HQT
Diagnostics

HIGH QUALITY THERAPEUTIC DOSE

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

HQT
Diagnostics

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

Omega-3 Index	Increase Omega-3 Index	>8%	*
Omega-6/3 Ratio	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

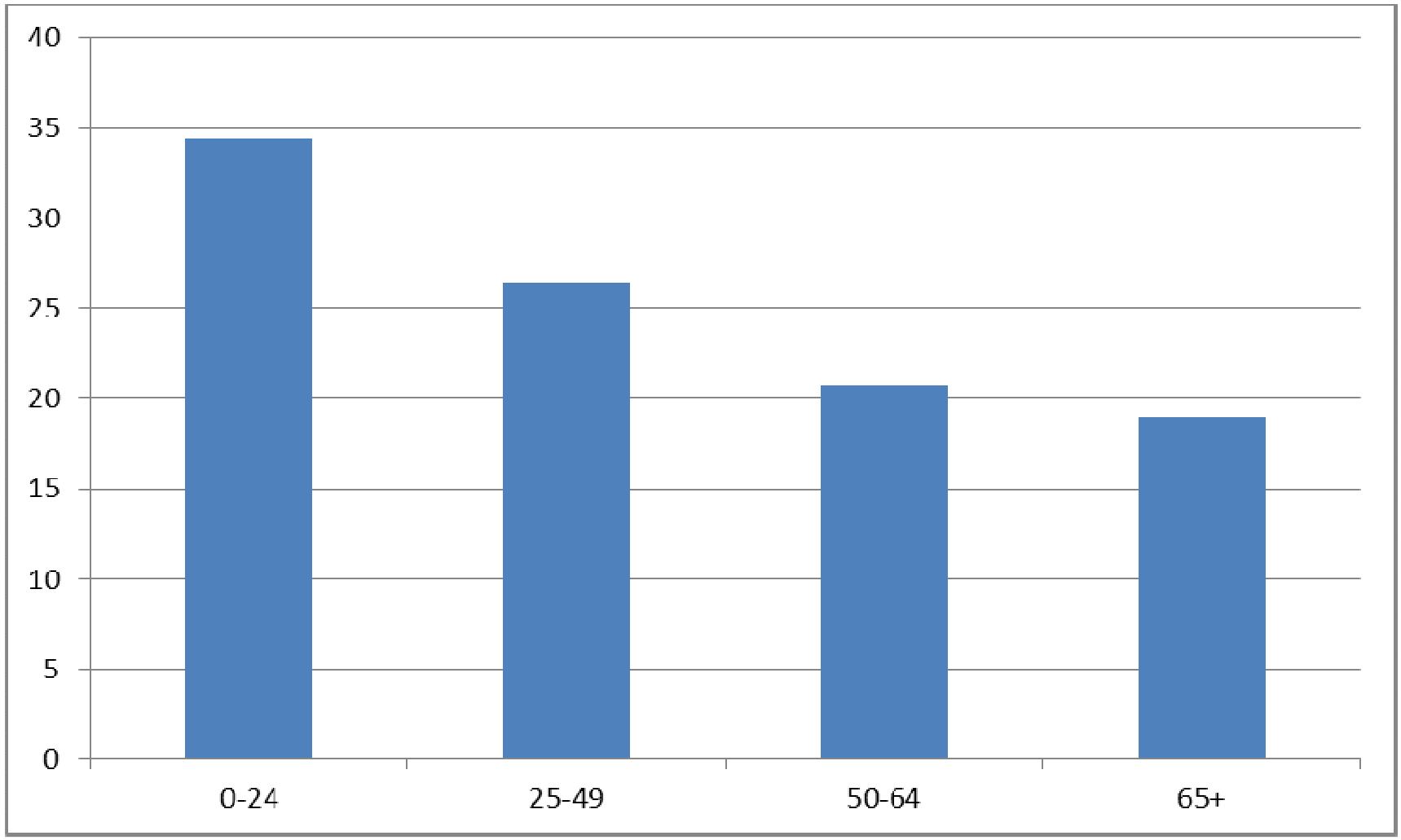
Stone Age
Omega-6:3
1:1

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

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

