FREE GUIDE

TEST, DON'T GUESS

THE 120-DAY BALANCE GUIDE

How to stop guessing about your health, find your real number, and see why so many people are building a business in wellness.



AT-HOME TEST

PRIVATE RESULTS

INDEPENDENT LAB

BEFORE & AFTER

START

Why You're Reading This

Every day, millions of people open the kitchen cabinet. They take out a few pills. They swallow them with water.

They do it for their health. They want more energy. They want to think clearly. They want to feel good for a long time.

But ask them one simple question and the room goes quiet.

> **“How do you know it's actually working?”**

Most people can't answer. They just go by how they feel. But feelings can fool you. So most people just hope their pills are doing something.

That is the blind supplement trap. You spend good money. You have nothing to measure it against. You are guessing with your health.

There is a lot of health talk out there. Podcasts. Books. Videos. Yet many people still feel tired and run down. Why? Because advice that is not made for you is just noise.

Your body is not the same as the next person's. Copying what an online star takes does not tell you what you need. Without a starting number, you are steering in the dark.

> **You deserve to know, not guess.**

This guide shows you a simple way to find your number. It shows you how to work on it over 120 days. And it shows you why this idea has also opened the door to a real business for people who care about health.

CHAPTER 1

The Hidden Imbalance

To see why your routine might not be working, we need to look inside your body. Not at the mirror. At your cells.

Two kinds of fat matter a lot here. They are called omega-6 and omega-3. Your body needs both. But it needs them in the right mix.

OMEGA-6

THE GAS PEDAL

It helps your body react when you get hurt or sick.

OMEGA-3

THE BRAKE PEDAL

It helps calm things down and keeps your cell walls soft and flexible.

What changed

Long ago, people ate about the same amount of each. That is a mix of about 1 to 1. Today it looks very different.

We eat a lot of processed foods and vegetable oils. These are full of omega-6. We eat far less fresh, wild fish, which is rich in omega-3.

1 : 1	15 : 1	25 : 1+	3 : 1
long ago	average in Europe	often in North America	a common goal

When the mix is off, cell walls can get stiff. Stiff walls make it harder for good things to get in.

The tricky part? You can't feel it. You might feel tired. You might heal slowly. Your skin might look dull. But no one can point to a cell wall and say, “There's the problem.”

Unless you test.

CHAPTER 2

Test, Don't Guess

When you build a house, you don't guess how long a board is. You use a tape measure. Your health deserves the same. You need a real number.

How the test works

1

Prick your finger

Place a few drops of blood on a card. It takes about five minutes.

2

Mail it in

Send the card to an independent lab. Your results stay private.

3

Get your number

See your omega-6 to omega-3 ratio. That is your starting point.

The numbers behind it

The company behind this method has been around for 20 years. It is a Swedish company listed on the Nasdaq First North Premier Growth Market.

20	1M+	+51%	97%
years in business	blood tests taken worldwide	revenue growth in 2025	of first-time testers out of balance

Here is what that data shows. About 97 out of 100 people who took their first test were out of balance. That includes people who eat well, work out, and already take fish oil.

> **Taking fish oil does not mean it is working. The only way to know is to test.**

Why 120 days?

Your red blood cells live for about 120 days. Then your body replaces them with new ones. So the plan is simple. You take your daily oil for 120 days. You give your body the right building blocks for a new batch of cells. Then you test again.

DAY 1		DAY 120
TEST #1	**120 DAYS**	**TEST #2**
Your starting number		Your new number

Two reports. One clear picture of what changed. You are not hoping. You are measuring.

CHAPTER 3 The Business of Balance

Getting healthier is a great reward. But there is a second side to this story. Whenever people change how they live, new business doors open.

Right now, more people want to take care of their health before they get sick. At the same time, they are tired of big promises. They want proof. That is why test-based nutrition is one of the fastest-growing parts of the wellness world.

> **When you can show a person a real report, then a new report 120 days later, you are not pushing a sale. You are showing the proof.**

A company with a track record

This is not a start-up with a big dream and no history. The company is 20 years old. It is listed on the Nasdaq First North Premier Growth Market. In 2025, its revenue grew 51%.

Instead of spending millions on store ads, the company works with independent people who want to share what they believe in. They get training, a proven system, and products that people need.

Who is this for?

Help people feel better
If you love health and love people, this is a way to do both.

Build income over time
A way to earn on the side. Earnings vary.

Freedom on your terms
More say in how you spend your days.

Work from your phone
Do much of the work from anywhere.

Earnings vary. Results depend on effort. No one can promise you a certain income. But a real business with a real need is a good place to start.

THE BIGGER PICTURE !

What Most People Miss

When people first hear about this, many say, “It's just another fish oil.”

That misses the point.

This is not about selling a bottle. It is about a new way of thinking. You stop buying and hoping. You start testing and knowing.

For years, the supplement world kept people in the dark. Fancy labels. Big words. Not much proof. Testing turns the lights on. It puts the power back in your hands.

When you join in, as a customer or as a business builder, you become part of something bigger. You help end health guesswork.

Measurable clarity beats blind hope. Every time.



YOUR NEXT STEP

GO

Let's Take It Together

The path is simple. And you don't have to walk it alone. Pick the one that fits you.

PATH A

HEALTH & WELLNESS

Find your number. Take the 120-day challenge. See your before and after.

PATH B

BUSINESS OPPORTUNITY

Learn how to build income helping others find their number.

What happens next

1 **Stop guessing.**
You took the first step by getting this guide. Let the numbers sink in.

2 **Tell us what you want.**
Health and wellness, or business opportunity. Either one is a fine place to start.

3 **Watch for our call.**
A member of our team will reach out. They will answer your questions and help with your next step. No pressure. Just clear answers.

ARE YOU READY TO TEST, NOT GUESS?

Tell us which path you want. A team member will reach out to you.

You picked up this guide and kept reading. That tells me you want real answers. One small step today can change how you feel a few months from now.

Test your blood. Balance your body. Change your life.

P.S. Want to learn more while you wait for our call? Go to myuplineacademy.com for free training.

This guide is for learning only. It is not medical advice. Talk to your doctor before you change your diet or start a new supplement. Earnings vary. Results depend on effort. No income is promised.