

BALANCETEST REPORT


Your test ID 9UF758878976BT

Date	09.04.2024	BalanceOil	No
Country	United States	Other Omega-3	No
Sex	Female	BalanceOil AquaX	No
Age	36	BalanceOil Vegan	No
		Essent	No

YOUR RESULTS

Your test ID	9UF75887897	BalanceOil	No
Date	09.04.2024	6BT	No
Country	United States	Other Omega-3	No
Sex	Female	BalanceOil AquaX	No
Age	36	BalanceOil Vegan	No
		Essent	No

 Omega-6:3 balance
Unbalanced 21:1

Protection value

Insufficient

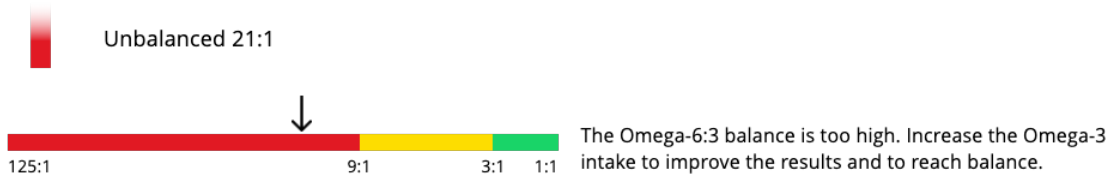
Omega-3 index
Insufficient
3.9%

Mental strength
Insufficient
3.3:1

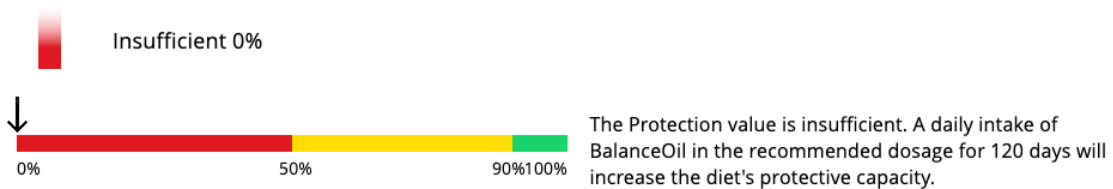
Cell membrane fluidity
Insufficient
9.6:1

Arachidonic acid (AA) index
High
13.1%

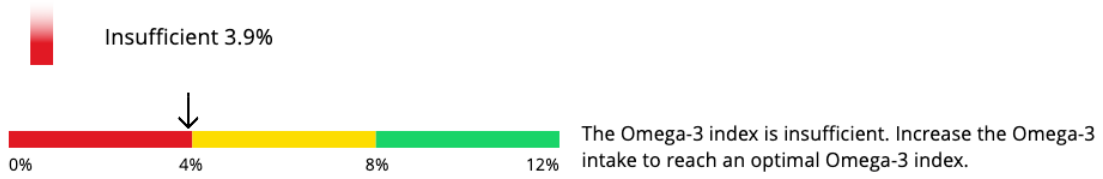
Omega-6:3 balance



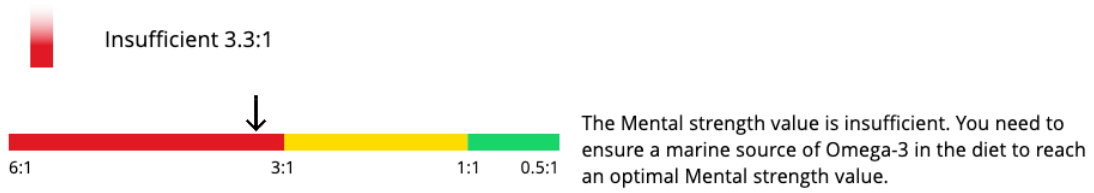
Protection value



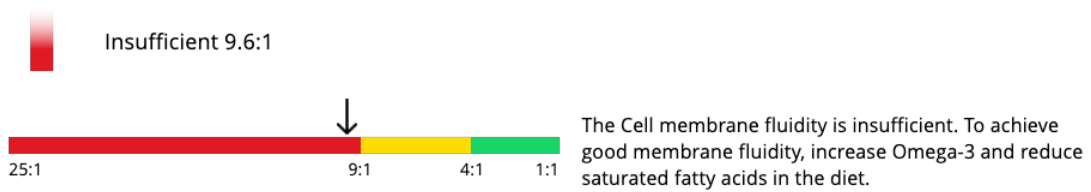
Omega-3 index



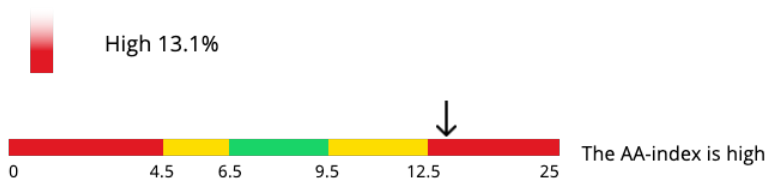
Mental strength



Cell membrane fluidity



Arachidonic acid (AA) index



Details of fatty acids measured

Saturated fat

	Target range, %	Your value	Deviation (in %)
Palmitic acid (PA) C16:0	23.12 - 25.05	23.70%	0%
Stearic acid (SA) C18:0	12.51 - 13.77	14.30%	3.9%

Omega-9

	Target range, %	Your value	Deviation (in %)
Oleic acid (OA) C18:1	20.93 - 23.39	20.30%	-3%

Omega-6

	Target range, %	Your value	Deviation (in %)
Linoleic acid (LA) C18:2	18.44 - 21.26	21.00%	0%
Gamma-linolenic acid (GLA) C18:3	0.11 - 0.22	0.14%	0%
Arachidonic acid (AA) C20:4	6.50 - 9.50	13.10%	37.9%
Dihomo-gamma-linolenic acid (DGLA) C20:3	0.91 - 1.16	1.94%	67.2%

Omega-3

	Target range, %	Your value	Deviation (in %)
Alpha-linolenic acid (ALA) C18:3	0.38 - 0.63	0.22%	-42.1%
Eicosapentaenoic acid (EPA) C20:5	3.33 - 5.02	0.64%	-80.8%
Docosapentaenoic acid (DPA) C22:5	1.95 - 2.36	1.40%	-28.2%
Docosahexaenoic acid (DHA) 22:6	4.23 - 4.95	3.30%	-22%