

NATURAL BALANCE LIMITED



<https://bioh.co.nz/>

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BIO-H

Purity from New Zealand



From Oceans to Wellness

OUR STORY

Born in Earth's last pristine land, BIO-H is research and development headquartered and produced in Auckland, New Zealand, specializing in premium fish oil.

BIO-H, short for "BIOLOGICAL HARMONY," stands for the balance between cutting-edge science and nature. It symbolizes our commitment to delivering efficient, safe nutrition worldwide. Produced in a nearly 50-year-old facility with 30+ global certifications, BIO-H sets the standard for trusted wellness.

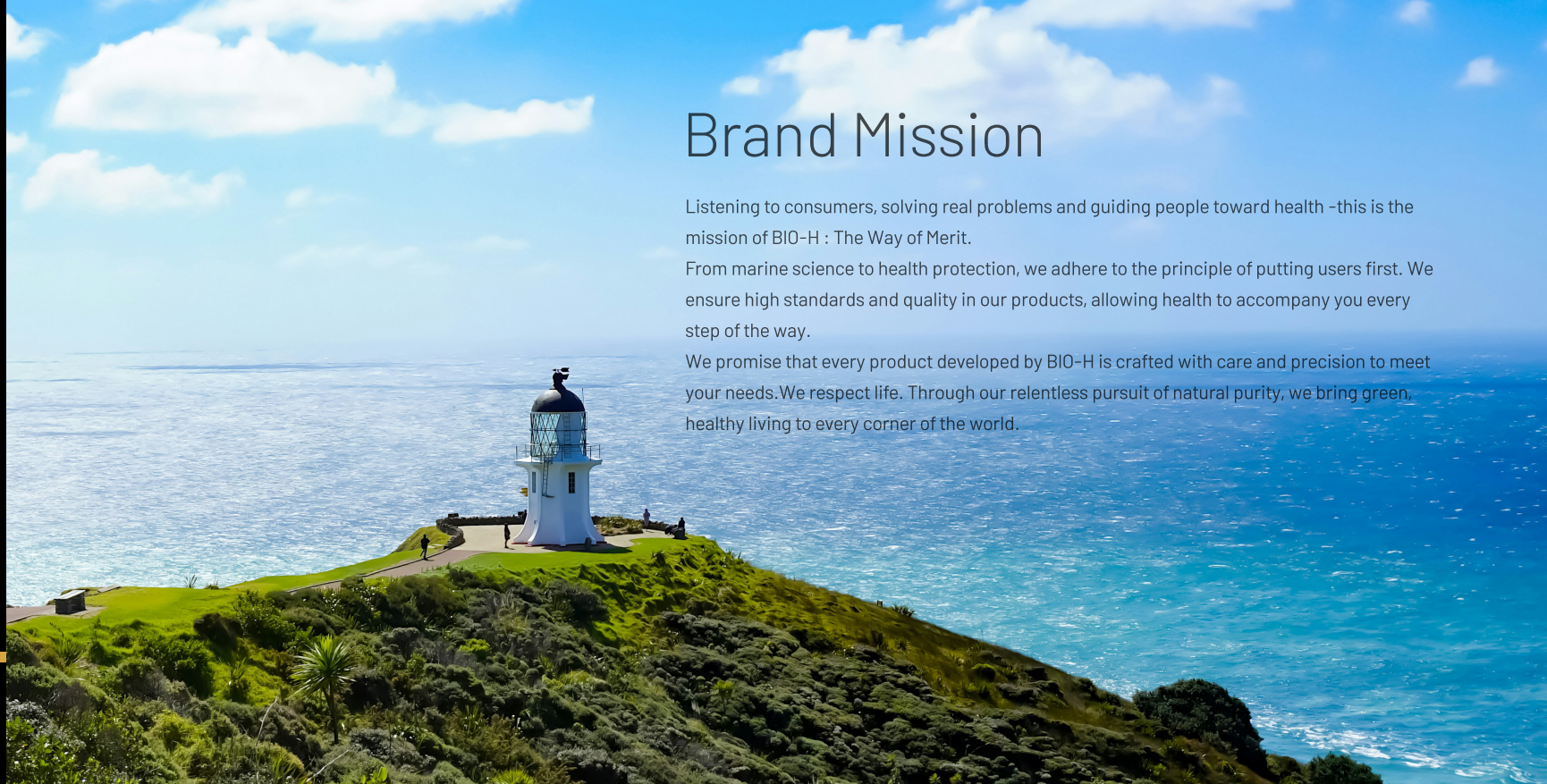
R&D and pilot plants meet GMP, HACCP and other global benchmarks, covering nutraceuticals, marine actives, botanicals and dairy. A flagship of New Zealand's natural-health sector, BIO-H is now sold worldwide.