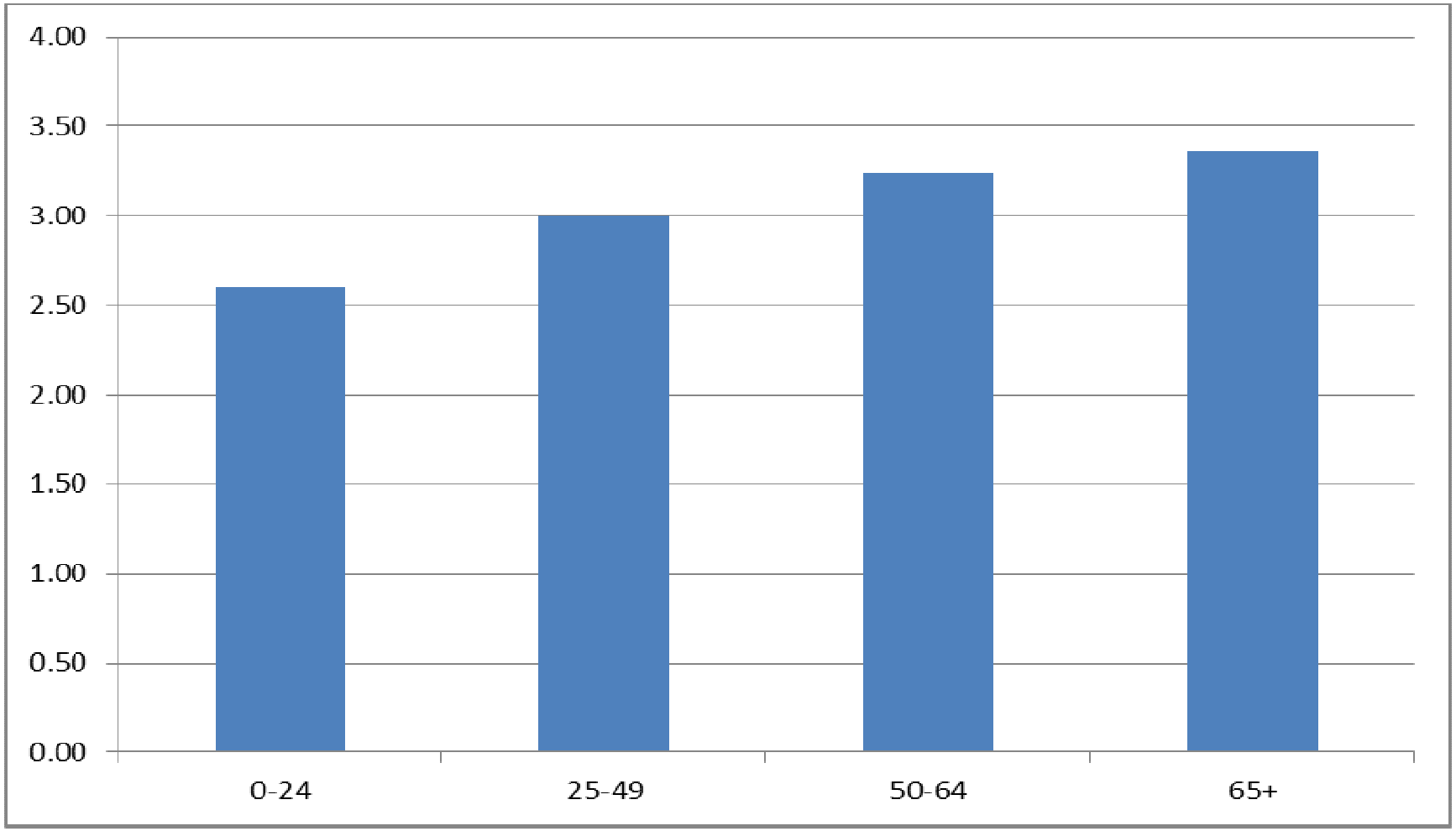
Western world
Omega-6/3
of **15+:1**

Omega-6/3 Ratio – in UK



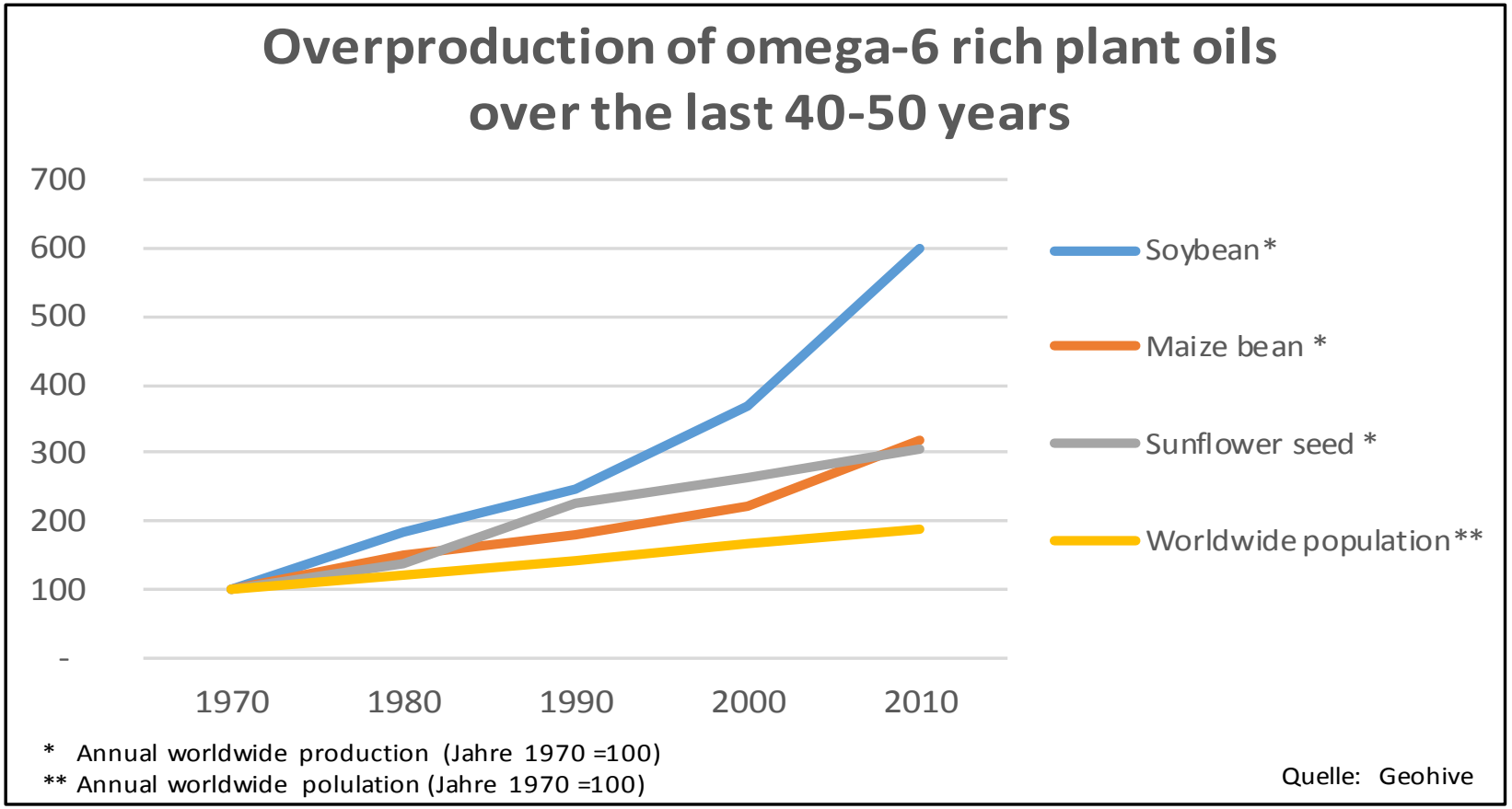
Source: 2,000 tests by an accredited UK Test Laboratory in 2012-13

