



Your Holistic Health Journey Starts Here

Congratulations on receiving your 5Strands results!

- This functional health assessment will offer guidance in identifying food intolerances rather than true allergies (immune system response).
- Intolerances are temporary and can be influenced by diet, stress, hormones, & more.

These results provide valuable insights to guide you to make informed decisions.

- The food results are not meant to be your forever diet, but rather to offer guidance in identifying potential triggers that may be causing physical symptoms.

HOW TO READ YOUR RESULTS



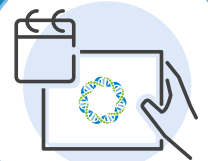
REVIEW YOUR RESULTS



ACTIONS TO TAKE



RETEST IN 6 MONTHS



5Strands

Lawrenceville, Georgia USA

www.5strands.com | +1 (833) 600-TEST | info@5strands.com

How To Read Your Results

Intolerances



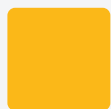
Grey:

No significant intolerance was detected. These items are not expected to cause discomfort or an adverse reaction. There is no need for avoidance.



Green: (Level 1)

Mild intolerance was detected. Any symptoms are unlikely to be noticeable. Consume these foods in rotation and moderation.



Yellow: (Level 2)

Moderate intolerance was detected. Symptoms may be starting to affect day to day life, indicating a more noticeable symptom. It is recommended to avoid these foods during your elimination period.



Red: (Level 3)

Severe intolerance was detected. Symptoms may have already physically manifested and require immediate attention. It is recommended to avoid these food items for 6-8 weeks.



SAMPLE TEST
Food Intolerance Test
December 29, 2023

5Strands Affordable Testing
595 Old Norcross Road, Suite D
Lawrenceville, GA 30046
1-833-600-TEST
info@5strands.com

Food							
LEVEL 1	●	WZGZ	Acidity Regulator - E 330 Citric acid	--	●	JUAW	Acidity Regulator - E 507 Hydrochloric Acid
LEVEL 2	●	BA2Y	Acidity Regulator - E 331 Monosodium Citrate	LEVEL 2	●	49ZE	Acidity Regulator - E 509 Calcium Chloride
LEVEL 1	●	AKUS	Acidity Regulator - E 332 Monopotassium Citrate	LEVEL 1	●	GYZX	Acidity Regulator - E 511 Magnesium Chloride
LEVEL 2	●	QJYP	Acidity Regulator - E 333 Monocalcium Citrate	--	●	3S2B	Acidity Regulator - E 513 Sulphuric Acid
LEVEL 1	●	J53G	Acidity Regulator - E 334 Tartaric acid	LEVEL 1	●	CNMD	Acidity Regulator - E 521 Aluminium Sodium Sulphate
LEVEL 1	●	AZMS	Acidity Regulator - E 335 Monosodium tartrate	--	●	EAMY	Acidity Regulator - E 524 Sodium Hydroxide
LEVEL 1	●	KK77	Acidity Regulator - E 336 Monopotassium tartrate	--	●	BHDT	Acidity Regulator - E 525 Potassium Hydroxide
LEVEL 1	●	TN7R	Acidity Regulator - E 337 Sodium Potassium Tartrate	LEVEL 1	●	6ZG2	Acidity Regulator - E 526 Calcium Hydroxide
LEVEL 3	●	NG9A	Acidity Regulator - E 338 Orthophosphoric Acid	LEVEL 1	●	2DMQ	Acidity Regulator - E 530 Magnesium Oxide
--	●	U95X	Acidity Regulator - E 339 Monosodium Phosphate	LEVEL 3	●	DGVP	Acidity Regulator - E 574 Gluconic Acid
--	●	P89X	Acidity Regulator - E 340 Monopotassium Phosphate	LEVEL 2	●	7P5N	Acidity Regulator - E 577 Potassium Gluconate
LEVEL 2	●	QDXY	Acidity Regulator - E 341 Monocalcium Phosphate	--	●	G45T	Acidity Regulator - E 585 Iron II-lactate
--	●	Y92Y	Acidity Regulator - E 350 Sodium Malate	LEVEL 3	●	H42D	Anti-caking Agent - E 535 Sodium Ferrocyanide
LEVEL 3	●	KQH2	Acidity Regulator - E 353 Metataric Acid	--	●	7DSD	Anti-caking Agent - E 552 Calcium Silicate
LEVEL 1	●	KJHF	Acidity Regulator - E 354 Calcium Tartrate	LEVEL 3	●	G8WT	Anti-caking Agent - E 555 Aluminium Potassium Silicate
LEVEL 1	●	3TAA	Acidity Regulator - E 356 Sodium Adipate	LEVEL 1	●	2TU6	Anti-caking Agent - E 556 Aluminium Calcium Silicate
LEVEL 3	●	JE6M	Acidity Regulator - E 357 Potassium Adipate	LEVEL 3	●	J4G2	Anti-caking Agent - E 558 Bentonite
LEVEL 2	●	AVT4	Acidity Regulator - E 363 Succinic Acid	LEVEL 2	●	3RJ6	Anti-caking Agent - E 570 Stearic Acid
--	●	5YYF	Acidity Regulator - E 380 Triammonium Citrate	--	●	WKEM	Anti-caking Agent - E 578 Calcium Gluconate
LEVEL 1	●	JV48	Acidity Regulator - E 500 Sodium Carbonate	LEVEL 1	●	362V	Antioxidant - E 300 Ascorbic Acid (Vitamin C)
LEVEL 2	●	98K4	Acidity Regulator - E 501 Potassium Carbonate	LEVEL 1	●	3KP7	Antioxidant - E 301 Sodium L-ascorbate
--	●	8YDK	Acidity Regulator - E 503 Ammonium Carbonate	LEVEL 3	●	VJJ2	Antioxidant - E 302 Calcium L-ascorbate