Brand Mission

Listening to consumers, solving real problems and guiding people toward health -this is the mission of BIO-H : The Way of Merit.

From marine science to health protection, we adhere to the principle of putting users first. We ensure high standards and quality in our products, allowing health to accompany you every step of the way.

We promise that every product developed by BIO-H is crafted with care and precision to meet your needs. We respect life. Through our relentless pursuit of natural purity, we bring green, healthy living to every corner of the world.





BIO-H believes in combining New Zealand's precious natural resources with modern nutritional research and technology to create safe, effective supplements that meet global needs and deliver reliable, consumer high-performance nutrition solutions.

Glen Murphy

Former President of Greater China Region,
New Zealand Trade and Enterprise.
Brand Ambassador and Independent
Consultant for BIO-H



Responsible Manufacturing

With nearly 50 years of manufacturing experience, our facility holds over 30 certifications from globally recognized authorities. All R&D and testing operations comply with international standards such as GMP and HACCP. Through out production, we adhere to strict quality-control principles and maintain the highest standards at every stage. Every product is comprehensively tested by two of New Zealand's most authoritative laboratories EUROFINS and ASUREQUALITY ensuring safety, purity, and performance.



50 yrs

R&D and production
experience



5000+

Mature formula



300+

Global customer trust



100+

Global Patent



30+

Global certification



3

manufacturing base

GLOBAL FOOTPRINTS

Our product has successfully entered New Zealand, Australia, and China, gaining widespread recognition and strong consumer trust in these key markets. BIO-H remains unwavering in its pursuit of natural purity, spreading sustainable wellness to every corner of society.

E-commerce

10+

Supermarket & Pharmacy

200+

SALES

2,000,000+



BIO-H® has received three prestigious awards:

- Most Trusted Brand Award
- Most Pharmacy Favourite Award
- Most Consumer Favourite Award



BRAND CERTIFICATION



International Fish Oil Standards (IFOS) is one of the world's most authoritative third-party testing programs for omega-3 products, setting the strictest global benchmarks for purity, potency, and freshness.



Friends of the Sea is an international NGO and a project under the World Sustainable Development Organization, committed to environmental protection.



Global Organization for EPA and DHA Omega-3s (GOED) is a non-profit trade association founded by leading companies from across the industry, dedicated to advancing omega-3 research and setting worldwide standards.



The Food and Drug Administration (FDA) certification, issued by the U.S. Food and Drug Administration is a globally recognized certification for the management of food and drugs.



Good Manufacturing Practice (GMP) is an internationally recognized standard for the quality-management systems used in the production of pharmaceuticals, food, and medical devices.



The Risk Management Programme must be registered with the New Zealand government and covers all aspects from raw material procurement and processing environment to equipment standards and transportation.



Hazard Analysis and Critical Control Point (HACCP) is an internationally recognized food-safety management system that applies strict controls to every stage of the food chain, from production and processing to preparation and consumption.

