$$f_1 = O(h_1) =) \exists (c_1, n_1) \in \mathbb{R}^+ \times \mathbb{IN} | \forall n \geq n_0 \in f_1(n) \leq c_1 \cdot h_1(n)$$

 $f_2 = O(h_2) =) \exists (c_2, n_2) \in \mathbb{R}^+ \times \mathbb{IN} | \forall n \geq n_2 \in f_2(n) \leq c_2 \cdot h_2(n)$

$$(f_1^2 + 2f_1f_2 + f_1^2)(x) \leq q(h_1^2 + h_2^2)$$