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--	●	W8NN	Antioxidant - E 304 Ascorbyl Palmitate/ Ascorbyl Stearate	--	●	Y8Y8	Beverage - Milk (hemp)
--	●	JP4Z	Antioxidant - E 306 Natural Tocopherols (Vitamin E)	LEVEL 3	●	49G6	Beverage - Milk (oat)
LEVEL 3	●	K6WK	Antioxidant - E 307 Synthetic Alpha-Tocopherol	LEVEL 1	●	U32E	Beverage - Milk (rice)
LEVEL 3	●	5E6R	Antioxidant - E 309 Synthetic Delta-Tocopherol	LEVEL 1	●	N474	Beverage - Milk (soy)
LEVEL 1	●	HAQ6	Antioxidant - E 310 Propyl Gallate	LEVEL 1	●	THA7	Beverage - Orange Juice
LEVEL 2	●	PWXE	Antioxidant - E 311 Octyl Gallate	LEVEL 3	●	TFRU	Beverage - Pineapple Juice
LEVEL 1	●	TSHT	Antioxidant - E 312 Dodecyl Gallate	--	●	8QPY	Beverage - Pomegranate Juice
LEVEL 3	●	763H	Antioxidant - E 315 Isoascorbic Acid	LEVEL 1	●	XSK6	Beverage - Rum
--	●	KUSS	Antioxidant - E 316 Sodium Isoascorbate	--	●	3RZN	Beverage - Tea (black)
--	●	EK3C	Antioxidant - E 320 Butylated Hydroxyanisole (BHA)	LEVEL 2	●	XZYT	Beverage - Tea (chamomile)
LEVEL 1	●	QDSG	Antioxidant - E 321 Butylated Hydroxytoluene	LEVEL 2	●	RZHZ	Beverage - Tea (earl grey)
LEVEL 2	●	KJRB	Antioxidant - E 512 Tin II Chloride	LEVEL 2	●	BZ97	Beverage - Tea (green)
LEVEL 1	●	HECN	Beverage - Apple Juice	--	●	SSQ5	Beverage - Tea (jasmine)
LEVEL 1	●	QCEE	Beverage - Beer	LEVEL 1	●	47V9	Beverage - Tea (oolong)
LEVEL 3	●	4XFP	Beverage - Coffee (black)	--	●	KK7B	Beverage - Tea (rooibos)
--	●	7HN6	Beverage - Cola	LEVEL 3	●	6WFC	Beverage - Tea (yerba mate)
--	●	7HJM	Beverage - Cranberry Juice	LEVEL 1	●	UTRF	Beverage - Tequila
LEVEL 3	●	24RX	Beverage - Gin	LEVEL 2	●	38VK	Beverage - Vodka
LEVEL 1	●	UE9G	Beverage - Kombucha	LEVEL 3	●	BREP	Beverage - Whisky
--	●	QNXU	Beverage - Milk (almond)	LEVEL 1	●	933B	Beverage - Wine (red)
LEVEL 1	●	JSCD	Beverage - Milk (cashew)	--	●	X9RA	Beverage - Wine (white)
LEVEL 1	●	7RFY	Beverage - Milk (coconut)	--	●	55TH	Bread Enhancer - E 927 Carbanide



