

qTest

AN EASY WAY TO FIND ANSWERS

# qTest



## Equilibrium Test by Project V: An innovative algorithm for your health

Thanks to an accredited partnership with Torello Lotti, Professor and Chairman of the Department of Dermatology and Venereology at the Guglielmo Marconi University of Rome, Academician of the Italian Republic, we're launching our unique qTest. It will help you quickly and easily determine what your body presently needs. Professor Lotti created an original process by crossing two diverse tests based on determining the body's oxidation level and the saliva's pH as a universal diagnostic biomarker.

## What is REDOX?

The term REDOX comes from Reduction-Oxidation. This proper balance is every human cell's basic and constant biological mechanism for maintaining its healthy state. The most dangerous imbalance is excessive OXIDATION, which is not compensated for by sufficient reduction.

## What is pH?

The pH abbreviation is used to describe the chemical level of acidity and alkalinity of a substance. pH = 14 is the most alkaline and pH = 0 is the most acidic. In the middle of the spectrum is pH = 7 – this is the level pure water has. Black coffee and vinegar, for example, are acidic, with a pH < 7. Sea water and antacids are alkaline, with a pH > 7.

In a healthy person's blood, the pH is slightly alkaline, with a value just above 7, and the normal pH range for saliva is 6.2 to 7.6.

## How does the qTest work?

Our test system responds to an oxidation-reduction chemical reaction, or redox (short for reduction-oxidation), which is crossed with the level of pH saliva to determine the unique position of each individual taking the test.

## WHY IS EQUILIBRIUM BETWEEN THE OXIDATION LEVEL AND PH IMPORTANT?

### Redox balance

Several important biological processes that support the functioning of our body are based on redox reactions. Biological energy is stored and released through redox reactions. Photosynthesis involves the reduction of carbon dioxide into sugar and the oxidation of water into molecular oxygen. Breathing, on the contrary, oxidizes sugar, thereby forming carbon dioxide and water.

### Redox reaction disorders

Among the amazing and complex processes that regulate processes in the body, there are antagonists. Normally, redox processes are balanced, but with diseases such as neurodegenerative illnesses, the redox reaction is disrupted, and free radicals that harm the body appear. Although genetic predisposition is an important factor influencing the overall redox capacity of brain cells, the presence of

- xenobiotics (toxicants)
- inflammatory processes (injuries)
- metabolic disorders (oxidative stress)

provokes brain disorders that affect neurodevelopment and accelerate aging.

### Oxidation means «Rusting»

Cells that undergo rusting are subject to premature aging and degenerative diseases. Hypoxia, shock, and sepsis are the most important and common forms of prolonged oxidation with altered REDOX balance, which the saliva qTest can evidence. Enzymatic rusting is a typical example of oxidative reactions in fruits and vegetables. An imbalance in the redox balance causes it. Immediately after the appearance of rust, common infections take place.

### The intervention of antioxidants can prevent enzymatic rusting and its consequences.

Similarly, human cells respond to enzymatic oxidation, which can be prevented with proper antioxidant intervention. Henceforth, our pH-REDOX must be utilized to maintain health and wellness

**With our innovative approach, adaptogens will be selected according to the available data, and the duration of treatment will depend on the subsequent repeated pH-REDOX test results.**

# pH level interaction effect with Redox level

Many different conditions of the human body lead to elevated pH levels. Normalizing pH is mandatory in outwardly healthy people and/or people with no noticeable diseases after medical examination. Among the many causes of elevated pH acidity, the most well-known is the onset and growth of cancer. Cancer cells produce large amounts of CO2 and lactic acid from the onset of the disease, creating a constant, elevated pH level.

Reducing hyperacidic pH levels in the human body is the first step in cancer prevention.

The same is true for the most common metabolic syndromes associated with being overweight and obese, as well as leading a sedentary lifestyle. Your saliva qTest also shows changes in the REDOX system.

## How to support your body’s health?

Saliva with a balanced pH level (6.2 to 7.6) helps support a healthy body.

