



**Diagnostic Tools to
*measure, analyze
and regulate
your health***

1. FATTY ACIDS

**Measure, analyze
and regulate**

Diseases or conditions that involve inflammation are all targets for marine Omega-3 fatty acids

Rheumatoid arthritis

Crohn's disease

Ulcerative colitis

Cystic fibrosis

Psoriasis

Lupus

Multiple sclerosis

Type-1 diabetes

Childhood asthma

Adult asthma

Allergic diseases

Atopic diseases

COPD

Atherosclerosis

Acute cardiovascular events

Response to surgery

Major injury and trauma

Sepsis

Neurodegenerative diseases

Some cancers

Body wasting

– sarcopenia, cachexia

Fatty liver disease

Obesity

.....

2 key measurements

| | | | |
|-------------------------------|-------------------------------|----------------|----------|
| <i>Omega-3 Index</i> | Increase Omega-3 Index | >8% | * |
| <i>Omega-6/3 Ratio</i> | Reduce Omega-6/3 Ratio | <3:1 | * |

Major long-term RCT research world-wide has shown that increasing Omega-3 and reducing Omega-6 has significant health benefits

Omega-3 Index & Omega-6/3 Ratio proposed by:
Professor William Harris
Professor Clemens von Schacky

* % of total Fatty Acids

Evolution of the Omega-6/3 ratio



Stone Age
Omega-6:3
1:1



Inuit
Omega-6/3 of ca. **0.8:1**



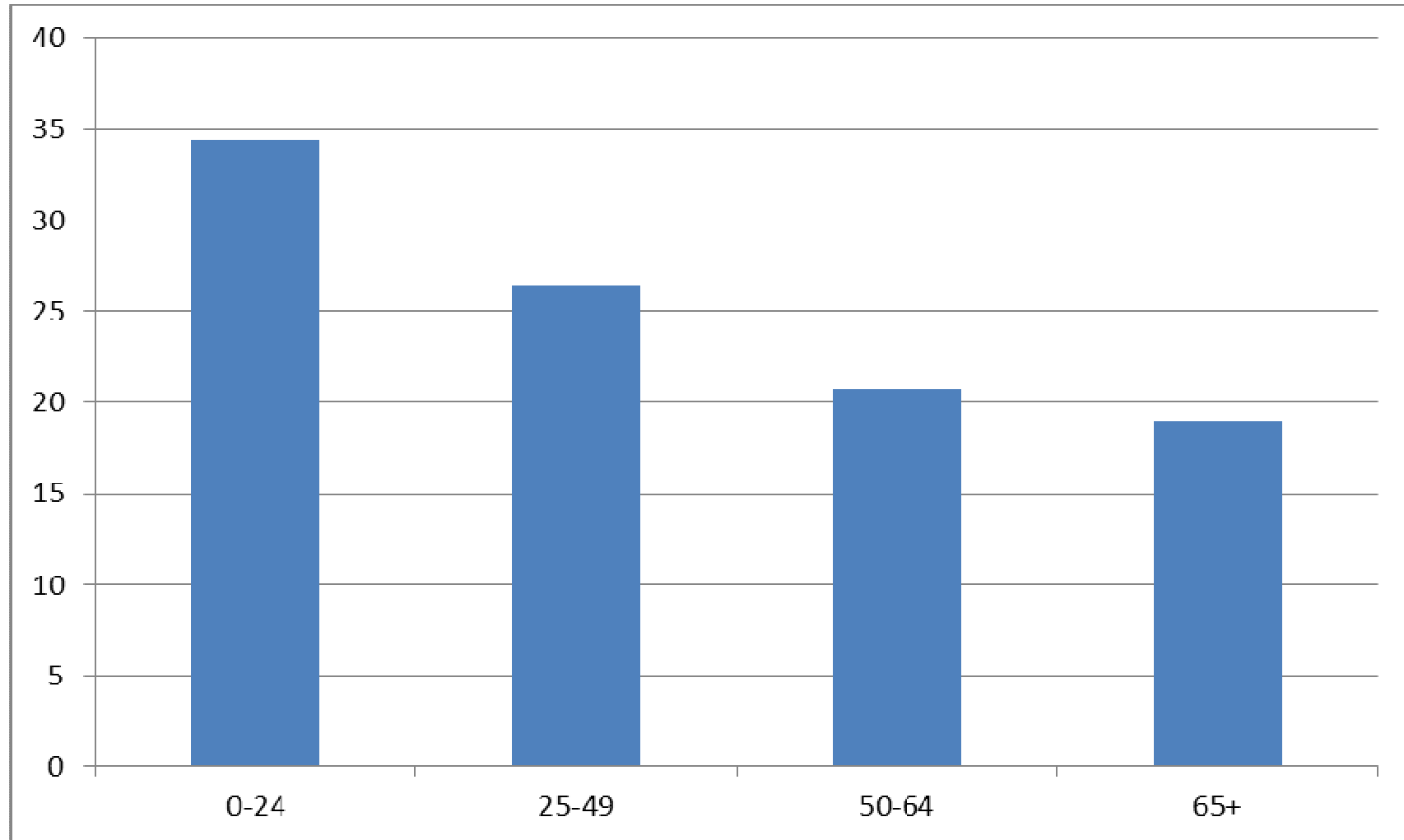
Mediterranean diet (to 1960)
Omega-6/3 of ca. **2:1**