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LEVEL 1	●	PCCM	Coagulating Agent - E 520 Aluminium Sulphate	--	●	TZDY	Dairy - Cheese (ricotta)
--	●	64MM	Coating - E 901 Bees Wax, White and Yellow	LEVEL 3	●	3CK3	Dairy - Cheese (swiss)
LEVEL 3	●	AJVB	Coating - E 902 Candelilla Wax	LEVEL 2	●	2NKX	Dairy - Cream
--	●	NF79	Coating - E 904 Shellac	LEVEL 3	●	26RC	Dairy - Cream Cheese
LEVEL 1	●	C9EK	Coating - E 912 Montanic Acid Ester	LEVEL 2	●	3RFX	Dairy - Kefir
--	●	JSZN	Dairy - Buttermilk	LEVEL 2	●	FRS5	Dairy - Milk (boiled)
--	●	BRJH	Dairy - Cheese (blue)	LEVEL 1	●	XGR9	Dairy - Milk (condensed)
LEVEL 1	●	HGQP	Dairy - Cheese (brie)	LEVEL 1	●	T8E8	Dairy - Milk (cow)
LEVEL 1	●	BW8F	Dairy - Cheese (camembert)	LEVEL 3	●	CBSN	Dairy - Milk (evaporated)
LEVEL 2	●	UZS8	Dairy - Cheese (cheddar)	LEVEL 3	●	CYYM	Dairy - Milk (goat)
--	●	Q4B8	Dairy - Cheese (colby)	--	●	WBYA	Dairy - Milk (sheep)
LEVEL 1	●	NWSE	Dairy - Cheese (cottage)	LEVEL 3	●	8K8R	Dairy - Sour Cream
--	●	E3MK	Dairy - Cheese (feta)	--	●	KVSD	Dairy - Yogurt (plain Greek)
--	●	Q7TQ	Dairy - Cheese (goat)	LEVEL 1	●	EDJW	Dairy - Yogurt (plain)
LEVEL 2	●	92EN	Dairy - Cheese (gouda)	LEVEL 1	●	FKJ9	Emulsifier - E 322 Lecithins
--	●	XEJG	Dairy - Cheese (gruyere)	LEVEL 1	●	APNP	Emulsifier - E 432 Polyoxyethylene-soritan-monolaurate
LEVEL 1	●	4BMT	Dairy - Cheese (havarti)	LEVEL 1	●	KK4Z	Emulsifier - E 434 Plyoxyethylene-sorbitan-monopalmitate
LEVEL 2	●	QJYS	Dairy - Cheese (mozzarella)	LEVEL 1	●	T8XZ	Emulsifier - E 435 Polyoxyethylene-sorbitan-monostearate
LEVEL 2	●	PS7P	Dairy - Cheese (muenster)	--	●	SAYY	Emulsifier - E 436 Polyoxethylene-sorbitan-tristearate
--	●	VR6B	Dairy - Cheese (parmesan)	LEVEL 1	●	CC5B	Emulsifier - E 442 Ammonium Phosphatides
LEVEL 1	●	UAB5	Dairy - Cheese (pepper jack)	LEVEL 3	●	VDYC	Emulsifier - E 444 Sucrose-acetate-isobutyrate
--	●	NFVA	Dairy - Cheese (provolone)	LEVEL 1	●	M8WB	Emulsifier - E 450 Diphosphate, Phosphate



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Food

--	●	UA87	Emulsifier - E 451 Triphosphate, Phosphate	--	●	RS26	Emulsifier - E 494 Sorbitan Mono-oleate
LEVEL 2	●	W53R	Emulsifier - E 452 Polyphosphate	LEVEL 2	●	YAM7	Emulsifier - E 495 Sorbitan Monopalmitate
--	●	PBP9	Emulsifier - E 470 a Sodium	LEVEL 1	●	T9HH	Emulsifier - E 541 Sodium Aluminium Phosphate
LEVEL 2	●	KGUF	Emulsifier - E 470 b Magnesium Salts of Edible Fatty Acids	--	●	JAWZ	Fat - Avocado Oil
LEVEL 2	●	T6HK	Emulsifier - E 471 Mono- and Diglyceride	LEVEL 2	●	MRMX	Fat - Butter
LEVEL 3	●	MG2X	Emulsifier - E 472 a Acetic Acid Esters	--	●	SBQY	Fat - Canola Oil
LEVEL 1	●	9EX3	Emulsifier - E 472 b Lactic Acid Esters	LEVEL 1	●	Q9Y2	Fat - Coconut Oil
--	●	SUQC	Emulsifier - E 472 c Citric Acid Esters	--	●	2XSW	Fat - Cod Liver Oil
--	●	46BN	Emulsifier - E 472 d Tartaric Acid Esters	LEVEL 1	●	46T6	Fat - Corn Oil
--	●	XWYU	Emulsifier - E 472 e Mono and Diacetyltartaric Acid Esters	--	●	84QP	Fat - Cottonseed Oil
LEVEL 1	●	4SHP	Emulsifier - E 472 f Mixed Acetic and Tartaric Acid Esters	--	●	S72R	Fat - Flaxseed Oil
LEVEL 3	●	H44C	Emulsifier - E 473 Sucrose Esters	LEVEL 3	●	JDV3	Fat - Ghee
LEVEL 2	●	38VZ	Emulsifier - E 474 Sucroglycerides	--	●	GW8Q	Fat - Grapeseed Oil
LEVEL 3	●	RNXH	Emulsifier - E 475 Polyglycerol Esters of Fatty Acids	LEVEL 2	●	ARZW	Fat - Hemp Seed Oil
LEVEL 3	●	D2ZT	Emulsifier - E 476 Polyglycerol Polyricinoleate	LEVEL 3	●	9TSW	Fat - Olive Oil
LEVEL 3	●	BZJD	Emulsifier - E 477 Propane	--	●	X8J5	Fat - Palm Kernel Oil
LEVEL 1	●	KGR9	Emulsifier - E 479 Thermo-oxidised Soya Oil	LEVEL 1	●	WRFA	Fat - Palm Oil
--	●	37ZT	Emulsifier - E 481 Sodium Stearoyl	LEVEL 1	●	TCSA	Fat - Peanut Oil
--	●	QUAY	Emulsifier - E 482 Calcium Stearyol	LEVEL 2	●	SSTP	Fat - Peppermint Oil
--	●	Y8CX	Emulsifier - E 483 Stearyl Tartrate	--	●	9J2B	Fat - Pumpkin Seed Oil
LEVEL 2	●	9RHT	Emulsifier - E 492 Sorbitan Tristearate	LEVEL 1	●	6FXV	Fat - Sesame Oil
LEVEL 2	●	64NA	Emulsifier - E 493 Sorbitan Monolaurate	LEVEL 1	●	4GTF	Fat - Soybean Oil