Test strips make it easy to check your saliva pH levels, and you can make a number of lifestyle changes to maintain normal levels. We suggest focusing on the color stripes of our tables (qMatrix), which indicate the necessary health elements for different pH values. This way, by determining your acid-base status, you can immediately understand which special complexes will help you get your body into the best shape while crossing it with the level of Redox achieved.

## Which processes and products can equalize and balance the system?

The Project V team used the healing power of nature, the latest research, and technology to create products that help improve your health and quality of life on a daily basis with the goal of creating or repristinating their equilibrium. We use cryogenic crushing **technology to obtain optimal amounts** of the active components for each product. This high-tech process and high-quality maintenance allow Project V to preserve all plant components and their synergistic effect. This process also eliminates the use of chemical solvents to extract active ingredients from the plant and produces a product that contains the highest concentrations of the active ingredients.

This is the link with our unique qTest, the endless research of balance in our body system.





# Your personal qTest

**You can take qTest without leaving your home!  
Just use the algorithm to determine your position  
in the qmatrix after completing phase A and B**



## Test instructions

### Phase A: Redox Test

1. Roll the cotton square in your mouth for about a minute, simulating chewing.
2. Squeeze the cotton using the tweezers supplied and the wall of the glass to collect the saliva in the plastic container.
3. Insert a disposable tip onto the pipette and withdraw the R2 reagent from the glass vial.
4. Take the cuvette containing the R1 and add the contents of the pipette.
5. Replace the disposable tip.
6. Insert the disposable tip into the pipette and collect the saliva from the plastic cup.
7. Add the saliva thus taken in the cuvette.
8. Close the cuvette with the cap and shake by inversion for 10 seconds.
9. After two minutes, compare the color of the cuvette with the color scale printed below (from darkest red to white).

### Phase B: pH Test

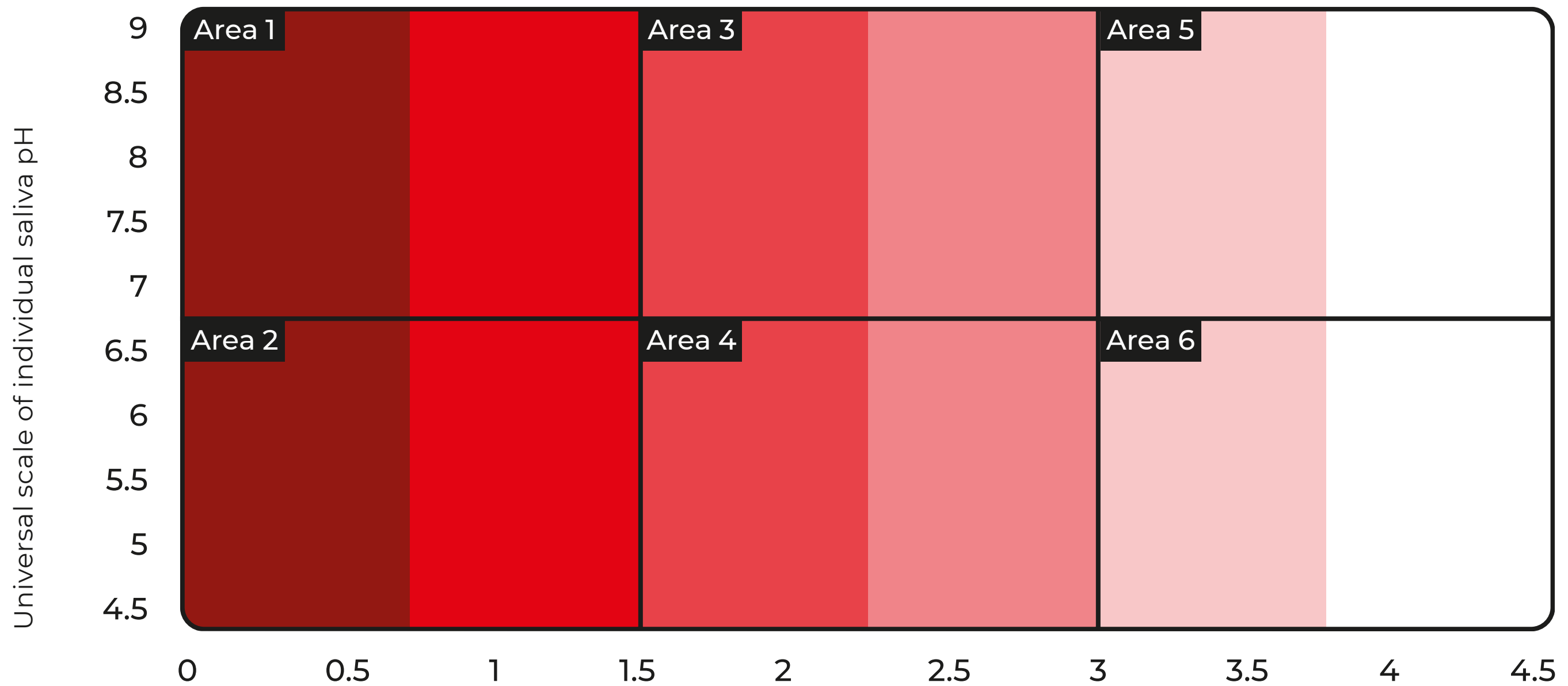
Dip the pH strip into the saliva contained in the plastic container until pads on the test strip are sufficiently covered with liquid. Wait 5 seconds, then match with closest colour on the color chart.

