, essential vitamins, and micronutrients. It supports general health and well-being by contributing to normal energy metabolism, immune system function, cognitive performance, and blood formation.*

SpiruMax+ delivers a complete nutritional profile from the entire spirulina algae. Carefully cultivated using advanced, patented technology, our freshly grown spirulina is produced in closed, controlled photobioreactors to ensure exceptional purity, stability, and nutrient preservation without wasting our natural resources. SpiruMax+ offers a trusted, plant-based source of nutrients to support your energy levels* and keep up an active lifestyle.



KEY BENEFITS

- ▶ Provides concentrated nutrition in small servings– suitable for active individuals, vegans, older adults, and those with reduced intake
 - ▶ Supports normal energy metabolism and helps reduce occasional fatigue*
 - ▶ Supports red blood cell formation and normal oxygen transport*
 - ▶ Provides high-quality, complete plant protein for muscle maintenance and growth*
 - ▶ Supports normal immune system function and cognitive performance*
 - ▶ Supports bone health and vision*
 - ▶ Natural source of essential micro nutrients (vitamin A, B2 and iron)
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ALL-NATURAL INGREDIENTS

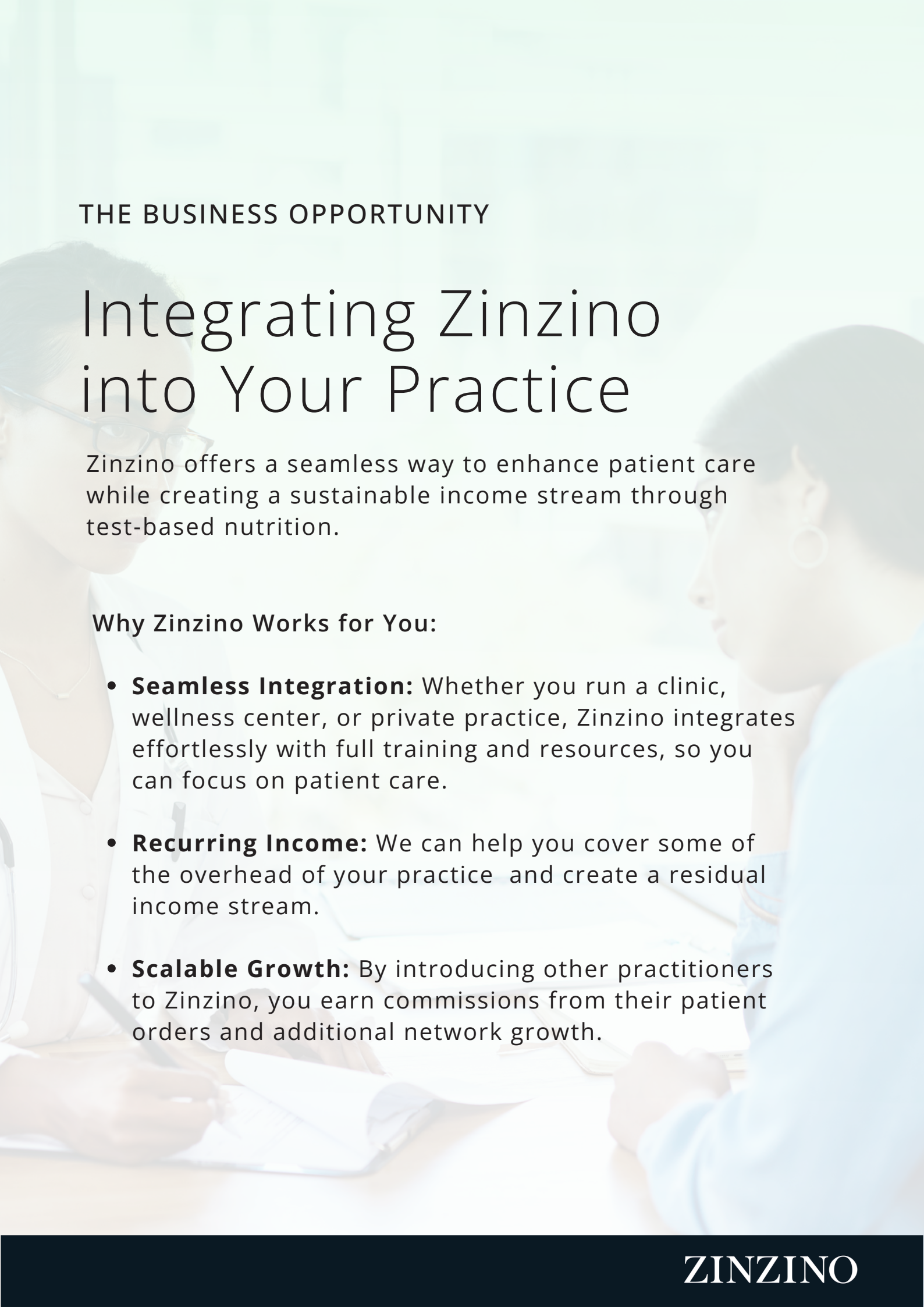
- ▶ Spirulina (*Spirulina maxima*), Hydroxypropyl
- ▶ methylcellulose (HPMC) coating agent (capsule of plant origin).

SPIRULINA

Known as a superfood for centuries, spirulina microalgae is one of the richest sources of nutrients and micronutrients that nature offers you

GROWTH IN PHOTOBIOREACTORS

Our advanced patented photobioreactor cultivation method ensures the highest quality Spirulina. This closed system allows for precise control of light, nutrients, pH, and temperature, resulting in a nutrient-rich product. This method eliminates contamination risks and preserves the full nutritional profile of Spirulina through a gentle drying process.