Western world
Omega-6/3
of **15+:1**

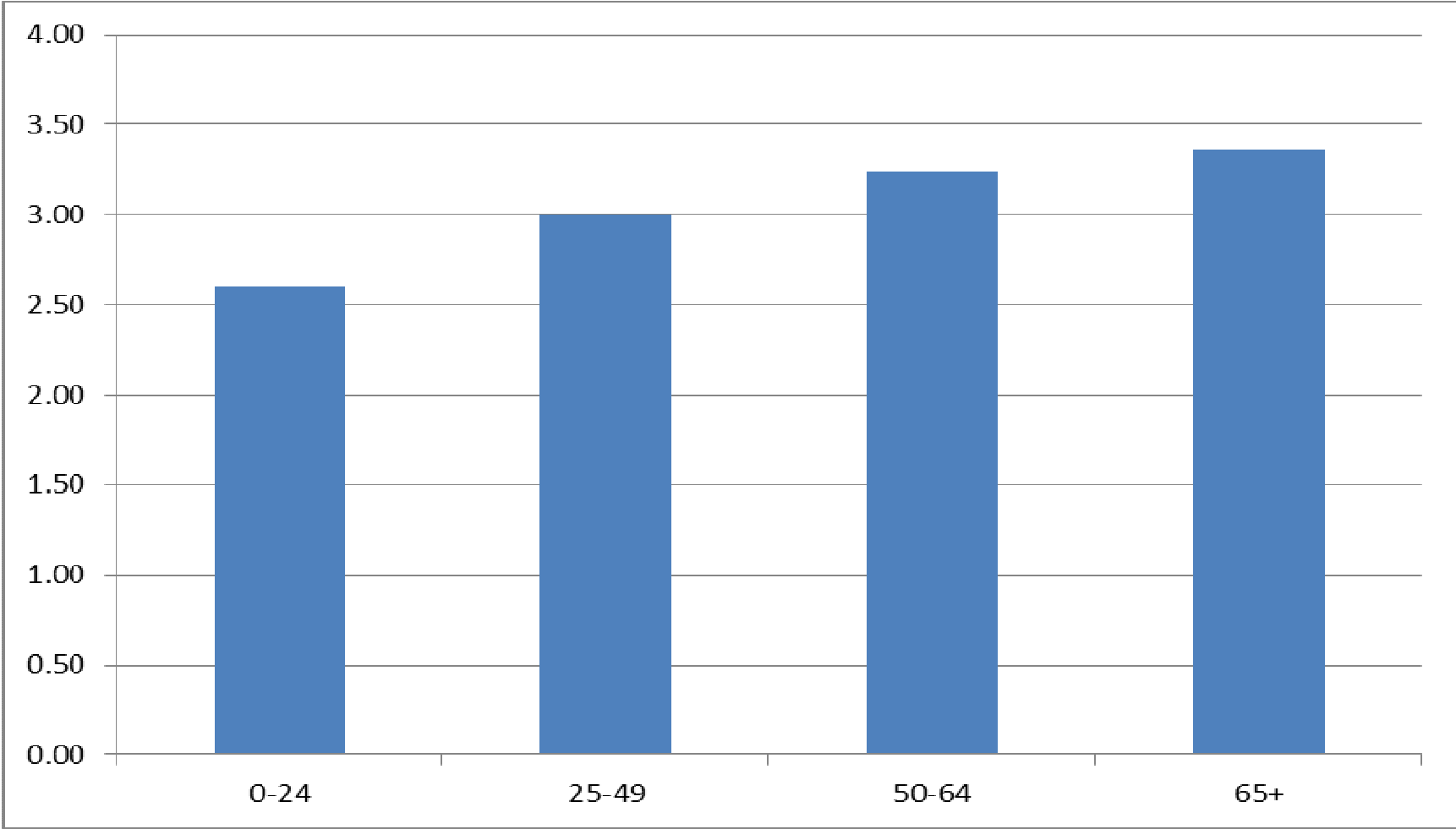


Omega-6/3 Ratio – in UK