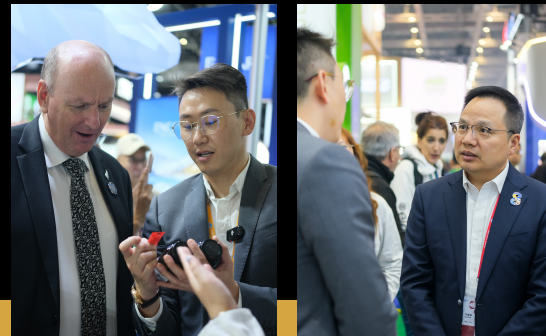


Radioactivity Tested & Certified™ by SGS — a third-party testing and certification program ensuring radioactive safety compliance.

INDUSTRY LEADERSHIP

Endorsed by New Zealand Officials.

BIO-H was highly commended by NZTE CEO Peter Chrisp and NZ Ambassador Grahame Morton.



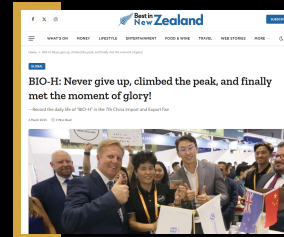
New Zealand Excellence Awards Ceremony

Awarded "Most Trusted Brand" at the New Zealand - China bilateral cooperation summit.



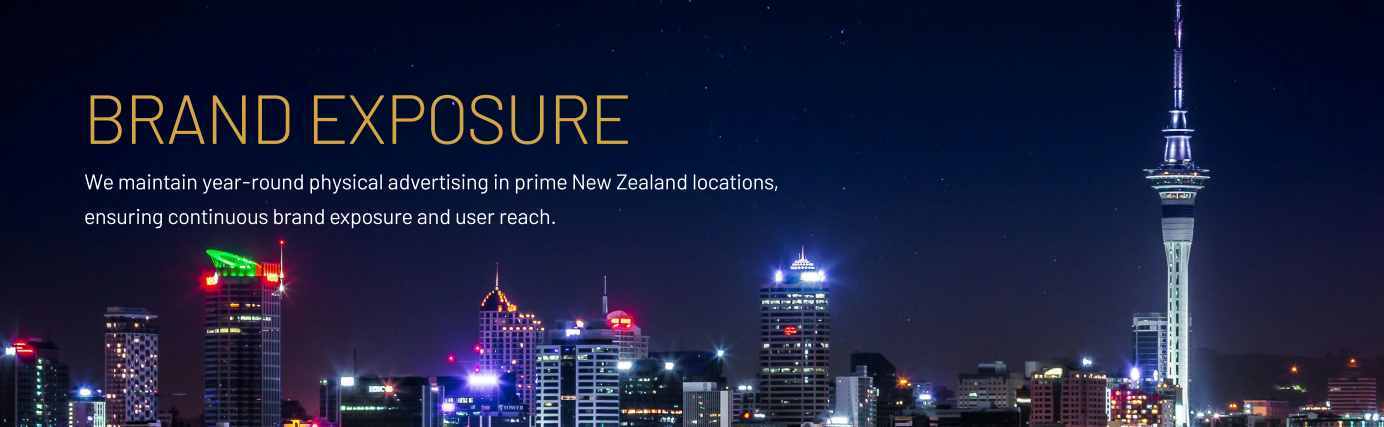
Featured in leading websites and magazines.

BIO-H has been recommended by over 500 media outlets worldwide, honored as Best in New Zealand, and featured in authoritative websites and the local magazine Good Magazine.



BRAND EXPOSURE

We maintain year-round physical advertising in prime New Zealand locations, ensuring continuous brand exposure and user reach.