Omega-3 Index - in UK



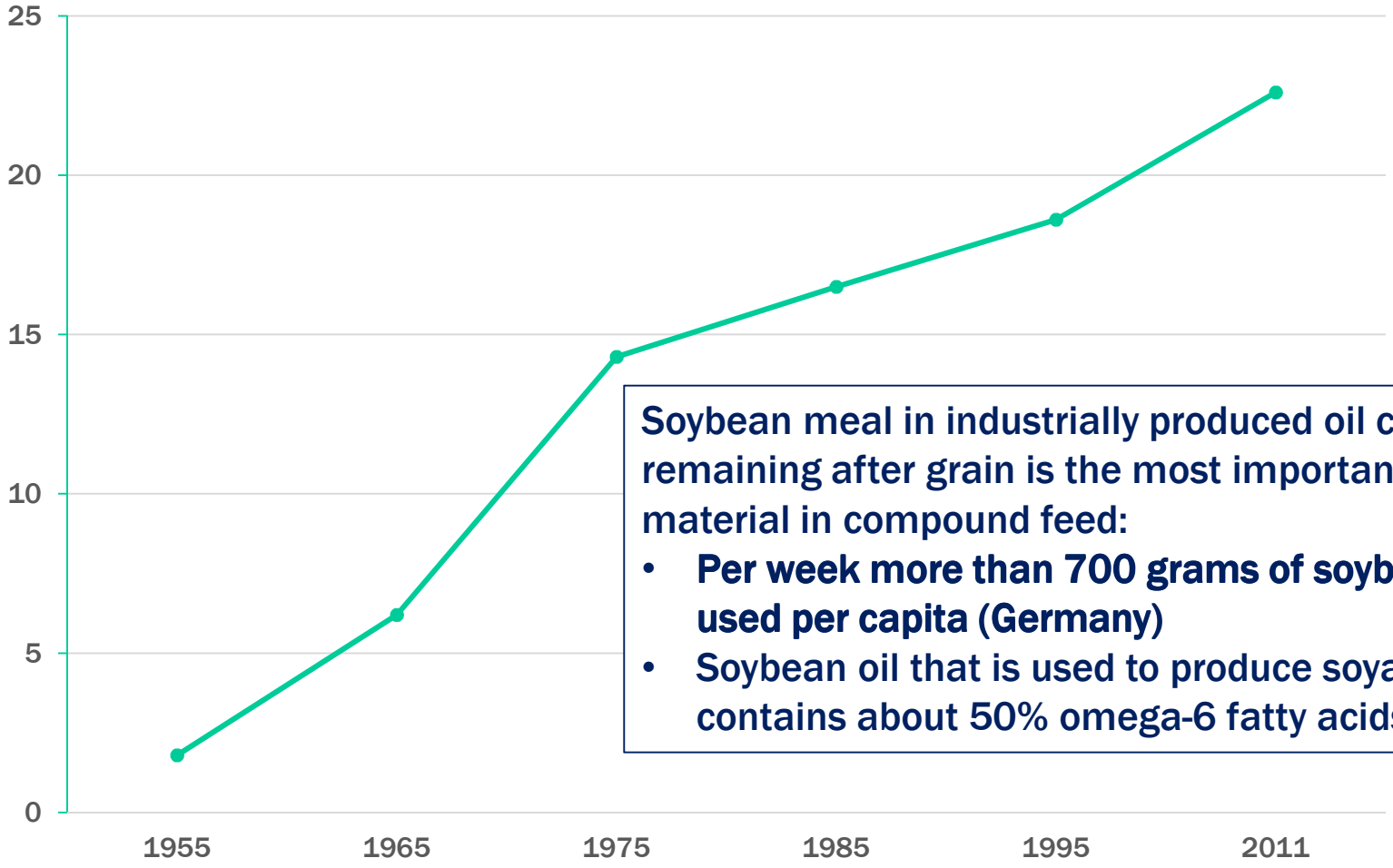
Source: 2,000 tests by an accredited UK Test Laboratory in 2012-13