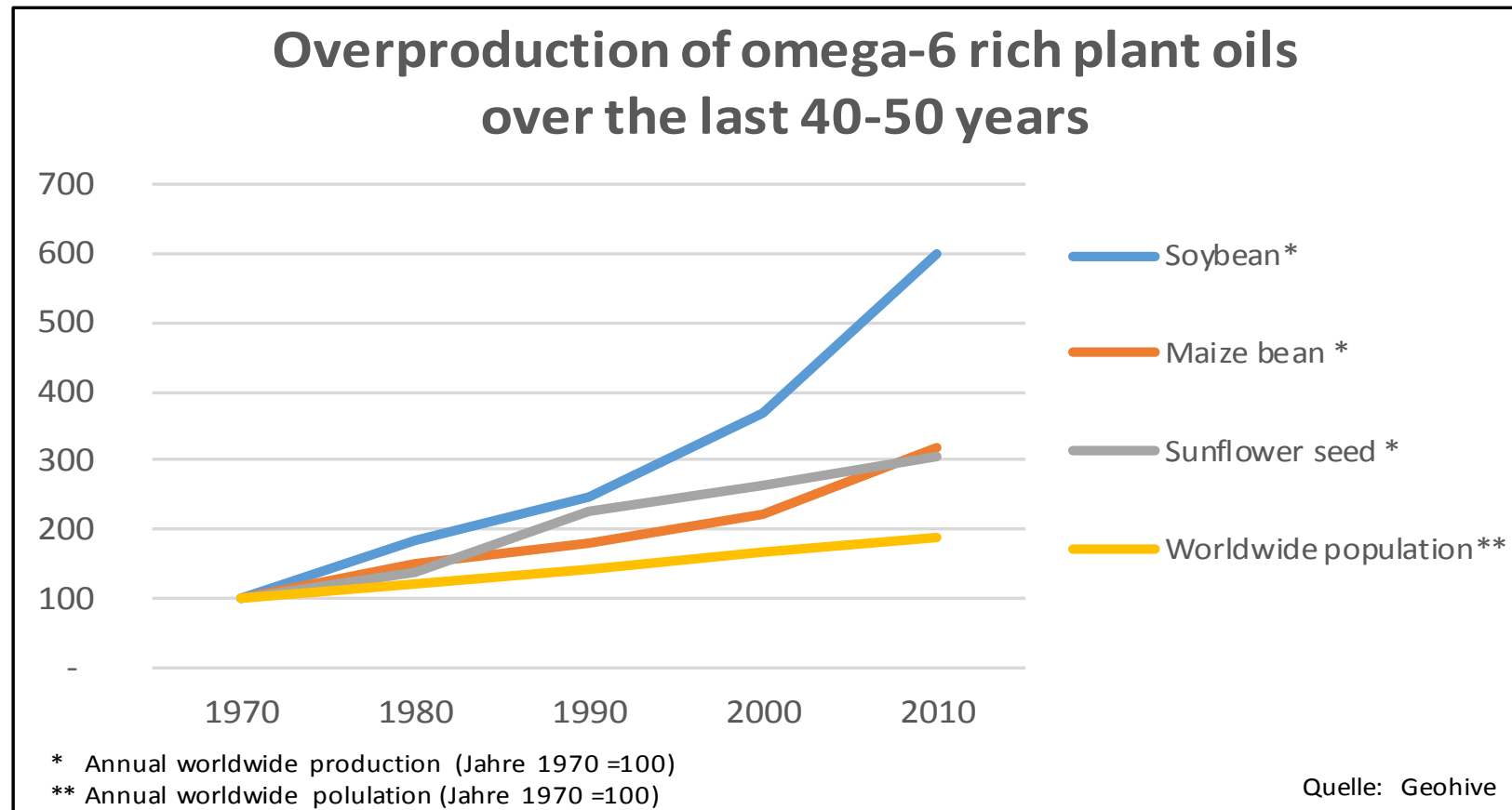
Source: 2,000 tests by an accredited UK Test Laboratory in 2012-13