▲ Auckland Airport (AKL) large-format LEDscreen



Queen Street, Auckland CBD LEDscreen ►



VOICES OF EXPERTS

ERIC MURRAY

Two-time Olympic champion
Global partner of BIO-H



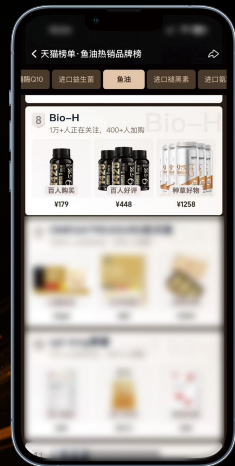
Doing high-intensity exercise for a long time can really take a toll on your body, causing things like inflammation, a weaker immune system, and putting too much stress on your heart. Nutrition experts say taking fish oil that's really pure and has lots of omega-3 can help fix these problems fast. I'd recommend BIO-H's high-purity fish oil line. They're super picky about their ingredients and how they make it. The product has passed international tests like IFOS and FOS, so you know it's top-notch. It works great for me, and I'm sure it'll be just as good for you, who loves to stay active.

BIO-H IN CHINA

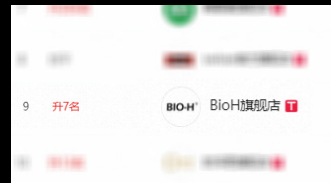
New Zealand's rising nutraceutical brand, leading in sales in China since launch.

Dominating Douyin's TOP charts, ranking top-10 on Tmall & JD,

and stocked in 100+ premium stores like Ole'.



Top 8 on Tmall Fish Oil Ranking



Top 9 on Tmall Store Rankings



Available on JD.com's Self - Operated Store



Available on Tmall Official



Top 1 on Douyin Fish Oil Hot List



Store Rank

Top-Sellers

Short-Video Charts

*Source: TikTok Market Rankings

BIO-H rTG98 rTG Fish oil with Multivitamins

(0.655g×60caps)



High purity
high absorption



Small particles
easy to swallow



Multivitamins



Mini fish oil designed for easy swallowing.
98% ultimate purity, high potency omega 3 support cardiovascular and cognitive health.
Premium choice for professionals who prefer smaller softgel, clean, concentrated, and easy to take.

Ingredients(2 softgels): Fish oil: 1240mg Omega-3: 1215mg, EPA: 688mg, DHA: 446mg
Dosage & Directions: Take 1 capsule daily with warm water.

BIO-H EE99 Fish oil Extract

(1.5g×30caps)



High EPA



Purity
Amplified



Collector's
Edition



99% ultimate purity, top-of-the-line cleanliness,
targeted support for cardiovascular health. High-potency omega-3s,
contaminant-free formula. Premium choice for professionals 30+.

Ingredients: Omega-3: 1485mg, EPA: 1245mg, DHA: 18mg, DPA: 10mg
Dosage & Directions: Take 1 capsule daily with warm water, both before and after meals.

BIO-H EE97 Fish oil Extract

(1.5g×30caps)



groundbreaking
new upgrade



Purity
Amplified



Viral TikTok
Sensation



Industry-leading value: Omega-3 delivered at ≤CNY 2 per 1000 mg.
Post-upgrade, each softgel delivers 97 % Omega-3 purity—placing it in the industry's top tier.
RTCP™ batch-certified radiological safety—free from heavy metals for your peace of mind.

Ingredients: Omega-3: 1455mg, EPA: 900mg, DHA: 405mg, DPA: 25mg
Dosage & Directions: Take 1 capsule daily with warm water.

BIO-H rTG98 Fish oil Extract

(1.5g×30caps)



rTG
molecular form



Purity
Amplified



3:2
Balanced Ratio



Scientific ratio, top of the line absorption, targeted support for heart and brain health.
3:2 EPA/DHA, rTG form for efficient direct delivery
complete nutrition in one softgel: Tailored support for adults 30+.

Ingredients: Omega-3: 1470mg, EPA: 810mg, DHA: 550mg, DPA: 22mg
Dosage & Directions: Take 1 capsule daily with warm water, both before and after meals.

BIO-H 200mg CoQ10

(1.5g×30caps)



Product highlight



Purity
Amplified



Complex formula



200mg high-potency CoQ10, top-tier bioavailability, targeted support for cardiac energy.
Activates mitochondrial power, fuels the heart's natural drive.
Complete daily defense for vitality: Tailored for adults 30+ with demanding lifestyles.