THE BUSINESS OPPORTUNITY

Integrating Zinzino into Your Practice

Zinzino offers a seamless way to enhance patient care while creating a sustainable income stream through test-based nutrition.

Why Zinzino Works for You:

- **Seamless Integration:** Whether you run a clinic, wellness center, or private practice, Zinzino integrates effortlessly with full training and resources, so you can focus on patient care.
- **Recurring Income:** We can help you cover some of the overhead of your practice and create a residual income stream.
- **Scalable Growth:** By introducing other practitioners to Zinzino, you earn commissions from their patient orders and additional network growth.

How Zinzino Works for Practitioners

1 Start with the BalanceTest

Offer the BalanceTest to patients, providing a baseline measure of their Omega-6:3 ratio and fatty acid profile.

2 Recommend BalanceOil+ and Health Protocol

Start targeted supplementation with BalanceOil+, ZinoBiotic+, and Xtend+ to support health.

3 Review Test Results and Recommend Other Tests

Review the results with patients to identify imbalances and their overall fatty acid levels. Recommend other tests such as the Gut Health Test.

4 Customize Supplementation

Based on test results, adjust supplementation with BalanceOil+, ZinoBiotic+, and Xtend+ to support their health.

5 Monitor and Retest

Patients retest every 120 days to monitor progress, ensuring the plan's effectiveness.

This process requires little to no inventory management and is a natural addition to any wellness-focused practice, making it both easy and impactful.



Building a Scalable Network and Growing Income

Growth Opportunity

Referring other practitioners to Zinzino allows you to grow your network, earning ongoing commissions from their patient orders and from any practitioners they refer. This creates a scalable, residual income model.

Steps to Build Your Network

1: Introduce Practitioners

- Connect like-minded professionals to Zinzino.

2: We Handle Onboarding & Support

- Our team provides full onboarding, training, and resources.

3: Earn Commissions

- Earn a percentage of revenue from their patient orders and network growth.



The Bigger Vision: Scale Your Health Network

Your referral network grows organically. As your network of practitioners expands, so does your earning potential—without requiring additional time or effort on your part. Focus on patient care while Zinzino supports the network, ensuring everyone thrives.

VIDEO: Zinzino Overview
with Co-Founder, Hilde
Saele



ZINZINO

GETTING STARTED: Practitioner Kit Options (US)

ULTIMATE PRACTITIONER KIT: \$1195 (Retail: \$2881)



- 15 BalanceOil+, 300 ml
- 10 BalanceTest
- 10 Dosage Cups
- 10 Zinzino Lookbook
- 1 Express Start
- 1-month access to Zinzino's GoCore App, our digital educational Partner tool with videos & audios

ULTIMATE IMMUNE KIT: \$1195 (Retail: \$3200)



- 10 BalanceOil+, 300 ml
- 1 BalanceOil AquaX, 300 ml
- 10 BalanceTest
- 3 Xtend, 60 tablets
- 1 Viva+, 60 tablets
- 3 ZinoBiotic+, 180 g
- 2 Skin Serum, 50 ml
- 10 Dosage Cups
- 10 Zinzino Lookbook
- 1 Express Start
- 1 -month access to Zinzino's GoCore App, our digital educational Partner tool with videos & audios

ULTIMATE XELLISS KIT: \$1195 (Retail \$3436)



- 10 BalanceOil+ (300 ml)
- 10 Balance Test
- 2 Xtend, 60 tablets
- 2 ZinoBiotic+, 180 g
- 2 Viva+, 60 tablets
- 3 PhycoSci X20, 250 ml
- 3 SpiruMax+ 80 tablets
- 3 XGold, 250 ml
- 1 Dosage Cup
- 10 Zinzino Lookbook
- 1 Express Start
- 1 -month access to Zinzino's GoCore App, our digital educational Partner tool with videos & audios

Next Steps: Let's Explore the Right Fit for Your Practice

We understand that every practice is unique.

We're here to help you determine if Zinzino aligns with your goals, patient needs, and business vision.

We will guide you through:

- How Zinzino fits into your practice model
- The science behind our test-based approach
- The patient journey from testing to supplementation
- Integrating Zinzino into your practice
- The business opportunity and earning potential

This is your chance to ask questions, get clarity, and see how this model can improve patient outcomes and boost your bottom line. No pressure, no obligation—just an open conversation about what's possible.

Schedule Your Consultation Today

Let's explore how Zinzino can work for your practice. Contact us now to start the conversation.

Disclaimer:

The information provided in this document is for informational purposes only and is not intended as medical advice. Zinzino products are not intended to diagnose, treat, cure, or prevent any disease. Practitioners should consult with their own legal or healthcare professionals before integrating Zinzino products into their practice or recommending them to patients.

Zinzino does not guarantee any specific outcomes or results from the use of its products. The business opportunity described in this manual is not a guarantee of success and is subject to the individual's effort, market conditions, and business practices. By using this manual, you acknowledge and accept these terms.

Additional Resources + Research



Practitioner Presentation: Omega 3 subject matter expert, Stuart Tomc discusses the Medical Professional Opportunity



Practitioner Viewpoint: Dr. Michael Lewis, MD, MPH, MBA, FACPM, FACN



Practitioner Viewpoint: Dr. Jacqui Fleury, ND discusses menopause and the importance of a body in balance.



Practitioner Viewpoint: Stuart Tomc interviews Professor Karim Premji, CNP, CIR. IR



Practitioner Viewpoint: Why Zinzino, with Dr. Shauna McKinney, MD -- Board Certified OBGYN and Reproductive Endocrinologist



Zinzino Compensation Plan Video



Zinzino Compensation Plan PDF



Medical Professional Product and Business: Hear from medical professionals about test based nutrition and why to partner with Zinzino's mission for preventative health.