Omega-3 Index - in UK



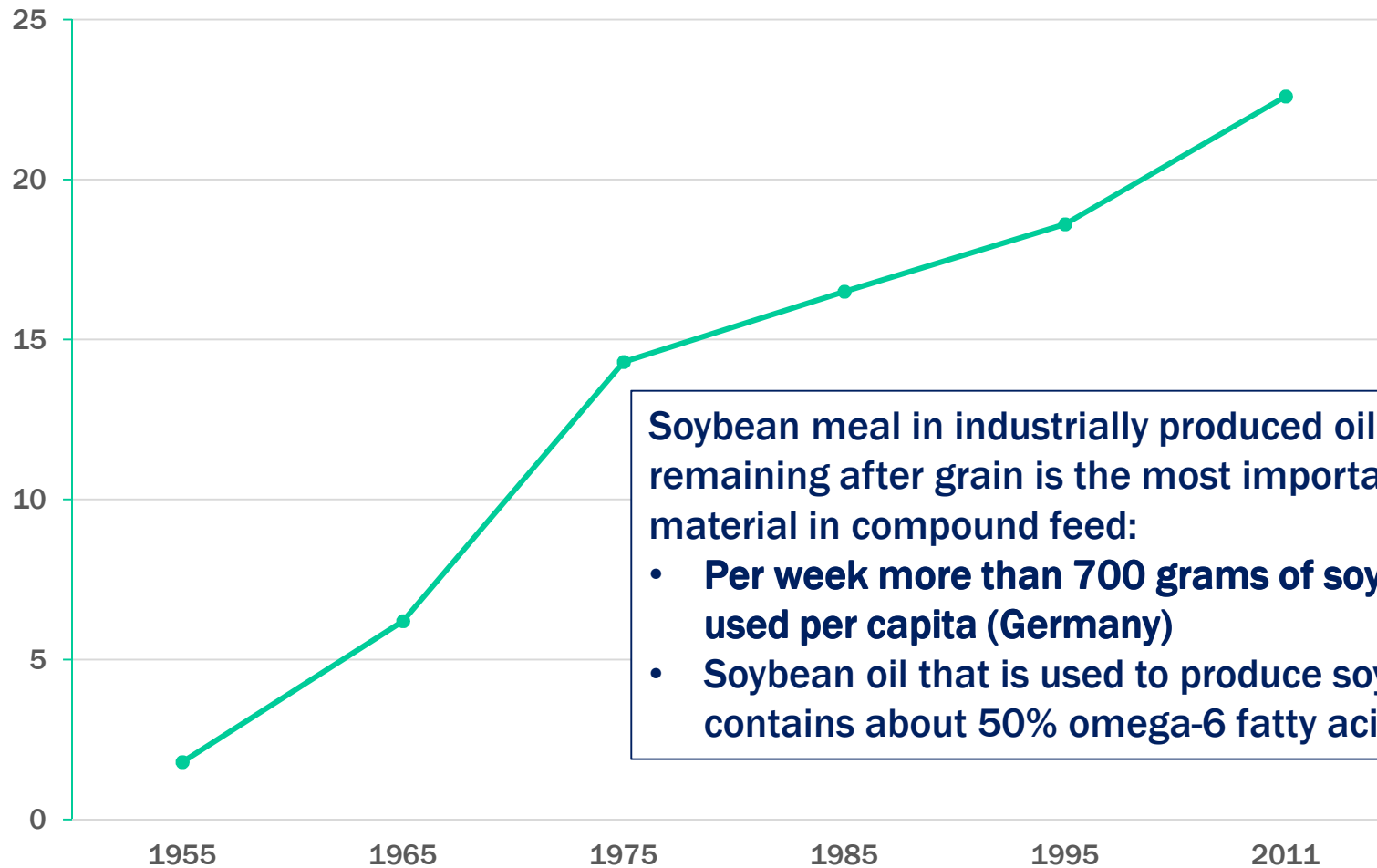
Source: 2,000 tests by an accredited UK Test Laboratory in 2012-13

Mass production of Omega-6 rich vegetable oils



Animal feed production

(in millions of tons)



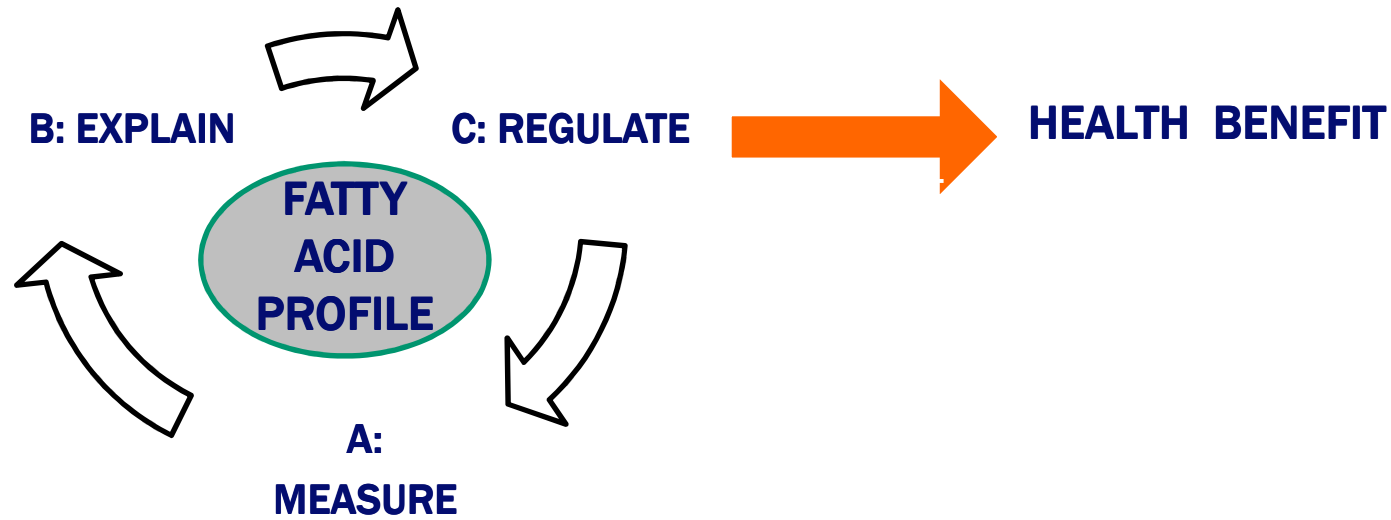
Soybean meal in industrially produced oil cake remaining after grain is the most important raw material in compound feed:

- **Per week more than 700 grams of soybean meal is used per capita (Germany)**
- **Soybean oil that is used to produce soya meal contains about 50% omega-6 fatty acids**

Conventional approach



New methodical approach



1. Measure

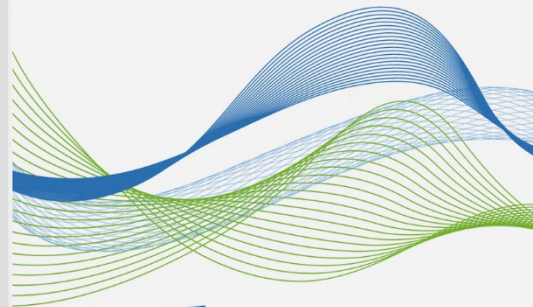


FATTY ACID ANALYSIS

Individual measurement of fatty acid profile:

- Omega-6/3 Ratio
- Omega-3 Index
- Trans Fat Level

Product includes:
1) Necessary test-kit
2) Requisition for lab analysis
3) Test result explanations



HQT
Diagnostics

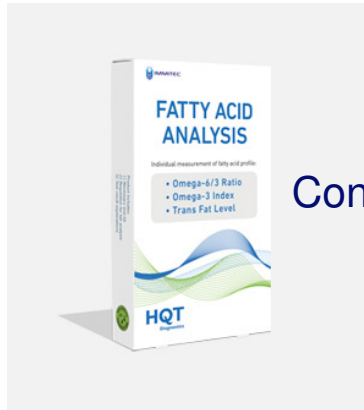


Measure

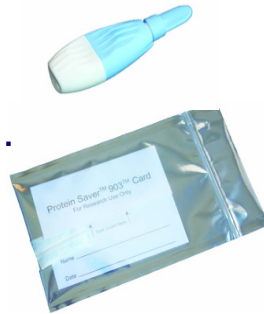
- External lab partners
- Approximation to erythrocytes values (competitors offers only serum values)
 - Related to more than 100 scientific publications and approx 50 ongoing research projects
- Stabilized result of diet from past 60-90 days
- Standardized and validated analytics
- Internal and external validity

HQT Fatty Acid Analysis – Blood sample

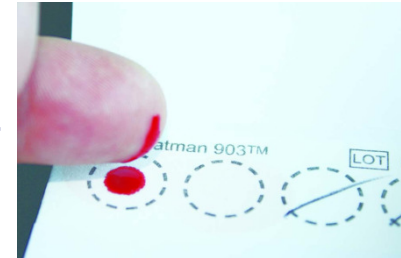
➤ Provided as a self-test:



Contains...



... are used for blood sample on a stabilized paper



...shipped by post to:

Fatty acid included in the result:

- Saturated (#6)
- Omega-3s (#4)
- Omega-6s (#7)
- Omega-7s (#1)
- Omega-9s (#3)
- Trans fatty acids (#5)

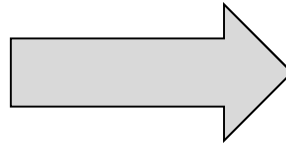
(= 26 fatty acids which makes up more than 99% of all the fatty acid in the body)



2. Analyse & Regulate

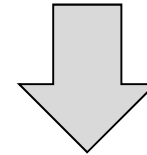
Analyse & Regulate

Values of 26 fatty acids
(ca. 99% of all the fatty acids in the body)



Reflect the individual nutritional habits
(60-90 days backwards)