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:

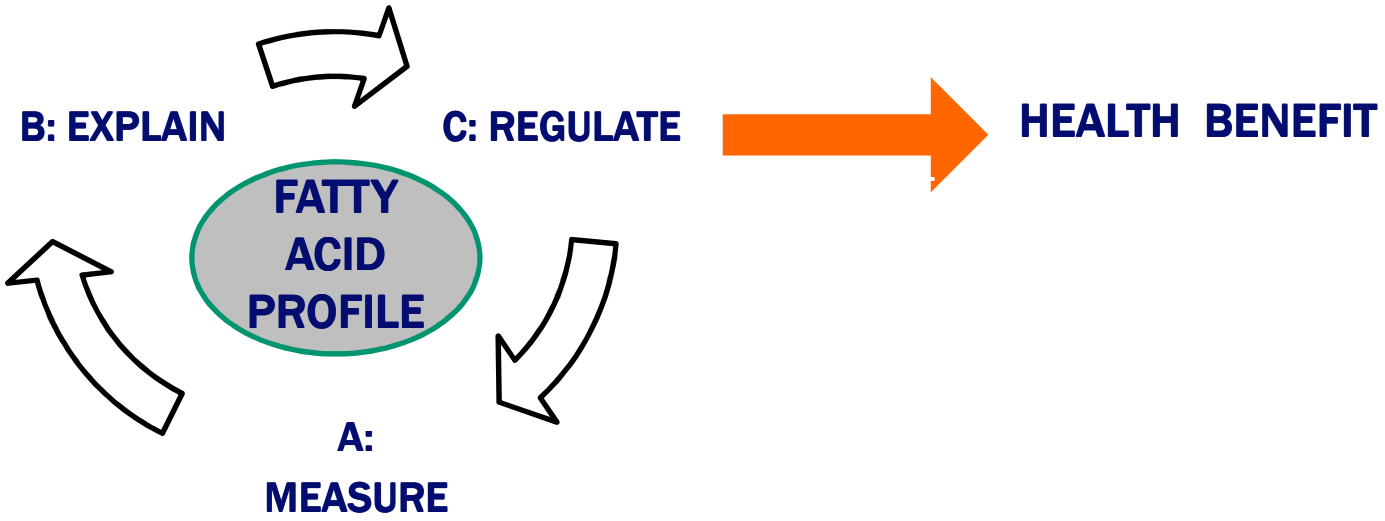
- **Per week more than 700 grams of soybean meal is used per capita (Germany)**
- Soybean oil that is used to produce soya meal contains about 50% omega-6 fatty acids

(1) Surce: Fachverband der Futtermittelindustrie (1999), a.a.o., Tabelle 16 (von Büro zur Förderung und Entwicklung); Bundesminesterium für Ernährung, Landwirtschaft und Verbraucherschutz, Struktur der Mischfutterhersteller 2010/2011

