

How to read your omega balance report.

A marker-by-marker framework for understanding what the report reflects, what it does not diagnose, and why comparison matters.

15.0:1 - MEASURE -

3.0:1

EDUCATIONAL GUIDE - NOT A TEST RESULT

Original design by Aivan Lumen for IvanT LLC. This guide is independent, is not an official Zinzino report, and does not provide medical advice.



Read the definition before the color.

A report marker can be useful only when you know what was measured, how the value was calculated, which specimen and method were used, and what the report's category means. Preserve the complete report, not only the headline ratio.

- 01 Identify the specimen and laboratory method**
- 02 Find the formula behind each displayed marker**
- 03 Separate product-report targets from medical thresholds**
- 04 Use the same method for baseline and retest**
- 05 Bring diagnosis and treatment questions to a clinician**

MEASUREMENT	INTERPRETATION	COMPARISON
What chemistry was reported?	What can the marker responsibly mean?	What changed under the same method?

Omega-6:3 balance

WHAT IT REFLECTS

In the BalanceTest framework, arachidonic acid (AA) divided by eicosapentaenoic acid (EPA).

WHAT IT DOES NOT DIAGNOSE

Inflammation, cardiovascular disease, deficiency, or the quality of your entire diet.

WHY COMPARISON MATTERS

The same AA/EPA formula at baseline and retest shows whether this report marker changed.

Omega-3 level

WHAT IT REFLECTS

EPA plus DHA within the product's reporting framework.

WHAT IT DOES NOT DIAGNOSE

Brain performance, heart function, immune status, or a medical condition.

WHY COMPARISON MATTERS

Track the combined marker together with its EPA and DHA components.

Protection value

WHAT IT REFLECTS

A proprietary composite of three fatty-acid indicators described on the official product page.

WHAT IT DOES NOT DIAGNOSE

Protection against illness. The official listing says it does not describe health status.

WHY COMPARISON MATTERS

Composite scores should be compared only inside the same report framework.

Fluidity

WHAT IT REFLECTS	A calculated relationship involving selected saturated fatty acids and omega-3 values.
WHAT IT DOES NOT DIAGNOSE	Cell function, membrane disease, or any clinical condition.
WHY COMPARISON MATTERS	The full fatty-acid table provides context that a single composite label cannot.

Mental strength

WHAT IT REFLECTS	A product-report label associated with the report's AA-to-EPA calculation.
WHAT IT DOES NOT DIAGNOSE	Mood, cognition, resilience, neurological function, or mental health.
WHY COMPARISON MATTERS	Use the label only as officially defined and compare the underlying inputs.

Baseline to retest

WHAT IT REFLECTS	Two measurements taken at different times using the same reporting system.
WHAT IT DOES NOT DIAGNOSE	A medical outcome or proof that one product caused every change.
WHY COMPARISON MATTERS	It replaces memory and guessing with documented personal data.

A comparison, not a promise.

A later result can show whether selected fatty-acid markers differ from baseline. It cannot prove that one product caused every change, and it does not establish a medical outcome.

KEEP CONSTANT	DOCUMENT	INTERPRET CAREFULLY
Provider and method Collection instructions Report definitions	Dates and product use Major diet changes Questions for review	Analytical variation Biological context No guaranteed outcome

SOURCES

1. Zinzino US. BalanceTest product information and report definitions.
<https://www.zinzino.com/shop/site/US/en-US/products/home-health-tests/309000>
2. NIH Office of Dietary Supplements. Omega-3 Fatty Acids - Health Professional Fact Sheet.
<https://ods.od.nih.gov/factsheets/Omega3FattyAcids-HealthProfessional/>
3. Metherel AH, et al. Interlaboratory Assessment of Dried Blood Spot Fatty Acid Compositions. Lipids. 2020. PMID: 31782523.

Reviewed July 21, 2026. The official product page is used for report definitions and workflow, not as independent clinical evidence. Independent medical and legal review remains required before production publication.

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