- Meat consumption
- Fish consumption
- Junk food
- Enzyme function



- Omega-3 level
- Omega-6/3 ratio
- Trans fat level
- Insulin resistance

Practical approach

Observation

Advice

Marine omega-3 level is low

- More fish and/or fish oil

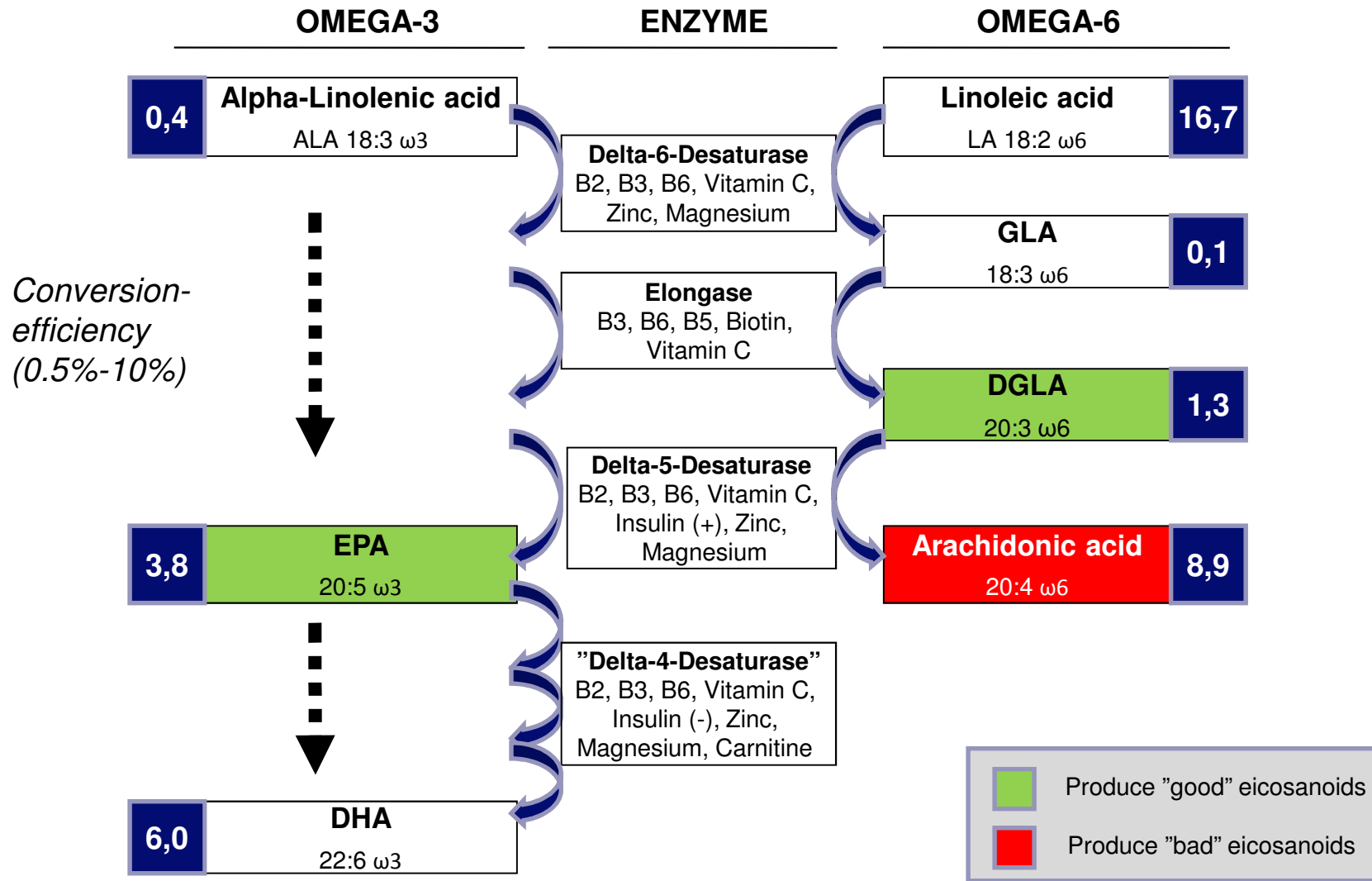
Omega-6/3 ratio is high

- More fish and/or fish oil
- Less meat
- Less consumption of finished food products and other direct or indirect sources of omega-6 rich plant oils

Trans fat ratio is high

- Reduce trans fat sources
 - Processed food such as biscuits, bread, cakes, ready meals and snack foods
 - Fast food
 - "Partially hardened" or "partially hydrogenated" vegetable oils

Conversion of Omega-3 and Omega-6



Report example: Result overview

Firefox

HQT Diagnostics > Analysis

HQT Diagnostics > Analysis

HQT Diagnostics > Analysis

hqtomega.webinor.com/Analysis/i/demo

Yahoo

HQT
Diagnostics

HQT Diagnostics
Regent's House, 338 Euston Road
London, NW1 3BT
Tel: 020 7396 1028
Web: www.hqt-diagnostics.com
Email: uk@hqt-diagnostics.com

HQT Analysis Test-ID: DEMO

25 March 2014

Country: UK
Sex: Man
Age: 45

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

Omega-6/3-Ratio

Your value: **25.3:1**

Guideline range: 1:1 3:1 6:1

Therapeutic recommendation

The measurement of your blood test shows an undesirable 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 0.45% 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 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 11.4% 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