Ingredients: Coenzyme Q10 200mg, Soy, colouring
Dosage & Directions: Take 1-2 capsule daily with warm water,
both before and after meals.

BIO-H 50mg CoQ10

(1.5g×30caps)



Product highlight



Multivitamins



Excellen value



50mg CoQ10 in each softgel, designed for everyday heart health support.
Gently activates cellular energy production, helping maintain natural
mitochondrial function . Long-term cardiovascular and vitality support.
Clean, simple, and perfectly suited for daily supplementation.

Ingredients: Coenzyme Q10 50mg, Soy, colouring.
Dosage & Directions: Take 1-2 capsules daily or asdirected by your health professionals.

BIO-H Krill Oil

(0.5g×60caps)



High absorption
efficiency



Double-effect
assistance



Purity
Amplified



High absorption efficiency: Maximizes ingredient uptake with minimal waste.
Double-effect assistance: Simultaneously targets two key pathways.
Purity Amplified: Molecular-level purification for peak clarity and stability.

Ingredients: Krill Oil: 500mg, Phospholipids: 280mg, Astaxanthin: 100mcg, Choline: 24mg,
Omega-3: 90mg, EPA: 60mg, DHA: 30mg
Dosage & Directions: Take 1-2 capsules daily or asdirected by your health professionals.

BIO-H Women's Multi Fish oil

(0.655g×60caps)



EGT&PQQ



Authoritative
Patent



Six gold-standard
bioactives



One bottle targets ten hallmarks of aging; comprehensively repairs and restores systemic youth.
Six elite compounds activate longevity factors—take anti-aging one step further.
Human-subject data: clinically quantified efficacy.

Ingredients: Per serving (2 softgels): Omega-3: 950mg,
Ergothioneine: 20mg, PQQ: 20mg, Resveratrol: 100mg; VE: 66mg, VB3: 14mg,VB12: 2.6mg
Dosage & Directions: Take 1-2 capsules daily with water during meals.

BIO-H EE95 Fish Oil Extract

(1.5g×60caps)



Cost-effective



High content



Viral TikTok
Sensation



Monthly cost: ¥82 —unmatched value in its class
1425 mg omega-3 per softgel —one capsule a day can meet your need.
Economical 60-capsule bottle —2-month supply in one go.

Ingredients: Omega-3: 1425mg, EPA: 940mg, DHA: 395mg, DPA: 22mg
Dosage & Directions: Take 1 capsule daily with food and a glass of water.

BIO-H 95%EPA Fish oil

(0.58g×60caps)



Cardiovascular
Guardian



EPA-only
formula



Small-softgel



Supports clear, healthy blood vessels.
DHA-free formula, avoiding potential LDL elevation concerns.
High-purity EPA supports a balanced mood and stabilizes mood.

Ingredients: Per serving (2 softgels): Omega-3: 1140mg, EPA: 1100mg
Dosage & Directions: Take 2 capsules daily with food and a glass of water.

BIO-H EE98 Fish Oil Extract

(1.5g×60caps)



High-EPA



Older adults



As seen on TV



1,050 mg EPA—optimized for older adults.
Available all year on Dongfang Shopping.
60-capsule economy bottle —2-month supply.

Ingredients: Omega-3: 1470mg, EPA: 1200mg, DHA: 150mg, DPA: 10mg
Dosage & Directions: One softgel daily with water during a meal.

BIO-H rTG98 (EPA82%) Fish oil Extract

(1.5g×30caps)



rTG
molecular form



High absorption
efficiency



Older adults



1,200 mg EPA for targeted action, delivered in rTG form
for maximum bioavailability.
Tailored for 40+ managing the "Big Three" health markers

Ingredients: Omega-3: 1470mg, EPA: 1230mg, DHA: 150mg, DPA: 10mg
Dosage & Directions: One softgel daily with water, with or without food.



