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**HQT Analysis Test-ID: I2I7I7U1**

**10 April 2014**

<b>Country:</b> UK	<b>Use HQT Omega-3 Total?</b>	No
<b>Sex:</b> Man	<b>Use another omega-3 product?</b>	No
<b>Age:</b> 75	<b>Replicate test?</b>	No

## Omega-6/3-Ratio

Your value

**20.3:1**

Guideline range



## Therapeutic recommendation

The measurement of your blood test shows an undesirably high predominance of the omega-6 fatty acid AA (arachidonic acid) compared to omega-3 fatty acid EPA. The Omega-6/3 Ratio is a marker for silent inflammation and a ratio between 1:1 and 3:1 is considered favourable.

Recommended dietary adjustment to lower your Omega-6/3 Ratio:

- The value of the Omega-3 fatty acid EPA was measured in your blood test to **0.62%**

which is relatively low. You are advised to increase your intake of marine fatty acids from fish (ideally fish with a high fat-percentage such as anchovy, salmon, sardines) or use HQT Omega-3 oil with a therapeutic dose of 20ml for a period of approx. 3 months. Thereafter a normal dose of 10ml is recommended to sustain a high EPA value (close to or higher than 3%).

- Your Omega-6 arachidonic acid value was measured at **12.61%** which is relatively high. This comes from meat and other products from animals fed on industrial feed. The reason is that industrial feed is based on omega-6 rich components, in particular soyabean meal. Reducing intake of such products would lead to a lower arachidonic acid value in your body and hence an improved Omega-6/3 Ratio.

Sources for Arachidonic Acid **Fatty acids**

**influencing the omega-6/3 ratio**

Arachidonic acid (AA $\omega$ 6)	Eicosapentaenoic acid (EPA $\omega$ 3)
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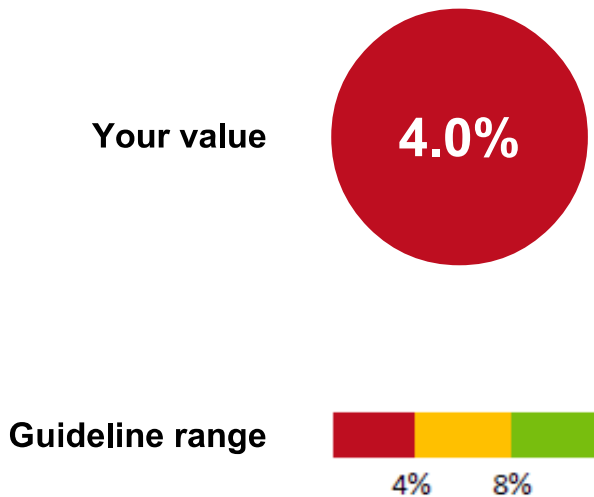


**EPA ( $\omega$ 3)** - High value -> lower ratio

**Arachidonic Acid (AA  $\omega$ 6)** - Higher value -> higher ratio

**Linolic Acid (LA  $\omega$ 6)** - Higher value -> higher ratio (indirectly through the conversion of LA to

## Omega-3-Index (EPA, DPA and DHA $\omega$ 3)



### Therapeutic recommendation

Your Omega-3 Index of **3.97%** is low. The Omega-3 Index is a measurement of omega-3 compared to all the fatty acids in your body and the low value indicates a low consumption of fish products. Omega-3 Index above 8% is beneficial from a health perspective.

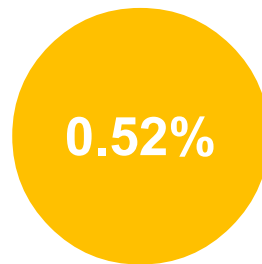
Dietary recommendation to increase your Omega-3 Index to above 8%:

- Increase intake of omega-3 fatty acids. For regulation within a 3-4 months period, daily dose of omega-3 should be approx. 4 grams. Sources for omega-3 are either fish products or omega-3 supplements.
- Fish with a high fat-percentage are mainly anchovy, salmon and sardines. Please see the list "omega-3 content in fish" for further information.
- Use HQT Omega-3 with a daily dose of 20ml. After the regulation period, the normal dose of 10ml is recommended to sustain a

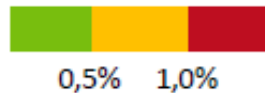
high omega-3 index.

## Trans fat level

Your value



Guideline range



## Therapeutic recommendation

Your blood sample shows a relatively high industrial trans fat ratio at **0.52%**. Values below 0.5% are considered beneficial from a health perspective.

Dietary recommendation to lower your trans fat ratio:

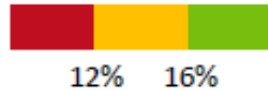
- Sources for industrial trans fat are typically processed food such as biscuits, bread, cakes, ready meals and snack foods. Fast food (with use of heated vegetable oils, in particular sunflower oil) is also a significant source of trans fatty acids.
- Products which contain trans fat, mostly describe these with a finer euphemism such as "partially hardened" or "partially hydrogenated vegetable oils".

## Other values: Oleic acid

Your value

18.4%

Guideline range



## Therapeutic recommendation

Your value of omega-9 Oleic Acid is with **18.37%** at a relative healthy high level. Omega-9 is an important fatty acid and your high value is positive from a health perspective. Typical source of omega-9 Oleic Acid is olive oil.