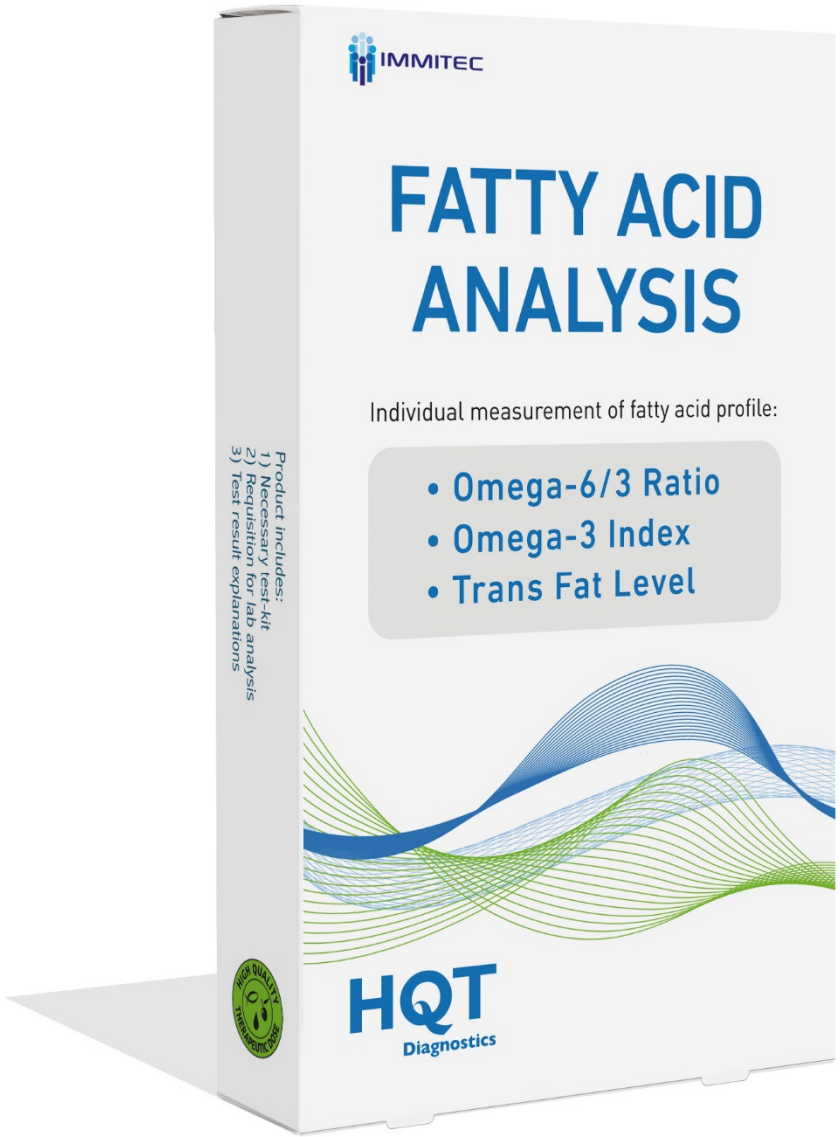
Conventional approach

Starting point: Omega-3 is good... → **Use Omega-3 supplement** → **Health benefit** ?

New methodical approach



1. Measure


IMMITEC
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

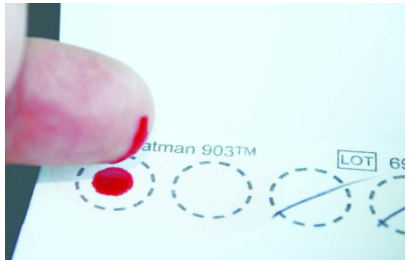
- External lab partners
- Approximation to erythrocytes values (competitors offers only serum values)
  - Related to more than 100 scientific publications and approx 50 ongoing research projects
- Stabilized result of diet from past 60-90 days
- Standardized and validated analytics
- Internal and external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

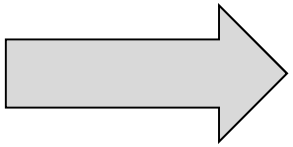
- Saturated (#6)
- Omega-3s (#4)
- Omega-6s (#7)
- Omega-7s (#1)
- Omega-9s (#3)
- Trans fatty acids (#5)