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LEVEL 1	●	SPDZ	Fat - Sunflower Oil	--	●	A5Q9	Food Dye - E 104 Quinoline Yellow
LEVEL 3	●	PTGN	Fat - Vegetable Oil	--	●	VQES	Food Dye - E 110 Sunset Yellow FCF
--	●	TU3T	Flavor Enhancer - E 620 Glutamic Acid	LEVEL 2	●	WMFK	Food Dye - E 120 Cochineal, Carminic Acid
LEVEL 2	●	9B83	Flavor Enhancer - E 621 Monosodium Glutamate	LEVEL 3	●	EVUZ	Food Dye - E 122 Carmoisine
LEVEL 2	●	CXF7	Flavor Enhancer - E 622 Monopotassium Glutamate	--	●	7NWJ	Food Dye - E 123 Amaranth
LEVEL 3	●	UC7A	Flavor Enhancer - E 623 Calcium Diglutamate	LEVEL 1	●	6ZQ9	Food Dye - E 124 Poceau 4R
--	●	SW48	Flavor Enhancer - E 624 Monoammonium Glutamate	LEVEL 1	●	YX6P	Food Dye - E 127 Erythrosine
LEVEL 1	●	QZW9	Flavor Enhancer - E 625 Magnesium Diglutamate	LEVEL 2	●	R7T5	Food Dye - E 128 Rot 2 G
LEVEL 2	●	E7TA	Flavor Enhancer - E 626 Guanylic Acid	LEVEL 3	●	ZUGE	Food Dye - E 129 Allura Red AC
LEVEL 2	●	8H2G	Flavor Enhancer - E 627 Disodium Guanylate	LEVEL 2	●	8U5Y	Food Dye - E 131 Patent Blue V
--	●	8UDS	Flavor Enhancer - E 628 Dipotassium Guanylate	LEVEL 1	●	Y76M	Food Dye - E 132 Indigo Carmine
LEVEL 1	●	WMR X	Flavor Enhancer - E 629 Calcium Guanylate	LEVEL 2	●	6CBF	Food Dye - E 133 Brilliant Blue FCF
--	●	R9M6	Flavor Enhancer - E 630 Insinic Acid	LEVEL 1	●	X93P	Food Dye - E 140 Chlorophylls and Chlorophyllins
LEVEL 1	●	Y9GM	Flavor Enhancer - E 631 Disodium Ionisate	--	●	EU77	Food Dye - E 141 Chlorophylls (CU Complexes)
LEVEL 3	●	JUE5	Flavor Enhancer - E 632 Dipotassium Ionisate	LEVEL 3	●	MF9E	Food Dye - E 142 Green S
LEVEL 3	●	892Y	Flavor Enhancer - E 633 Dicalcium Ionisate	LEVEL 1	●	2NNN	Food Dye - E 150 a Caramel
--	●	NNU4	Flavor Enhancer - E 634 Calcium 5-ribonucleotide	LEVEL 1	●	3E2X	Food Dye - E 150 b Sulphite Lye Caramel
LEVEL 2	●	A9X5	Flavor Enhancer - E 635 Disodium 5-ribonucleotide	LEVEL 1	●	2NZ7	Food Dye - E 150 d Ammonium Sulphite Caramel
LEVEL 1	●	BPCT	Flavor Enhancer - E 640 Glycine and its Sodium Salts	--	●	2SJ9	Food Dye - E 151 Brilliant Black BN. Black PN
LEVEL 1	●	JURE	Food Dye - E 100 Curcumin	LEVEL 3	●	JFSH	Food Dye - E 153 Vegetable Carbon
--	●	UPC6	Food Dye - E 101 Riboflavin	--	●	WD2 W	Food Dye - E 154 Brown FK
LEVEL 2	●	UED8	Food Dye - E 102 Tartrazine	--	●	VFSK	Food Dye - E 160 a Carotene