### Phase C

Take the areas table in the booklet inside the box, mark the abscissa and ordinary correspondence at the crossing point between the pH test result and the Redox test result.



### Test results area



Color Redox  
Antioxidant individual  
power of saliva

**Area 1**

Lactobacillus, Spirulina, Bovia cocoa, Ginger root, Omega 3, Angelica, Vitamin C, Blueberry, FOS, Marigold extract, Cat's claw, Grape seeds, Zinc, Ginkgo biloba, Vitamin E

**Area 2**

Omega 3, Bovia cocoa, Spirulina, Harpagophytum, Lavender, Cat's claw, Vitamin C, Angelica, Ginger root, Magnesium, Acai berry, Green tea, Goji berry, Guarana, Garcinia

**Area 3**

Marine minerals, Omega 3, Vitamin B, Valerian, Vitamin E, Magnesium, Ginseng root, Ginger root, Melissa, Carotene, Lavender, Vitamin D3, Bamboo, Zinc, Seaweed

**Area 4**

Spirulina, Bovia cocoa, FOS, Zinc, Collagen, Cat's claw, Grape seeds, Ginger root, Ginkgo biloba, Vitamin E, Acai berry, Bamboo, Green tea, Q10, Goji berry

**Area 5**

Lamin immune, Vitamin C, Q10, Echinacea, Pomegranate, Cypress, L-glutamine, Vitamin B, Chicory, Vitamin D, Vitamin E, Bovia cocoa, Selenium, Spirulina, Chrysanthellum

**Area 6**

Spirulina, Bovia cocoa, Selenium, Omega 3, Zinc, Ginger root, Lactobacillus, Vitamin C, Cherry, Cat's claw, Iron, Grape seeds, Ginkgo biloba, Opuntia, Angelica

10





# I + G

## GENERAL BOOSTERS USAGE

As a general guideline, Professor Lotti, after studying the composition of **Project V products**, recommends **the usage of natural boosters, which create a base to neutralize oxidative stress and restore the acid-base balance.**

In fact, Project V's experience and modern scientific technology helped to create an innovative formula based on the synergy of our I + G products.

G is white imperial ginseng combined with ginger, a powerful natural adaptogen that benefits all body systems and helps naturally balance oxidation levels.

I is an Innovative Nutraceutical Activator based on tonic cocoa powder (Bovia), organic spirulina, and Omega-3 designed to enhance the natural ingredients in other Project V product lines.

Professor Lotti recommends enclosing this unique combination with other Project V nutraceuticals to quickly restore optimal pH levels and improve all health parameters because of the specific ingredients they contain.

## G | HEALTH GENERATOR

Energizes the body's rebalancing and healing processes. A natural antioxidant and adaptogen with a wide range of action.

- Stimulates cognitive function
- Accelerates metabolism
- Stimulates the synthesis of amino acids and proteins
- Normalizes blood pressure
- Prevents cholesterol accumulation

1 capsule in the morning with 1 glass of water is constantly recommended. Additional intake could be highlighted in the test results.