13:19
27.04.2014

Example A

Starting points: Activated gonarthrosis (arthritis), polyarthritits rheumatica, chronic pain syndrome, chronic sleep disorder, nervousness, psychophysical exhaustion

Fatty acid measurement:

Omega-3 Index: 3.3% ●
Omega-6/3 ratio: 16.4:1 ●

Re-test (after 6 months):

Omega-3 Index: 11.0% ●
Omega-6/3 ratio: 1.4:1 ●

Result:

- A marked reduction of pain, which previously could not be achieved with NSAIDs
- Mentally she was much more balanced, and her sleep had improved



Dose:

Daily 10ml HQT
Omega-3 Total
over 6 months



= approx. 2.3 g
omega-3 daily

Example B

Starting point: For one year signs of multiple sclerosis (based on CSF and MRI-bias results), initial visual and language disorder. Treatment with cortisone therapy and interferon



Fatty acid measurement:

| | | |
|------------------|--------|---|
| Omega-3 Index: | 3.6% | ● |
| Omega-6/3 ratio: | 26.2:1 | ● |

Re-test (after 6 months):

| | | |
|------------------|-------|---|
| Omega-3 Index: | 10.7% | ● |
| Omega-6/3 ratio: | 1.8:1 | ● |

Dose:

Daily 20ml HQT
Omega-3 Total
over 4 months



= approx. 4.5 g
omega-3 daily

Result:

- Under simultaneous therapy with interferon and substitution of his micronutrient deficiencies he was completely free of symptoms - after about 8 months

Summary:

Include Omega-3 in the therapy:
What to consider ?

Include Omega-3 in the therapy

- Therapeutic dose
 - > 2 gram Omega-3 per day
- Natural oils as Triglycerides
 - *no concentrates !*
- Effective antioxidants
- Measurement helps:
 - Check: What works, what does not
 - Visual “success” for patient



HQT Omega-3
 HQT Omega-3 inneholder en unik kombinasjon av høykvalitets
 fiskelie fra villfangst og kaldpresset økologisk olivelie.
 Avsette deilig smør inneholder 6 gram fiskelie, 3 gram
 umettede fettsyre.
 Avsette dosering: Daglig 10 ml.
 Høyere dosering kan kombineres med lege.
 Innpakning: Naturlig fiskelie fra villfangst, kaldpresset
 økologisk olivelie og vitamin D3. Annet: økologisk sitronolie.

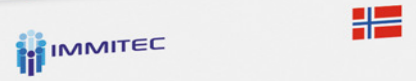
Dokumentasjon
 Dette produktet har blitt testet for direkte sollytt og oppbevares
 i et stabilt rom- eller kjøletemperatur. Avsette fiskelie er
 oppbevares i kjøleskap. Legg merke til at krystaller kan
 dannes ved temperaturer under 4°C. Disse opprettes kan
 normaltemperatur under 4°C. Disse opprettes kan
 forsikring for bruk. Skal oppbevares utgjør for barn.
 Avsette fiskelie skal konsumeres innen 42 dager. Kjølebeholdning
 er ikke en erstatning for et varert og balansert kosthold.

HQT Omega-3
 HQT Omega-3 contains a unique combination of a high quality
 natural fish oil from wild-caught fish and cold-pressed organic
 olive oil. The recommended daily dose contains 6 grammes of
 fish oil, 3 grammes of olive oil and 10 microgrammes vitamin D3.
 Food supplement with unsaturated fatty acids.

Recommended dosage: 10 ml per day
 Ingredients: fish oil, extra virgin olive oil and vitamin D3
 Natural flavour: lemon oil

Storage:
 Unopened products should be protected from direct sunlight
 and kept at a stable room temperature. Once opened, the
 bottle should be kept in the refrigerator. Once opened, the
 crystals are formed at temperatures below 4°C. These will
 dissolve at room temperature after a few minutes. Shake the
 bottle gently before use. Keep out of reach of children.
 The recommended daily dose should not be exceeded. Food
 supplements are not a substitute for a varied and balanced
 diet and a healthy lifestyle.