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LEVEL 1	●	N743	Food Dye - E 160 c Capsanthin, Capsorubin	--	●	KU96	Fruit - Apple (red delicious)
LEVEL 1	●	SMD5	Food Dye - E 161 b Lutein	LEVEL 2	●	KYEH	Fruit - Apricots
LEVEL 3	●	3DQ8	Food Dye - E 161 g Canthaxanthin	LEVEL 3	●	QQRD	Fruit - Avocado
LEVEL 3	●	25J2	Food Dye - E 162 Beetroot Red (betanin)	--	●	NC9W	Fruit - Bananas
LEVEL 2	●	A6UY	Food Dye - E 163 Anthocyanins	--	●	B7BT	Fruit - Blackberries
LEVEL 3	●	2R99	Food Dye - E 170 Calcium Carbonate	--	●	5A9J	Fruit - Blueberries
--	●	CYNY	Food Dye - E 171 Titanium Dioxide	--	●	CNSY	Fruit - Cantaloupe
LEVEL 1	●	NW9J	Food Dye - E 172 Iron Oxides, Iron Hydroxides	--	●	NY6K	Fruit - Carambola
--	●	VSGS	Food Dye - E 173 Aluminium	LEVEL 1	●	V44W	Fruit - Cherries
LEVEL 2	●	GN4K	Food Dye - E 174 Silver	--	●	EYH6	Fruit - Coconut
LEVEL 2	●	XKN6	Food Dye - E 175 Gold	LEVEL 3	●	5FRC	Fruit - Cranberries
LEVEL 2	●	WB2X	Food Dye - E 180 Lithol Rubine	LEVEL 3	●	4JM3	Fruit - Dates
LEVEL 1	●	4ZAD	Fruit - Acai Berry	--	●	SCDR	Fruit - Figs
LEVEL 1	●	SA6C	Fruit - Apple (cortland)	LEVEL 2	●	2A6B	Fruit - Goji Berries
LEVEL 3	●	ZTMP	Fruit - Apple (fuji)	--	●	PMJE	Fruit - Grapefruit (pink)
--	●	YMUT	Fruit - Apple (gala)	--	●	VC44	Fruit - Grapefruit (white)
LEVEL 3	●	XAP9	Fruit - Apple (golden delicious)	LEVEL 2	●	RKSN	Fruit - Grapes (red)
--	●	N3RC	Fruit - Apple (granny smith)	LEVEL 3	●	GD54	Fruit - Grapes (white)
--	●	2KK7	Fruit - Apple (honey crisp)	LEVEL 2	●	EGU6	Fruit - Guava
LEVEL 3	●	TFPY	Fruit - Apple (jazz)	--	●	MG9H	Fruit - Honeydew Melon
LEVEL 1	●	R8D7	Fruit - Apple (mcintosh)	LEVEL 1	●	XNVM	Fruit - Kiwis
--	●	MPFT	Fruit - Apple (pink lady)	LEVEL 2	●	EBRK	Fruit - Lemons



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--	●	DNGK	Fruit - Lime	LEVEL 2	●	3VVB	Fruit - Tomatoes (cooked)
LEVEL 2	●	D4NN	Fruit - Mango	--	●	GKWZ	Fruit - Tomatoes (raw)
--	●	R5WX	Fruit - Olives (black)	--	●	DPMW	Fruit - Watermelons
LEVEL 3	●	S5AK	Fruit - Olives (green)	--	●	NJCH	Grain - Amaranth
--	●	RQN4	Fruit - Oranges (blood)	LEVEL 1	●	27DP	Grain - Barley
--	●	CEGP	Fruit - Oranges (clementine)	--	●	KACT	Grain - Buckwheat
LEVEL 2	●	6U3H	Fruit - Oranges (mandarin)	LEVEL 3	●	F82X	Grain - Bulgur Wheat
LEVEL 1	●	MZAV	Fruit - Oranges (navel)	LEVEL 2	●	J9T2	Grain - Cassava Flour
--	●	E2ED	Fruit - Oranges (tangerines)	--	●	DDJX	Grain - Corn Flour (maize)
LEVEL 1	●	RMPA	Fruit - Oranges (valencia)	LEVEL 2	●	U4D3	Grain - Couscous
LEVEL 3	●	2YSU	Fruit - Papaya	--	●	G69X	Grain - Farro
LEVEL 3	●	B7UD	Fruit - Peaches	LEVEL 3	●	UKQW	Grain - Flaxseed
--	●	UU4K	Fruit - Pears	LEVEL 1	●	2JVE	Grain - Freekeh
--	●	24NJ	Fruit - Pineapples	LEVEL 1	●	TVTU	Grain - Millet
LEVEL 2	●	JSDG	Fruit - Plantain	--	●	YJHS	Grain - Oat
LEVEL 1	●	EPYK	Fruit - Plums	LEVEL 2	●	8JSW	Grain - Quinoa
LEVEL 1	●	CB3T	Fruit - Pomegranates	LEVEL 1	●	RKBQ	Grain - Rice (brown)
LEVEL 3	●	85UG	Fruit - Prunes	LEVEL 3	●	MBS7	Grain - Rice (white)
--	●	F49C	Fruit - Raisins	LEVEL 3	●	JTQ4	Grain - Rice (wild)
--	●	5CQD	Fruit - Raspberries	LEVEL 1	●	D89M	Grain - Rye
LEVEL 3	●	SV9B	Fruit - Strawberries	--	●	CMW H	Grain - Sorghum
LEVEL 2	●	QEZG	Fruit - Tomatillo	LEVEL 2	●	6J82	Grain - Spelt