## I | CLASSIC FORCE

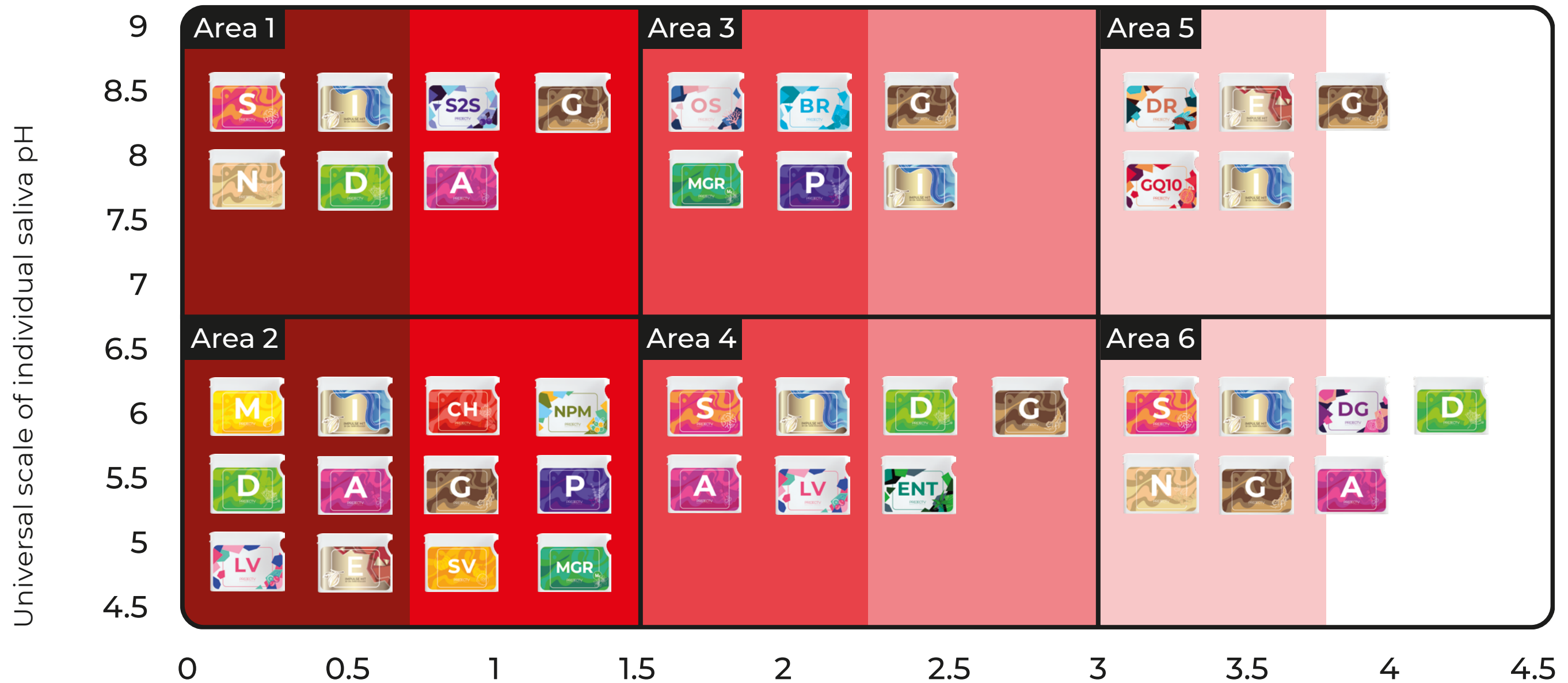
Protects against free radical damage, promotes cell regeneration, accelerates the absorption of nutrients, and normalizes digestion.

- Stimulates the production of the neurotransmitter serotonin.
- Improves intestinal and cellular assimilation
- Helps improve perfusion of skin tissue
- Strengthens the body's immune system
- Reduces the risk of diseases of the nervous system

1 capsule in the morning with 1 glass of water is constantly recommended. Additional intake could be highlighted in the test results.



