



BODYBIO

Balance Oil

Essential fats for healthy, resilient cells

Liquid - 16 oz.

Softgel - 60, 180

BodyBio Balance Oil is a healthy fat supplement designed to nourish and stabilize your cells.* It provides the two essential fatty acids your body cannot make on its own—linoleic acid (omega-6) and alpha-linolenic acid (omega-3)—in the ideal ratio for cellular health.

These fats are critical for maintaining flexible cell membranes, fueling mitochondria, and supporting communication between cells.* When these healthy fats are balanced, your cells can easily produce energy, manage inflammation, and age well.*

KEY BENEFITS



Maintains strong yet flexible cell membranes*



Fuels mitochondria*



Promotes heart health*



Supports brain and emotional balance*



Nourishes skin, hair, nails*

SUGGESTED USE

Take 2 softgels or ½ teaspoon daily with food.

Use consistently to support long-term cellular health.

For personalized guidance, consult your healthcare practitioner.

WHAT TO EXPECT

0-2 WEEKS

Balance Oil begins supplying essential fatty acids to your cells. Cell membranes may start becoming more flexible, which supports healthy communication, nutrient absorption, and waste removal.*

2-4 WEEKS

As cellular balance improves, many people notice steadier energy, improved mental clarity, and reduced stiffness or inflammation.* Skin may begin to look more hydrated and vibrant.*

4+ WEEKS

With continued use, essential fats help support long-term cellular resilience.* Benefits may include healthier hair and nails, glowing skin, improved brain function, and better overall metabolic balance.*

SUPPLEMENT FACTS

Liquid Variant

Serving Size: 1/2 tsp (2.5 mL)			
Servings: 182			
Amount Per Serving	%	DV**	
Calories	25		
Total Fat	2.5 g	3%	
Linoleic acid	1400 mg	†	
(from safflower and flaxseed)			
Linolenic acid	350 mg	†	
(from flaxseed and safflower)			
**The % Daily Values (DV) are based on a 2000 calorie diet.			
† Daily Value not established.			

Softgel Variant

Serving Size: 2 softgels			
Servings: 30 (60 ct.), 90 (180 ct.)			
Amount Per Serving	%	DV**	
Calories	25		
Total Fat	3 g	4%	
Linoleic acid	1400 mg	†	
(from safflower and flaxseed)			
Linolenic acid	350 mg	†	
(from flaxseed and safflower)			
**The % Daily Values (DV) are based on a 2000 calorie diet.			
† Daily Value not established.			

Other ingredients: Gelatin, glycerin, and purified water.



Scan the QR code
for more information.

*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.