

HQT Analysis Test-ID: U2A8E7A1

08 September 2014

Country: UK  
Sex: Man  
Age: 72

Use HQT Omega-3 Total? Yes  
Use another omega-3 product? No  
Replicate test? Yes

## Omega-6/3-Ratio

Your value



Guideline range



### Therapeutic recommendation

The measurement of your blood shows a favorable balance between fatty acid AA (Arachidonic acid, omega-6) and fatty acid EPA (Omega-3). An omega-6/3 ratio higher than 1:1 and lower than 3:1 is regarded as beneficial.

Continue with your good diet habits in this regard! A balanced omega-6/3 ratio is typical a result of:

- High intake of fish products and/or omega-3 supplements.
- Low consumption of industrial products with a high omega-6 content.

### Fatty acids influencing the omega-6/3 ratio

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



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

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

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

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

Your value

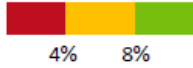
12.8%

### Therapeutic recommendation

Your Omega-3 Index is measured at **12.81%** which indicates a healthy high consumption of fish products (or the use of a omega-3 supplement). Values above 8% are favorable.

Our recommendation is simple: Continue with your current high consumption of fish / and or omega-3 supplements.

Guideline range



## Trans fat level

Your value

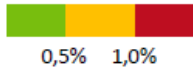
0.37%

### Therapeutic recommendation

The measurement of your blood test shows that your industrial trans fatty acids constitute **0.37%** of the total fatty acids (= industrial trans fat content). Values below 0.5% are considered beneficial from a health perspective.

Our diet recommendation is to continue with your current diet with a low content of industrial trans fatty acids.

Guideline range

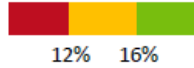


## Other values: Oleic acid

Your value

18.6%

Guideline range



### Therapeutic recommendation

Your value of omega-9 Oleic Acid is with **18.57%** 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.

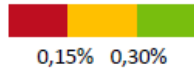
The combination with a relative low stearic acid value (saturated fatty acid), which in your blood test was measured at **13.02%** indicates a relative good enzyme function (delta-9 desaturase) which enables the body to convert saturated fatty acid into omega-9 oleic acid.

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

Your value

0.36%

Guideline range



### Therapeutic recommendation

Your value of Alpha-Linolenic Acid is with **0.36%** at a healthy and relative high level.

Main sources for ALA are various plant oils, in particular flaxseed oil and rapeseed oil.

## Fatty Acids

Omega-3 Fatty Acids	Your values	Reference values*
Alpha-linolenic acid (ALA, 18:3 ω3)	0.36	0,36
Eicosapentaenoic acid (EPA, 20:5 ω3)	5.47	3,78
Docosapentaenoic acid (DPA, 22:5 ω3)	2.92	2,03
Docosahexaenoic acid (DHA, 22:6 ω3)	5.88	6,00
<b>Total Omega-3</b>	<b>14.63</b>	<b>12,17</b>

Omega-6 Fatty Acids	Your values	Reference values*
Linoleic acid (LA, 18:2 ω6)	16.81	16,72
Gamma-Linoleic acid (GLA, 18:3 ω6)	0.10	0,14
Eicosadienoic acid (C20:2 ω6)	0.16	0,20
Dihomo-γ-Linoleic acid (DGLA, 20:3 ω6)	0.71	1,29
Arachidonic acid (AA, 20:4 ω6)	8.03	8,94
Docosatetraenoic acid (DTA, 22:4 ω6)	0.45	0,76
C22:5 ω6	0.23	0,25
<b>Total Omega-6</b>	<b>26.49</b>	<b>28,30</b>

Omega-7 Fatty Acids	Your values	Reference values*
Palmitoleic acid (16:1 ω7)	0.76	1,25

Omega-9 Fatty Acids	Your values	Reference values*
Oleic acid (18:1 ω9)	18.57	18,74
Gondonic acid (20:1 ω9)	0.16	0,21
Nervonic acid (24:1 ω9)	0.51	0,38
<b>Total Omega-9</b>	<b>19.24</b>	<b>19,33</b>

trans Fatty Acids	Your values	Reference values*
Trans-Palmitoleic acid (16:1 ω7t)	0.26	0,13
Elaidinic acid (trans oleic) (18:1 ω9t)	0.35	0,20
Trans-Linoleic acids (18:2 ω6tt/tc/ct)	0.19	0,17
<b>Total Trans Fatty Acids</b>	<b>0.80</b>	<b>0,50</b>

Saturated Fatty Acids	Your values	Reference values*
Myristic acid (14:0)	0.91	0,72
Palmitic acid (16:0)	23.36	24,0
Stearic acid (18:0)	13.02	12,6
Arachidic acid (20:0)	0.17	0,16
Behenic acid (22:0)	0.31	0,19
Lignoceric acid (24:0)	0.31	0,37
<b>Total Saturated Fatty Acids</b>	<b>38.08</b>	<b>38,04</b>

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, lectures and work-shops are offered in Germany, UK and Norway.

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