Recommended Project V  
nutraceutical by area



Color Redox  
Antioxidant individual  
power of saliva

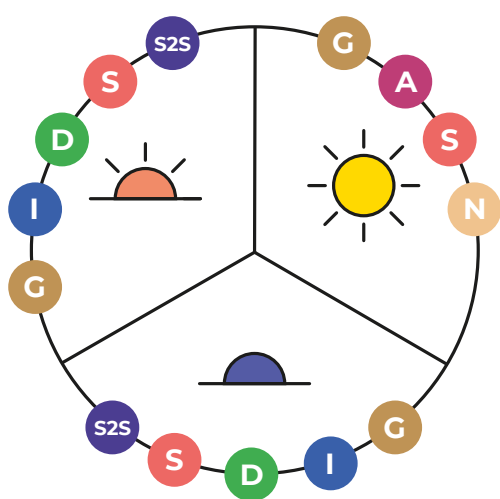


Area 1 | Redox - 0 to 1.5 | pH = 7.0 to 9.0



Your qTest **showed an elevated pH (tolerable acidity) and a low REDOX balance.** To normalize metabolic processes and restore the balance of pH and redox, it is necessary to detoxify the body from pollutants and toxins, strengthen antioxidant defense, and provide the body with the necessary nutrients. For these results, proper lifestyle and the specially formulated I+G booster, combined with other Project V nutraceuticals, could contribute to optimal results. The qTest should be repeated each month for 6 months.

*\*Consult a specialist for serious illnesses and complex symptoms*



Combinations from the Project V Alphabet

 +  = CLEANSING

 +  = LIFE

 +  = PURITY

These are the main active ingredients contributing to the rebalance of such a critical area test results.

- S** – Natural fructooligosaccharides eliminate intestinal irritation, prevent dysbiosis, and help regulate glucose levels
- N** – Angelica sinensis has a tonic and diuretic effect
- S2S** - Blueberry juice extract has anti-inflammatory and antioxidant effects and supports visual acuity
- D** – Cat's claw provides excretion of toxic products of metabolism
- A** – Ginkgo biloba regulates blood circulation, saturates the blood with oxygen

These are the most severe conditions, according to saliva analysis. They deserve to be supplemented with the highest levels of powerful antioxidants with synergistic effects.

**In Area 1, there is no need to administer alkalinity inducers.** If subjects have a personal/family history of obesity, overweight, or cancer, a family physician should be furtherly consulted. The strength and duration of our treatment should be tailored depending on the results of repeated saliva testing. Follow-up tests should be done monthly until normalization for at least 6 months of continuous product intake

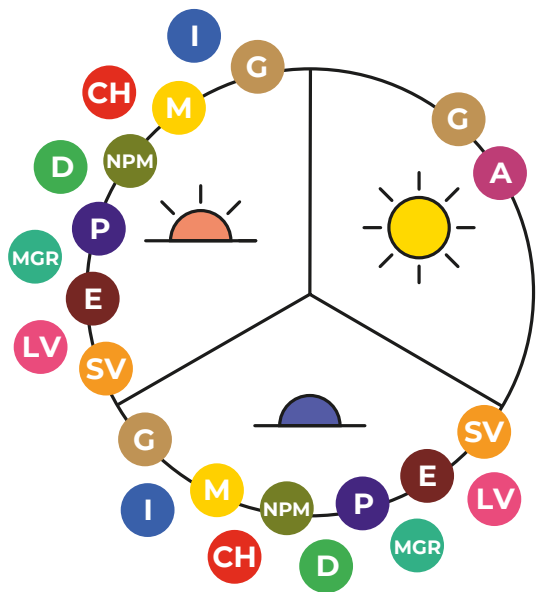
**Lifestyle changes, taking appropriate oral ANTIOXIDANTS, and modulating the REDOX system with Project V nutraceuticals are the main ways to start a better anti-aging and healthy living program.**

Area 2 | ReDoX - 0 to 1.5 | pH = 4.5 a 7.0



Your qTest **showed low pH (acceptable acidity) and low REDOX balance.** To normalize metabolic processes and restore pH and REDOX balance, it is necessary to detoxify the body from pollutants and toxins, strengthen antioxidant defense, and provide the body with the necessary nutrients. For these results, proper lifestyle and the specially formulated I+G booster, combined with other Project V nutraceuticals, could contribute to optimal results. The qTest should be repeated each month for 6 months.