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--	●	VMF5	Grain - Teff	LEVEL 3	●	HJKK	Misc - Vanilla
--	●	SZWJ	Grain - Triticale	LEVEL 1	●	HG2M	Misc - Vinegar (apple cider)
LEVEL 3	●	FW9M	Grain - Wheat	--	●	M3TA	Misc - Vinegar (clear)
LEVEL 3	●	KVKE	Grain - Wheat Berry	--	●	SR5B	Misc - Vinegar (malt)
LEVEL 3	●	V7XR	Humectant - E 1518 Glycerine Triacetate (triacetin)	LEVEL 3	●	QD56	Misc - Wakame
--	●	7ZPF	Misc - Arrowroot	LEVEL 2	●	DQ4M	Modified Starch - E 1404 Oxidierte Starch
LEVEL 2	●	73SY	Misc - Carob	LEVEL 2	●	HTBV	Modified Starch - E 1410 Monostarch Phosphate
LEVEL 1	●	ZQJU	Misc - Chlorella	LEVEL 2	●	JKV7	Modified Starch - E 1412 Di-starch Phosphate
LEVEL 3	●	QRBV	Misc - Chlorophyll	--	●	FDBD	Modified Starch - E 1413 Phosphatised Di-starch P.
LEVEL 2	●	QVNT	Misc - Chocolate (dark)	--	●	YV5N	Modified Starch - E 1414 Acetylised Di-starch Phosphate
LEVEL 2	●	GGAZ	Misc - Chocolate (milk)	LEVEL 2	●	7VY8	Modified Starch - E 1420 Acetylised Starch
LEVEL 1	●	DQSS	Misc - Chocolate (white)	LEVEL 1	●	EYU3	Modified Starch - E 1440 Hydroxypropyl Starch
LEVEL 1	●	ENBW	Misc - Gelatin	LEVEL 1	●	89JV	Modified Starch - E 1442 Hydroxypropyl Di-starch Phosphate
LEVEL 1	●	K8D3	Misc - Hemp	--	●	AX9G	Modified Starch - E 1450 Starch Sodium Ocenylsuccinate
--	●	YEXR	Misc - Kelp	LEVEL 2	●	9WSJ	Nuts - Almond
LEVEL 2	●	SAYZ	Misc - Nori	LEVEL 2	●	C2UE	Nuts - Baru
--	●	22FP	Misc - Nutritional Yeast	LEVEL 3	●	ARGW	Nuts - Brazil Nuts
LEVEL 2	●	BRAY	Misc - Oyster Sauce	LEVEL 2	●	Z66M	Nuts - Cashew Nuts
LEVEL 1	●	PQ9G	Misc - Soy Sauce	LEVEL 1	●	9T8C	Nuts - Chestnuts
LEVEL 3	●	4Z44	Misc - Spirulina	LEVEL 1	●	H297	Nuts - Hazelnuts
LEVEL 1	●	4DF4	Misc - Tahini	--	●	EKKT	Nuts - Hickory
LEVEL 2	●	JAUJ	Misc - Tapioca	--	●	XSKQ	Nuts - Macadamia Nuts



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--	●	D5BP	Nuts - Peanut Butter	LEVEL 3	●	TCSD	Preservative - E 222 Sodium Hydrogen Sulphite
--	●	CUBP	Nuts - Peanuts	LEVEL 3	●	Y4C2	Preservative - E 223 Sodium Metabisulphite
--	●	MSS3	Nuts - Pecans	LEVEL 3	●	8CGS	Preservative - E 224 Potassium Metabisulphite
LEVEL 1	●	KN6E	Nuts - Pili	--	●	2SZY	Preservative - E 226 Calcium Sulphite
LEVEL 1	●	T6QP	Nuts - Pine Nuts	LEVEL 2	●	UPQ4	Preservative - E 227 Calcium Hydrogen Sulphite
LEVEL 1	●	2T5M	Nuts - Pistachio	--	●	4942	Preservative - E 234 Nisin
LEVEL 2	●	EEQU	Nuts - Poppy Seeds	LEVEL 2	●	YW8W	Preservative - E 239 Hexamethylene-tetramine
LEVEL 3	●	9AGD	Nuts - Sunflower Seeds	LEVEL 3	●	DQ47	Preservative - E 242 Dimethyl Dicarbonate
LEVEL 1	●	A3RK	Nuts - Walnuts	LEVEL 3	●	J83Q	Preservative - E 249 Potassium Nitrite
--	●	QTJB	Preservative - E 1105 Lysozyme	--	●	KNYK	Preservative - E 250 Sodium Nitrite
--	●	4JDJ	Preservative - E 200 Sorbic Acid	--	●	AFPT	Preservative - E 252 Potassium Nitrate
LEVEL 1	●	N3G3	Preservative - E 203 Calcium Corbat	--	●	XEN8	Preservative - E 261 Potassium Acetate
--	●	MY85	Preservative - E 210 Benzoic Acid	LEVEL 3	●	8M64	Preservative - E 262 Sodium Acetate
--	●	T54C	Preservative - E 211 Sodium Benzoate	--	●	D48C	Preservative - E 270 Lactic Acid
LEVEL 1	●	VRC2	Preservative - E 213 Calcium Benzoate, Benzoic Acid	LEVEL 3	●	5Y8K	Preservative - E 280 Propionic Acid
--	●	K84S	Preservative - E 214 Ethyl-para-hydroxybenzoate	LEVEL 3	●	6KVQ	Preservative - E 281 Sodium Propionate
--	●	3KAA	Preservative - E 215 Sodium Ethyl-para-hydroxybenzoate	LEVEL 1	●	WDG9	Preservative - E 282 Calcium Propionate
LEVEL 1	●	KVWC	Preservative - E 217 Sodiumpropyl-para-hydroxybenzoate	--	●	6TT6	Preservative - E 283 Potassium Propionate
LEVEL 2	●	UP9Y	Preservative - E 218 Methyl-para-hydroxybenzoate	LEVEL 1	●	VU9A	Preservative - E 296 Malic Acid
LEVEL 1	●	NT2P	Preservative - E 219 Sodium Methyl-para-hydroxybenzoate	--	●	6ZCW	Preservative - E 297 Fumaric Acid
--	●	32TB	Preservative - E 220 Sulphur Dioxide	LEVEL 1	●	6ZHW	Preservative - E 325 Sodium Lactate
LEVEL 3	●	7AMS	Preservative - E 221 Sodium Sulphite	--	●	GZB7	Preservative - E 326 Potassium Lactate