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

2. Analyse & Regulate

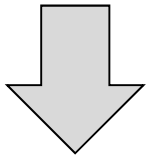
Analyse & Regulate

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



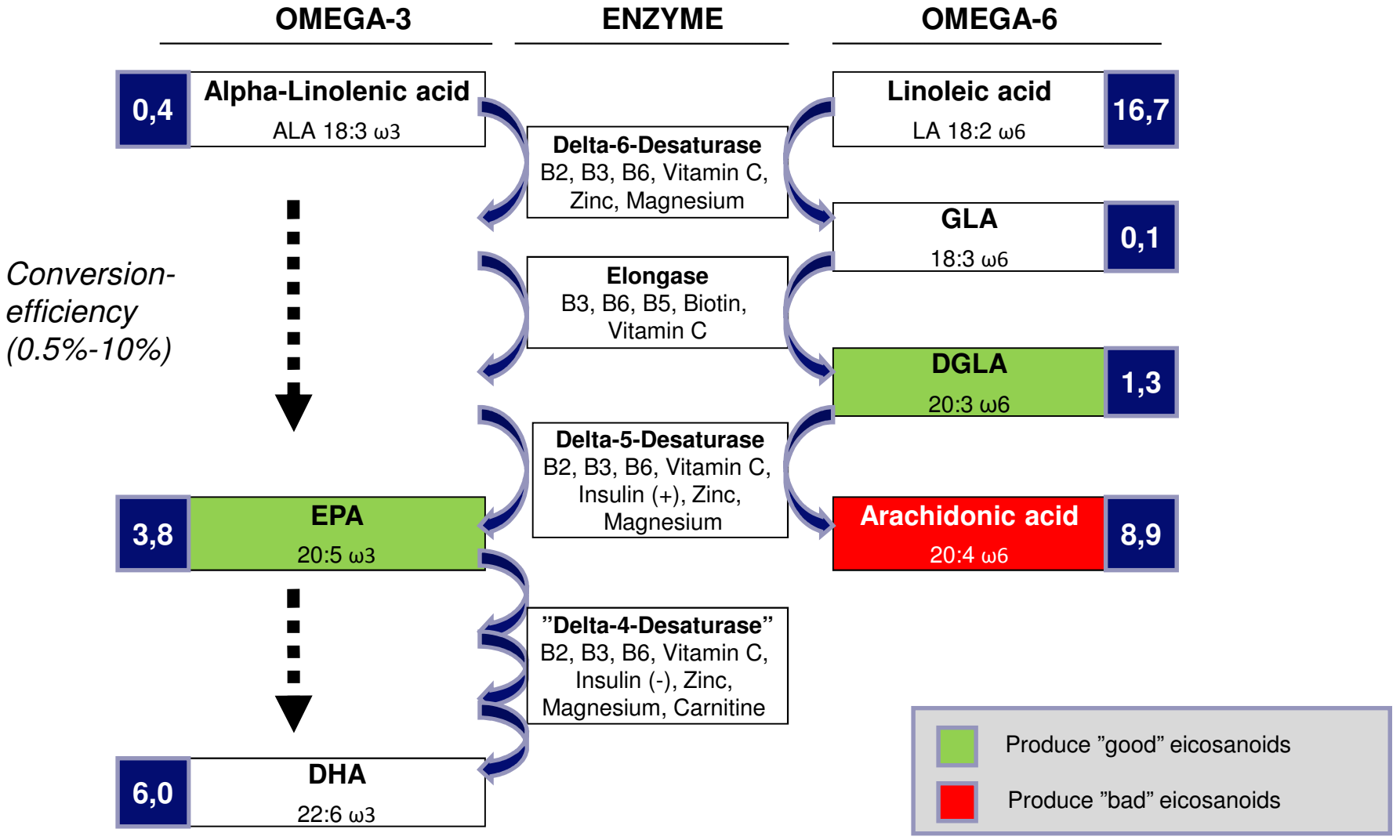
- Omega-3 level
- Omega-6/3 ratio
- Trans fat level
- Insulin resistance