Documentasjon
 Dette produktet har blitt testet for direkte sollytt og oppbevares
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HQT Omega-3

Fish oil from
wild-caught fish and
cold-pressed
organic olive oil

- High dose of Omega-3
- Great taste
- Natural fish oil
- Flavonoids from olive oil



300ml

| Energy | | Energy | |
|----------------------------|--|----------------------------|--|
| 300 ml | | 10 ml | |
| Energy | 2000 kJ (480 kcal) | Energy | 667 kJ (160 kcal) |
| Fat | 3000 mg (60 g) | Fat | 333 mg (6.7 g) |
| - of which saturated | 800 mg (16 g) | - of which saturated | 80 mg (1.6 g) |
| - of which monounsaturated | 1500 mg (30 g) | - of which monounsaturated | 167 mg (3.3 g) |
| - of which polyunsaturated | 1700 mg (34 g) | - of which polyunsaturated | 250 mg (5.0 g) |
| - of which omega-3 | 250 mg (5 g) | - of which omega-3 | 25 mg (0.5 g) |
| - of which omega-6 | 1450 mg (29 g) | - of which omega-6 | 225 mg (4.5 g) |
| - of which omega-9 | 1900 mg (38 g) | - of which omega-9 | 195 mg (3.9 g) |
| - of which omega-11 | 1700 mg (34 g) | - of which omega-11 | 175 mg (3.5 g) |
| - of which omega-12 | 1500 mg (30 g) | - of which omega-12 | 150 mg (3.0 g) |
| - of which omega-13 | 1300 mg (26 g) | - of which omega-13 | 130 mg (2.6 g) |
| - of which omega-14 | 1100 mg (22 g) | - of which omega-14 | 110 mg (2.2 g) |
| - of which omega-15 | 900 mg (18 g) | - of which omega-15 | 90 mg (1.8 g) |
| - of which omega-16 | 700 mg (14 g) | - of which omega-16 | 70 mg (1.4 g) |
| - of which omega-17 | 500 mg (10 g) | - of which omega-17 | 50 mg (1.0 g) |
| - of which omega-18 | 300 mg (6 g) | - of which omega-18 | 30 mg (0.6 g) |
| - of which omega-19 | 100 mg (2 g) | - of which omega-19 | 10 mg (0.2 g) |
| - of which omega-20 | 50 mg (1 g) | - of which omega-20 | 5 mg (0.1 g) |
| - of which omega-21 | 20 mg (0.4 g) | - of which omega-21 | 2 mg (0.04 g) |
| - of which omega-22 | 10 mg (0.2 g) | - of which omega-22 | 1 mg (0.02 g) |
| - of which omega-23 | 5 mg (0.1 g) | - of which omega-23 | 0.5 mg (0.01 g) |
| - of which omega-24 | 2 mg (0.04 g) | - of which omega-24 | 0.2 mg (0.004 g) |
| - of which omega-25 | 1 mg (0.02 g) | - of which omega-25 | 0.1 mg (0.002 g) |
| - of which omega-26 | 0.5 mg (0.01 g) | - of which omega-26 | 0.05 mg (0.001 g) |
| - of which omega-27 | 0.2 mg (0.004 g) | - of which omega-27 | 0.02 mg (0.0004 g) |
| - of which omega-28 | 0.1 mg (0.002 g) | - of which omega-28 | 0.01 mg (0.0002 g) |
| - of which omega-29 | 0.05 mg (0.001 g) | - of which omega-29 | 0.005 mg (0.0001 g) |
| - of which omega-30 | 0.02 mg (0.0004 g) | - of which omega-30 | 0.002 mg (0.00004 g) |
| - of which omega-31 | 0.01 mg (0.0002 g) | - of which omega-31 | 0.001 mg (0.00002 g) |
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| - of which omega-36 | 0.0002 mg (0.000004 g) | - of which omega-36 | 0.00002 mg (0.0000004 g) |
| - of which omega-37 | 0.0001 mg (0.000002 g) | - of which omega-37 | 0.00001 mg (0.0000002 g) |
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| - of which omega-71 | 0.0000000000000005 mg (0.00000000000000001 g) | - of which omega-71 | 0.00000000000000005 mg (0.000000000000000001 g) |
| - of which omega-72 | 0.0000000000000002 mg (0.000000000000000004 g) | - of which omega-72 | 0.00000000000000002 mg (0.0000000000000000004 g) |
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| - of which omega-88 | 0.000000000000000000001 mg (0.00000000000000000000002 g) | - of which omega-88 | 0.0000000000000000000001 mg (0.000000000000000000000002 g) |
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| - of which omega-97 | 0.000000000000000000000001 mg (0.00000000000000000000000002 g) | - of which omega-97 | 0.0000000000000000000000001 mg (0.000000000000000000000000002 g) |
| - of which omega-98 | 0.0000000000000000000000005 mg (0.00000000000000000000000001 g) | - of which omega-98 | 0.00000000000000000000000005 mg (0.000000000000000000000000001 g) |
| - of which omega-99 | 0.0000000000000000000000002 mg (0.000000000000000000000000004 g) | - of which omega-99 | 0.00000000000000000000000002 mg (0.0000000000000000000000000004 g) |
| - of which omega-100 | 0.0000000000000000000000001 mg (0.000000000000000000000000002 g) | - of which omega-100 | 0.00000000000000000000000001 mg (0.0000000000000000000000000002 g) |

Use before:

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