BIO-H rTG97 Fish oil Extract

(1.5g×60caps)



rTG
molecular form



High absorption
efficiency



Balanced
Formula

High-DHA formula- optimized for knowledge workers under intense cognitive load 3-4* better absorption than standard fish oil-ideal for those with compromised uptake 3: 2 golden ratio for balanced EPA/DHA replenishment.

Ingredients: Omega-3: 1455mg, EPA: 825mg, DHA:545mg, DPA: 20mg
Dosage & Directions: Take 1 capsule daily with warm water.



BIO-H EE97 Fish Oil

(1.5g×30caps)



Cost-effective



High content



Sell retail
bestseller

97% purity fish oil - clean, concentrated, and effective. Designed for daily cardiovascular and joint support. High-quality omega 3 help maintain healthy heart function while easing exercise, and related joint discomfort.

Ingredients: Omega-3: 1455mg, EPA: 405mg, DHA: 405mg, DPA: 25mg
Dosage & Directions: Take 1-2 capsule daily.



BIO-H IgG Bovine Colostrum

(1g×60caps)



Double-effect
assistance



No Chemical
additives



Immunity
UP

60-fold concentrated bovine immune factors
IgG + Lactoferrin dual-action duo
2 softgels = nutrients from 1 L milk + 1 serving lactoferrin.

Ingredients: IgG: 209mg, Lactoferrin: 45.5mg
Dosage & Directions: 2 candies daily



BIO-H Acer truncatum seed oil

(1.5g×30caps)



Multiple
nutrients



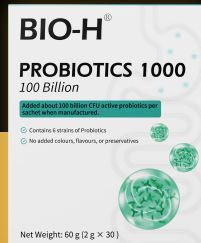
Multiple
certifications



Brain nerve UP

Rare Nervonic Acid for Memory & Cognitive Support
Optimized Nervonic Acid-to-DHA Golden Ratio
1+1>2 for next-level brain care.

Ingredients: linoleic Acid: 97mg, Oleic Acid: 52mg, DHA50mg,
Nervonic Acid: 30mg
Dosage & Directions: Takel-2 capsules per day.



BIO-H 100 Billion Probiotics

(2g×30sachets)



patented strains



No Chemical
additives



gut-friendly

Each sachet contains up to 100 billion live bacteria, using patented strains with strong activity that reach the intestines directly. Zero chemical additives, pure and gentle formula - safe for the whole family.

Ingredients: Maltodextrin, resistant dextrin, fructo-oligosaccharides, xylo-oligosaccharides, stachyose, xylitol, lemon juice powder, acerola cherry concentrate powder, and 6 patented probiotic strains.
Dosage and usage: Take 1-2 sachets daily, mix with water below 25°C.



BIO-H Whey Protein Powder

(20g×20sachets)



Cost-effective



High content



Multivitamin

ultra-pure protein
11-blend vitamins for daily health
Single-serving sachet-clean, convenient.

Ingredients: Protein: 34.3g, Multivitamin (VA/VC/VD/VE/VB) 170mg, Ca: 500mg, Mg: 155mg, Fe: 13.5mg, Zn: 12.5mg
Dosage & Directions: Take 1 sachet daily with warm water and drink.



BIO-H Acerola cherry

(1.2g×90caps)



Naturally
extracted



Rich in nutrients



No Chemical
additives

100% plant-derived from acerola cherry and elderberry.
Choose natural-protect your family.

Ingredients: Natural Acerola cherry powder 50mg, VC100mg
Dosage & Directions: Takel-2 capsules per day.



BIO-H UMF20+Manuka Honey Drops

(150g)



Cost-effective



High content



pure ingredients

Sweet yet light, refreshingly natural.
5% Manuka honey, sweet & healthy anytime bite
Rare New Zealand nectar source

Ingredients: Protein: UMF20+Manuka Honey(5%)Sugar, Glucose, Lemon Oil, Menthol, Crystals, Ascorbic Acid
Dosage & Directions: Ready to eat: consume soon after opening.