Practical approach

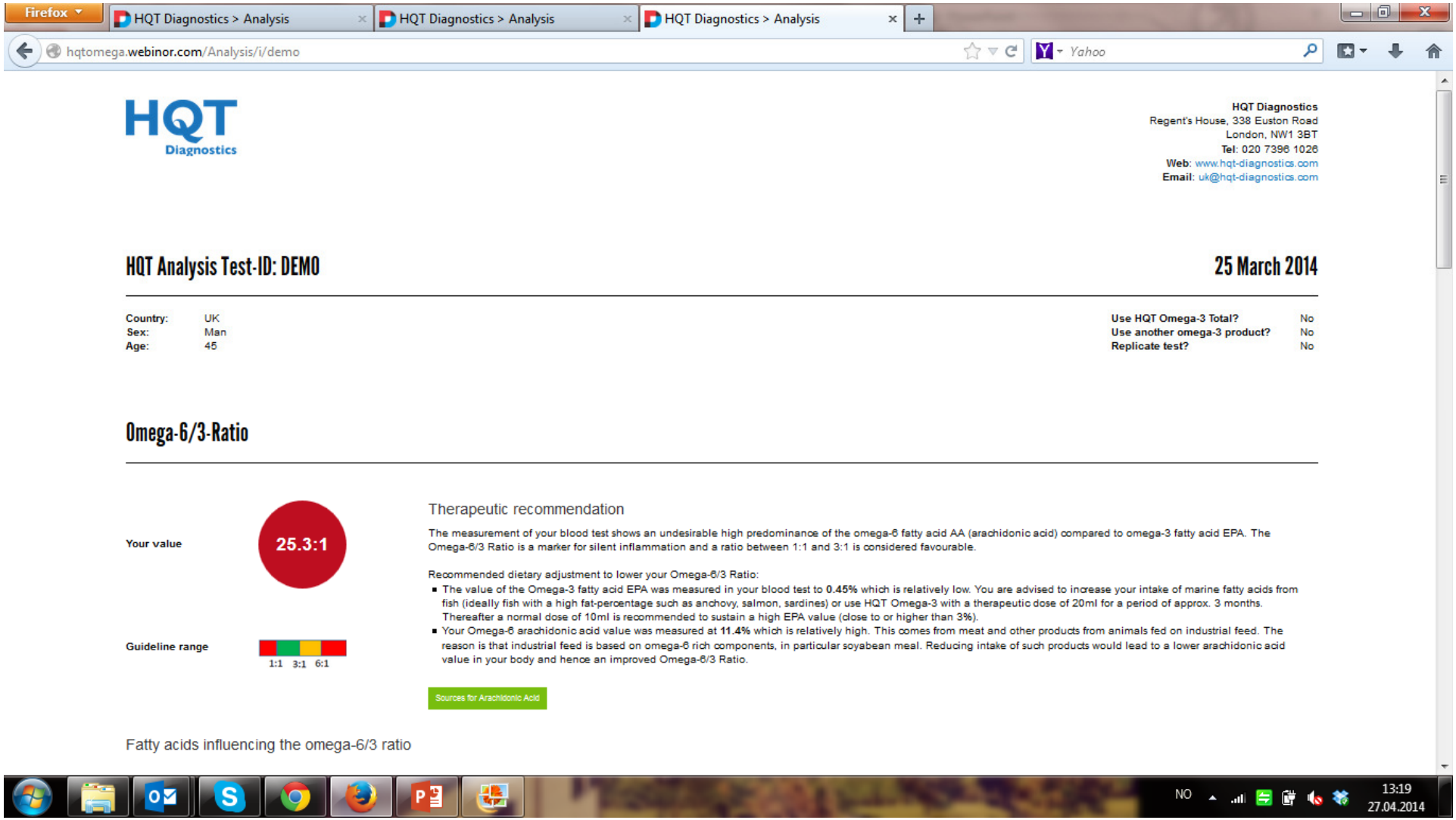
Observation	*Advice*
Marine omega-3 level is low	• More fish and/or fish oil
Omega-6/3 ratio is high	• More fish and/or fish oil • Less meat • Less consumption of finished food products and other direct or indirect sources of omega-6 rich plant oils

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



Example A

Starting points: Activated gonarthrosis (arthritis), polyarthritis 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


IMMITEC
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
HIGH QUALITY
THERAPEUTIC DOSE
300mle

www.hqt-diagnostics.com