*\*Consult a specialist for serious illnesses and complex symptoms*



Combinations from the Project V Alphabet

 +  = CLEANSING

 +  = CLARITY

 +  = SUPER YOUTH

 +  = ENERGY

 +  +  = DRIVE

These are the main active ingredients contributing to the rebalance of such a critical area test results.

- M** – Omega-3 acids provide energy for transferring the impulses (signal from one neuron to another), which improves mental and memory functions.
- CH** – Guarana seeds contain caffeine that helps the plant to have a toning effect.
- NPM** - Nigella sativa (black cumin) contributes to reducing allergy symptoms, supports cardiovascular health, and reduces blood lipid levels
- MGR** – Magnesium bisglycinate offers improved magnesium absorption and relieves symptoms of chronic fatigue
- P** – Melissa has an antiviral and a sedative effect, alleviates depression and insomnia.
- LV** – Acai berry extract neutralizes the harmful effects of free radicals and slows down the aging process.
- E** – Spirulina has a lot of vitamins: A, B1, B2, B5, B6, B9, B12, E, biotin, as well as micronutrients. Helps to feel satisfied and balanced, reduces stress, and has a toning, immunomodulatory, and antioxidant effect.
- SV** – Extract of garcinia cambogia increases energy levels, prolongs the feeling of fullness, and helps to burn fat.

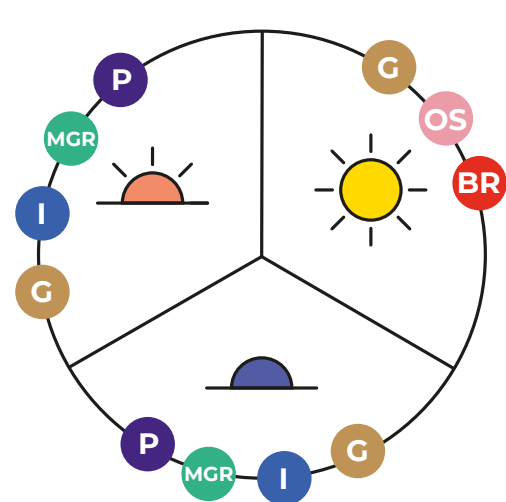
**Lifestyle changes, taking appropriate oral ANTIOXIDANTS, and modulating the REDOX system with Project V nutraceuticals are the main ways to start a better anti-aging and healthy living program.**

Area 3 | ReDox - 1.5 to 3.5 | pH = 7.0 to 9.0



Your qTest **showed an elevated pH (acceptable acidity) and an average REDOX balance.** To normalize metabolic processes and restore pH and REDOX balance, it is necessary to detoxify the body from pollutants and toxins, strengthen antioxidant defense, and provide the body with the necessary nutrients. Proper lifestyle and the specially formulated I+G booster, combined with other Project V nutraceuticals, contribute to optimal qTest results. The qTest should be repeated each month for 6 months.

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Combinations from the Project V Alphabet



**OS** – Calcium and vitamin D help reduce the loss of bone density in postmenopausal women. Low bone density is a risk factor in osteoporotic fractures.  
**BR** – Ginkgo biloba helps reduce cognitive deterioration and improve orientation in space.  
**MGR** – Magnesium bisglycinate offers improved magnesium absorption and relieves symptoms of chronic fatigue  
**P** – Melissa has an antiviral and a sedative effect, alleviates depression and insomnia.

Prospects for the severity of clinical conditions in subjects in these areas are low. Medium/high potency antioxidant-adaptogens are prescribed for three months. In three months, a new saliva analysis will be performed.

