

BodyBio Balance Oil



A daily-use blend of the most essential building blocks for cellular health designed to optimize and protect your brain and body.

Recommended Dosage:

Two BodyBio Balance Oil capsules or 1 tablespoon should be taken daily, preferably with protein.

SUPPLEMENT FACTS

Serving Size: 2 softgels
Serving Per Container: 30 (60 ct.),
90 (180 ct.);

AMOUNT PER SERVING		% DAILY VALUE*
Calories 24		
Total Fat	2.6 g	4%
Linoleic (Omega 6)	1.4 g	†
Linolenic (Omega 3)	350 mg	†

* Percent Daily Values are based on a 2000 calorie diet.
† Daily Value Not Established

Ingredients: Safflower oil, flaxseed oil, gelatin, glycerin, and water.

Suggested use: Take 2 softgels daily, with food or as recommended by your HCP.

Keep closed in a dry place. Keep out of reach of children. Do not use if safety seal is broken.

What is it

A blend of essential building blocks for cellular health, Balance Oil is designed to optimize and protect your brain and body. Balance Oil is composed of bioactive fatty acids, cold-pressed to protect the delicacy of the essential fatty acids and derived from carefully treated organic seed oils that support cell membrane activity. Balance Oil supports the body's natural cellular function by targeting the main biochemical effects of aging - issues like oxidative stress, natural mitochondrial deterioration and more. Through better nutrition and supplementation, you can optimize your body's ability to rejuvenate itself - helping you stay ahead of cellular deterioration while delivering the nutrients your body and brain need to get the most out of life.

Balance Oil contains Omega 3 Alpha-linolenic acid (ALA) from organic flaxseed oil and Omega 6 Linoleic acid (LA) from organic, unrefined and unheated safflower oil. Balance Oil is formulated with the World Health Organization's recommended ratio of four parts Omega 6 to one part Omega 3.

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Why Take Balance Oil:



Heart Health*



Brain Health*



Immunity

- N-3 fatty acids may lower triglycerides*
- Enhances digestive health*
- Modulates blood clotting*
- Essential fatty acids are critical for brain function*
- Enhances cell functioning*
- Immune support*
- Healthy hair and skin*
- N-6 DGLA manufactures anti-inflammatory prostaglandins*

Balance Oil FAQ's

Can I cook with Balance Oil?

Dramatic heat will destroy the double bonds of the lipids, which makes them rancid, so it is best to add after cooking. For great recipes using Balance Oil, go to BodyBio's YouTube channel. Please refrigerate after opening.

Are there any side effects from taking BodyBio® Balance Oil?

No side effects have been reported.

I heard we should avoid Omega 6's.

Oxidized Omega 6's found in heated oils are not good for you. Our products use an unrefined, non-oxidized Omega 6 from Safflower Oil which contains essential fatty acids pivotal to the health of our mitochondria and our muscular function. Unfortunately, most Omega 6 sources are now limited in the USA due to the introduction of hybrid oils that are high oleic. Ours is naturally high linoleic. The most concentrated source of linoleic acid is in whole organic raw seeds like sunflower, chia and pumpkin seeds. Omega 6 fatty acids evolve into Prostaglandin 1 series (from linoleic to gamma linolenic to dihomogammalinoleic into PG1, a powerful anti-inflammatory Prostaglandin) and Arachidonic into PG2 which overall turns on responses and is one kind of inflammatory response. Arachidonic acid is an essential fatty acid. We must consume it, we cannot synthesize it.



*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.

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