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Food						
LEVEL 1	●	64HJ	Preservative - E 327 Calcium Lactate	--	●	A3NX Protein - Seitan
--	●	EJNZ	Protein - Bacon	--	●	M2TV Protein - Soy
LEVEL 1	●	G26Q	Protein - Beef	LEVEL 3	●	GY9B Protein - Tempeh
LEVEL 2	●	JRSN	Protein - Beef Bone Broth	LEVEL 2	●	39XA Protein - Textured Vegetable Protein
LEVEL 1	●	JH4A	Protein - Beef Jerky	LEVEL 1	●	SWEM Protein - Tofu
--	●	225S	Protein - Bison	--	●	NPAR Protein - Turkey
LEVEL 2	●	ZD8X	Protein - Chicken	--	●	KQ4T Protein - Veal
LEVEL 3	●	MPCB	Protein - Chicken Bone Broth	--	●	DR9P Protein - Venison
LEVEL 2	●	3RMM	Protein - Duck	LEVEL 3	●	P9ZF Salt Substitute - E 508 Potassium Chloride
--	●	BXZN	Protein - Egg White (chicken)	--	●	FV4S Salt Substitute - E 515 Potassium Sulphate
LEVEL 1	●	4EB2	Protein - Egg White (duck)	--	●	7MKD Seafood - Anchovy
--	●	58Y5	Protein - Egg Yolk (chicken)	LEVEL 2	●	GD8T Seafood - Bass
LEVEL 1	●	SX5K	Protein - Egg Yolk (duck)	--	●	PGSG Seafood - Catfish
--	●	XR2H	Protein - Goat	LEVEL 2	●	92D7 Seafood - Clams
LEVEL 2	●	67XP	Protein - Goose	--	●	25P9 Seafood - Cod
LEVEL 2	●	P38K	Protein - Lamb	LEVEL 2	●	BS2X Seafood - Crab
--	●	4JFC	Protein - Liver (beef)	LEVEL 3	●	D8PA Seafood - Crayfish
LEVEL 3	●	4QH7	Protein - Liver (chicken)	LEVEL 3	●	Q2R9 Seafood - Eel
LEVEL 2	●	URZJ	Protein - Pea Protein	LEVEL 3	●	DKGK Seafood - Flounder
LEVEL 3	●	J557	Protein - Pork	--	●	Y3WK Seafood - Grouper
LEVEL 3	●	GVWG	Protein - Quorn	--	●	7NJF Seafood - Haddock
--	●	GZB9	Protein - Rabbit	--	●	QV9V Seafood - Halibut



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--	●	EWWT	Seafood - Herring	LEVEL 1	●	KJ96	Spice - Aniseed
LEVEL 2	●	QQV5	Seafood - Lobster	LEVEL 2	●	7224	Spice - Basil
LEVEL 2	●	NZC2	Seafood - Mackerel	LEVEL 1	●	3Z5X	Spice - Bay Leaf
LEVEL 2	●	RJXC	Seafood - Mahi-mahi	LEVEL 3	●	UFNJ	Spice - Caraway
LEVEL 3	●	HXQC	Seafood - Mussels	LEVEL 3	●	YHM9	Spice - Cardamom
--	●	AAFD	Seafood - Octopus	LEVEL 3	●	SS2M	Spice - Cilantro
LEVEL 2	●	MURF	Seafood - Orange Roughy	LEVEL 1	●	3JH2	Spice - Cinnamon
--	●	87T4	Seafood - Oyster	LEVEL 3	●	ZH7U	Spice - Cloves
LEVEL 1	●	Q236	Seafood - Perch	LEVEL 3	●	D3SP	Spice - Coriander
--	●	Q73F	Seafood - Pollock	--	●	F8BN	Spice - Cress
LEVEL 1	●	XZZ6	Seafood - Prawns	--	●	BWS9	Spice - Cumin
--	●	Q8H2	Seafood - Salmon	--	●	PWHP	Spice - Curry (green)
--	●	VE43	Seafood - Sardine	--	●	85TH	Spice - Curry (red)
--	●	WT5E	Seafood - Scallops	LEVEL 3	●	3BFG	Spice - Curry (yellow)
--	●	YH8Y	Seafood - Shrimp	--	●	JJTC	Spice - Dill
LEVEL 2	●	98X9	Seafood - Snail	LEVEL 1	●	NRZG	Spice - Fennel
LEVEL 3	●	DXWN	Seafood - Snapper	--	●	PK2U	Spice - Ginger
--	●	6MJC	Seafood - Sole	--	●	T5MF	Spice - Mint
--	●	4HMH	Seafood - Swordfish	--	●	SNMX	Spice - Miso
LEVEL 3	●	SCUW	Seafood - Tilapia	LEVEL 1	●	TF9T	Spice - Nutmeg
--	●	WYZ5	Seafood - Trout	LEVEL 1	●	63XS	Spice - Oregano
LEVEL 1	●	8A7Z	Seafood - Tuna	LEVEL 3	●	WA4B	Spice - Paprika