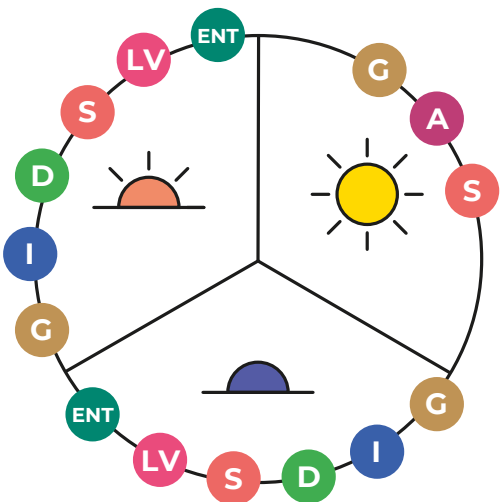
**Lifestyle changes, taking appropriate oral ANTIOXIDANTS, and modulating the REDOX system with PROJECT V nutraceuticals are the main ways to start a better anti-aging and healthy living program.**

Area 4 | ReDox - 1.5 to 3.0 | pH = 4.5 to 7.0



Your qTest **showed a reduced pH level (acceptable acidity) and an average REDOX balance.** To normalize metabolic processes and restore pH and REDOX balance, it is necessary to detoxify the body from pollutants and toxins, strengthen antioxidant defense, and provide the body with necessary nutrients. Proper lifestyle and the specially formulated I+G booster, combined with other Project V nutraceuticals, contribute to optimal qTest results. The qTest should be repeated each month for 6 months.

*\*Consult a specialist for serious illnesses and complex symptoms*



Combinations from the Project V Alphabet



**S** – Natural fructooligosaccharides eliminate intestinal irritation, prevent dysbiosis, and help regulate glucose levels  
**D** – Cat's claw provides excretion of toxic products of metabolism  
**A** – Ginkgo biloba regulates blood circulation, saturates the blood with oxygen  
**LV** – Acai berry extract neutralizes the harmful effects of free radicals and slows down the aging processes.  
**ENT** – Methylsulfonylmethane (MSM) is a supplement containing organic sulfur that can help stimulate the production of joint fluid, relieving pain and inflammation in the joints.

Prospects for severity of clinical conditions in subjects in these areas are low. Medium/high potency anti-oxidant-adaptogens are prescribed for three months. In three months, a new saliva analysis will be performed. Only subjects in Area 4 will require the administration of Alkaline Response-Inducing Adaptogens. I cambiamenti dello stile di vita, l'assunzione di ANTIOSSIDANTI orali appropriati e la modulazione del sistema REDOX con i nutraceutici Project V sono i modi principali per avviare un migliore programma anti-età e di vita sana.

**Lifestyle changes, taking appropriate oral ANTIOXIDANTS, and modulating the REDOX system with PROJECT V nutraceuticals are the main ways to start a better anti-aging and healthy living program.**

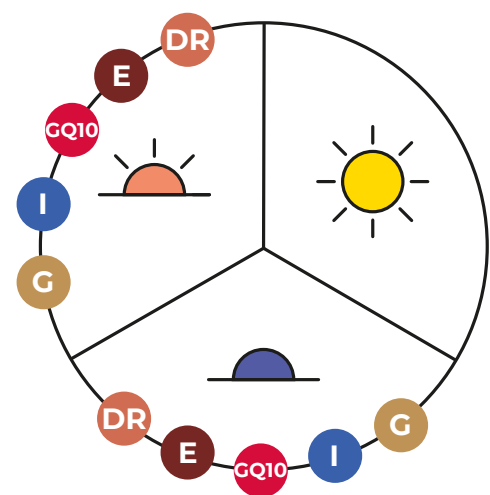


Area 5 | ReDox – 3.0 to 4.5 | pH = 7.0 to 9.0



Your qTest **showed moderately elevated pH (acceptable acidity) and normal REDOX balance.** To normalize metabolic processes and restore pH and REDOX balance, it is necessary to detoxify the body from pollutants and toxins, strengthen antioxidant defense, and provide the body with the necessary nutrients. Proper lifestyle and the specially formulated I+G booster, combined with other Project V nutraceuticals, contribute to optimal qTest results. The qTest should be repeated each month for 6 months.