BIO-H UMF20+ Manuka honey Lozenges

(2.8g×8tablets)



Cost-effective



Medical-grade maintenance



pure ingredients

UMF 20+ Luxe Care with MGO 830+ Potency
Certified by the UMF® Honey Association
Rare New Zealand nectar source

Ingredients: Omega-3: UMF20+Manuka Honey(91%), Maltodextrin(9%)
Dosage & Directions: Ready to eat straight from the box.
Consume soon after opening.

Nutrition Balance EE98 Fish oil Extract

(1.5g×30caps)



Purity Amplified



Older adults



As seen on TV

Perfect Omega-3 boost, max absorption.
EPA: DHA = 3: 2 golden ratio
Individually sealed, oxidation-proof.

Ingredients: Omega-3: 1470mg, EPA: 810mg, DHA: 540mg, DPA: 75mg
Dosage & Directions: Take 1 capsule daily with warm water.

Nutrition INN UC-II collagen Complex

(1.2g×60caps)



Nourish the source



lubricate the joints



enhance flexibility

Fortified with vitamin D for faster calcium uptake.
4-in-1 relief blend— soothe fast.
Sourced from natural foods, allergy-friendly.

Ingredients: Milk Minerals: 300mg, Mushroom Powder: 10mg,
Hydrolyzed Collagen Type II Powder: 110mg
Mangosteen Powder: 300mg, Sodium Hyaluronate: 2.63mg
Dosage & Directions: Take 1 capsule daily with warm water.

Nutrition INN Phosphatidylserine Complex cel candy

(1.4g×60caps)



Double-effect synergy



Plant extraction



No added sucrose

DHA + PS: synergistic brain boost, 100% plant-derived,
Zero added sugar

Ingredients: PS: 175.4mg,
DHA Algal Oil : 750mg(Equivalent to 300mgDHA)
Dosage & Directions: Take 1 candy daily with warm water.

Nutrition Balance rTG98 Fish oil Extract

(1.5g×30caps)



rTG molecular form



Purity Amplified



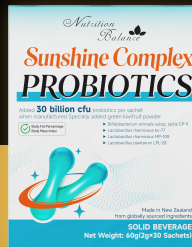
3:2 Balanced Ratio

Balanced nutrients, high absorption.
EPA: DHA = 3: 2 golden ratio
rTG form, ultra-stable.

Ingredients: Omega-3: 1470mg, EPA: 810mg, DHA: 540mg, DPA: 45mg
Dosage & Directions: Take 1 capsule daily with warm water.

Nutrition INN Sunshine Complex Probiotics

(2g×30sachets)



Natural development



patented strains



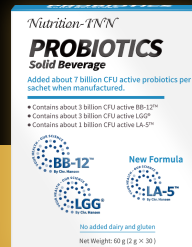
Multi Probiotics

30 billion Probiotics. dual-strain Lactobacillus plantarum for targeted gut support. Natural fruit & veggie prebiotics to fuel good bacteria.
Digestive health. Immune support. Balanced gut, naturally.

Ingredients: CP-9, BV-77, MP-108, LPL-28
Dosage & Directions: Take 1 sachet daily with warm water.

Nutrition INN BB-12+LGG+LA-5 Probiotics

(2g×30sachets)



Natural development



patented strains



Multi Probiotics

Each stick delivers both BB-12, LGG & LA-5 strains.
Chr. Hansen, Denmark – 150 yrs. patented.
2 sachets = 14 billion live cultures

Ingredients: BB-12, LGG, LA-5
Dosage & Directions: Take 1 sachet daily with warm water.

Nutrition INN Lutein Esters Complex Gel Candy

(1.22g×60candies)



Patented formula



Containing DHA



Intensive visual usage

Lutein from North American marigold, nature's eye shield.
Replenishes macula, blocks blue light naturally. Patented ingredients.
Blueberry powder plus algal DHA for complete support. Vision protection.
Macula health. Blue light barrier. Clean, complex, complete.

Dosage & Directions: Chew the candies, take 1-2 candies per day.