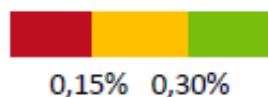
The combination with a relative low stearic acid value (saturated fatty acid), which in your blood test was measured at **14.48%** indicates a relative good enzyme function (delta-9 desaturase) which enables the body to convert saturated fatty acid into omega-9 oleic acid.

## Other values: Alpha-Linolenic Acid (ALA $\omega$ 3)

Your value

0.12%

Guideline range



## Therapeutic recommendation

Your value of alpha-linolenic acid (omega-3) is relatively low at **0.12%**. Alpha-linolenic acid (ALA) is an important fatty acid and values above 0.3% are recommended from a health perspective.

Main sources for ALA are various plant oils, in particular flaxseed oil and rapeseed oil. In order to increase your ALA

value, intake of flaxseed oil can be recommended (a teaspoon daily). When selecting a flaxseed oil, you should consider the advantage of a recently cold-pressed oil (in order to reduce oxidation risk).

## Fatty Acids (all values in %)

Omega-3 Fatty Acids	Your values	Reference values*
<b>Alpha-linolenic acid (ALA, 18:3 <math>\omega</math>3)</b>	<b>0.12</b>	0,36
<b>Eicosapentaenoic acid (EPA, 20:5 <math>\omega</math>3)</b>	<b>0.62</b>	3,78
<b>Docosapentaenoic acid (DPA, 22:5 <math>\omega</math>3)</b>	<b>1.26</b>	2,03
<b>Docosahexaenoic acid (DHA, 22:6 <math>\omega</math>3)</b>	<b>2.72</b>	6,00
<b>Total Omega-3</b>	<b>4.72</b>	12,17

Omega-6 Fatty Acids	Your values	Reference values*
<b>Linoleic acid (LA, 18:2 <math>\omega</math>6)</b>	<b>14.47</b>	16,72
<b>Gamma-Linoleic acid (GLA, 18:3 <math>\omega</math>6)</b>	<b>0.19</b>	0,14
<b>Eicosadienoic acid (C20:2 <math>\omega</math>6)</b>	<b>0.17</b>	0,20
<b>Dihomo-<math>\gamma</math>-Linoleic acid (DGLA, 20:3 <math>\omega</math>6)</b>	<b>1.72</b>	1,29
<b>Arachidonic acid (AA, 20:4 <math>\omega</math>6)</b>	<b>12.61</b>	8,94
<b>Docosatetraenoic acid (DTA, 22:4 <math>\omega</math>6)</b>	<b>1.75</b>	0,76
<b>C22:5 <math>\omega</math>6</b>	<b>0.35</b>	0,25
<b>Total Omega-6</b>	<b>31.26</b>	28,30

Omega-7 Fatty Acids	Your values	Reference values*
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<b>Palmitoleic acid (16:1 ω7)</b>	<b>1.01</b>	1,25
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<b>Omega-9 Fatty Acids</b>	<b>Your values</b>	<b>Reference values*</b>
<b>Oleic acid (18:1 ω9)</b>	<b>18.37</b>	18,74
<b>Gondonic acid (20:1 ω9)</b>	<b>0.17</b>	0,21
<b>Nervonic acid (24:1 ω9)</b>	<b>0.28</b>	0,38
<b>Total Omega-9</b>	<b>18.82</b>	19,33

<b>trans Fatty Acids</b>	<b>Your values</b>	<b>Reference values*</b>
<b>Trans-Palmitoleic acid (16:1 ω7t)</b>	<b>0.15</b>	0,13
<b>Elaidinic acid (trans oleic) (18:1 ω9t)</b>	<b>0.26</b>	0,20
<b>Trans-Linoleic acids (18:2 ω6tt/tc/ct)</b>	<b>0.39</b>	0,17
<b>Total Trans Fatty Acids</b>	<b>0.80</b>	0,50

<b>Saturated Fatty Acids</b>	<b>Your values</b>	<b>Reference values*</b>
<b>Myristic acid (14:0)</b>	<b>0.93</b>	0,72
<b>Palmitic acid (16:0)</b>	<b>27.09</b>	24,0
<b>Stearic acid (18:0)</b>	<b>14.48</b>	12,6
<b>Arachidic acid (20:0)</b>	<b>0.16</b>	0,16
<b>Behenic acid (22:0)</b>	<b>0.48</b>	0,19
<b>Lignoceric acid (24:0)</b>	<b>0.25</b>	0,37
<b>Total Saturated Fatty Acids</b>	<b>43.39</b>	38,04

*Reference values are reproduced from blood analysis of "healthy" person. The data represents 2,000 blood samples. The purpose is to provide a reference basis to support analysis and interpretation of individual blood samples. Important: The purpose is not to indicate correct values.*



## About the test

HQT Fatty Acid Analysis is conducted by an authorised lab in Germany according to a documented and tested process and strict regulations. A total of 26 fatty acids are measured based on the blood spot sample. Presented test results represent the key indicators from a health perspective. Full information about the fatty acid profile and enhanced explanations are provided on request.

[LEARN MORE](#)

## About HQT Diagnostics

HQT Diagnostics is a healthcare company specialized in providing services for analysing fatty acids, vitamins and hormones in the body and providing therapeutic advice for correcting deficiencies and imbalances. In cooperation with leading doctors and professors, seminars and work-shops are offered in Germany, UK and Norway.

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