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Combinations from the Project V Alphabet



**DR** – Lalmin® Immunie is a unique fermented yeast-based ingredient formulated to protect the body with the immune and antioxidant properties of its ingredients.  
**E** – Spirulina has a lot of vitamins: A, B1, B2, B5, B6, B9, B12, E, biotin, as well as micronutrients. Helps to feel satisfied and balanced, reduces stress, and has a toning, immunomodulatory, and antioxidant effect.  
**GQ10** – Coenzyme Q10 stimulates cellular renewal and slows down the aging process of cells

Subjects in these areas need a light diet of Antioxidant-Adaptogens. Saliva analysis should be performed every 20 weeks until normalization of the values. Subjects in Area 5 do not need alkaline inducers.

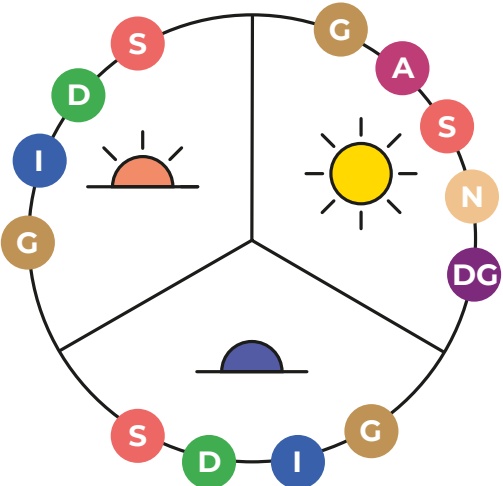
**Lifestyle changes, taking appropriate oral ANTIOXIDANTS, and modulating the REDOX system with PROJECT V nutraceuticals are the main ways to start a better anti-aging and healthy living program.**

Area 6 | ReDox – 3.0 to 4.5 | pH = 4.5 to 7.0



Your qTest **showed low pH (acceptable acidity) and normal REDOX balance.** To normalize metabolic processes and restore pH and REDOX balance, it is necessary to detoxify the body from pollutants and toxins, strengthen antioxidant defense, and provide the body with the necessary nutrients. Proper life-style and the specially formulated I+G booster, combined with other Project V nutraceuticals, contribute to optimal qTest results. The qTest should be repeated each month for 6 months.

*\*Consult a specialist for serious illnesses and complex symptoms*



Combinations from the Project V Alphabet



**S** – Natural fructooligosaccharides eliminate intestinal irritation, prevent dysbiosis, and help regulate glucose levels  
**DG** – Chlorella helps maintain normal colon function and supports the vitality and activity of the body, accelerates the digestive processes.  
**N** – Angelica sinensis has a tonic and diuretic effect  
**D** – Cat's claw provides excretion of toxic products of metabolism  
**A** – Ginkgo biloba regulates blood circulation, saturates the blood with oxygen

Subjects in these areas need a light diet of antioxidant-adaptogens. Saliva testing should be performed every 20 weeks until normalized. Subjects in Area 6 need to take Alkalinity Adaptogens continuously until saliva analysis shows that this parameter has normalized.

**Lifestyle changes, taking appropriate oral ANTIOXIDANTS, and modulating the REDOX system with PROJECT V nutraceuticals are the main ways to start a better anti-aging and healthy living program.**



# In conclusion

We are proud to introduce the first COMBINED AT GLANCE pH-REDOX saliva test and transform its results into an instant solution based on the rational assumptions of well- established adaptogens.

Our strategy to fight aging and maintain active longevity is based on data and hypotheses recognized by the global scientific community.

We do not call for abandoning preventive measures developed by national health systems. On the contrary, we provide a highly effective algorithm that helps identify people with deviations of vital parameters in the body, as well as offer an innovative system of health maintenance and the first substantiated anti-aging strategy based on natural adaptogens.

Once again, PROJECT V is speaking the language of longevity via its V Alphabet of products.





Home testing has changed the perception  
of accessibility and convenience of medical diagnostics.  
Patients can now monitor their health in the comfort  
of their own homes, reducing the time and fear  
associated with visiting a clinic



QTEST IS NOT INTENDED FOR DIAGNOSTIC USE AND IS NOT USED TO DIAGNOSE  
A DISEASE. THE RESULTS MUST BE INTERPRETED AS INDICATIONS OF A STATE  
OF WELL-BEING.

for more information, please contact  
[welcome@qtest.pro](mailto:welcome@qtest.pro)



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