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LEVEL 3	●	KP84	Spice - Parsley	--	●	GHEH	Sweetener - Stevia
LEVEL 3	●	Q597	Spice - Pepper (black)	--	●	HX7A	Sweetener - Sugar (brown)
--	●	NZN7	Spice - Pepper (red/ cayenne)	LEVEL 2	●	W785	Sweetener - Sugar (cane)
LEVEL 3	●	73V9	Spice - Pepper (white)	LEVEL 2	●	8P4P	Sweetener - Sugar (white)
--	●	GSBV	Spice - Rosemary	LEVEL 2	●	3Z7R	Sweetener - E 420 Sorbit, Sorbit Syrup
LEVEL 1	●	RSQ8	Spice - Sage	LEVEL 1	●	QV6H	Sweetener - E 421 Mannite
--	●	RPVE	Spice - Salt (pink Himalayan)	LEVEL 3	●	JZP4	Sweetener - E 950 Acesulfame K
--	●	G32W	Spice - Salt (sea)	LEVEL 2	●	E66H	Sweetener - E 951 Aspartame
--	●	NYS5	Spice - Salt (table)	LEVEL 1	●	JNTC	Sweetener - E 952 Cyclamate
--	●	BUAC	Spice - Sesame	--	●	BKGU	Sweetener - E 953 Isomalt
LEVEL 1	●	WSCE	Spice - Thyme	LEVEL 2	●	GFQB	Sweetener - E 954 Saccharin
--	●	7YTP	Spice - Turmeric	LEVEL 1	●	ZM66	Sweetener - E 955 Sucralose
--	●	8RVM	Spice - Wasabi	LEVEL 3	●	JBMM	Sweetener - E 957 Thaumatin
LEVEL 2	●	FE94	Stabilizer - E 1505 Triethyl Citrate	LEVEL 3	●	WN2M	Sweetener - E 959 Neohesperdin DC
--	●	697M	Stabilizer - E 514 Sodium Sulphate	LEVEL 3	●	BVTD	Sweetener - E 965 Maltite, Maltite Syrup
LEVEL 3	●	BYP6	Stabilizer - E 517 Ammonium Sulphate	LEVEL 3	●	KUTB	Sweetener - E 966 Lactite
LEVEL 3	●	HCS8	Stabilizer - E 523 Aluminium Ammonium Sulphate	LEVEL 1	●	GGM5	Sweetener - E 967 Xylitol
LEVEL 2	●	ATN8	Sweetener - Agave	LEVEL 1	●	C2DB	Thickening Agent - E 1200 Polydextrose
LEVEL 1	●	CCF2	Sweetener - Honey	--	●	C59Z	Thickening Agent - E 352 Calcium Malate
LEVEL 2	●	JS4N	Sweetener - Maple Syrup	LEVEL 2	●	M8XY	Thickening Agent - E 401 Sodium Alginate
LEVEL 2	●	VE2Y	Sweetener - Molasses	LEVEL 2	●	ZW5G	Thickening Agent - E 402 Potassium Alginate
LEVEL 3	●	D2W5	Sweetener - Monk Fruit	LEVEL 3	●	4VNT	Thickening Agent - E 403 Ammonium Alginate



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LEVEL 1	●	XH7X	Thickening Agent - E 405 Propylene Glycol Alginate	LEVEL 1	●	7CHG	Veg - Beans (broad)				
LEVEL 3	●	S6R3	Thickening Agent - E 406 Agar	LEVEL 2	●	5PMB	Veg - Beans (chickpea)				
LEVEL 1	●	3PED	Thickening Agent - E 407 a Eucheuma Algae, Treated	--	●	PUUF	Veg - Beans (green)				
--	●	83ZE	Thickening Agent - E 407 Carrageenan	--	●	QZPT	Veg - Beans (lima)				
--	●	SP97	Thickening Agent - E 410 Locust Bean Gum, Carob Gum	--	●	D5F6	Veg - Beans (pinto)				
--	●	UJ3Z	Thickening Agent - E 412 Guar Gum	LEVEL 3	●	FWA3	Veg - Beans (red kidney)				
LEVEL 2	●	7ZFJ	Thickening Agent - E 414 Gum Arabic	LEVEL 2	●	WP44	Veg - Beans (white)				
LEVEL 2	●	26G8	Thickening Agent - E 415 Xanthan Gum	--	●	D2DZ	Veg - Beets				
--	●	ZAYQ	Thickening Agent - E 416 Karaya Gum	LEVEL 2	●	UF3K	Veg - Bell Pepper (green) (cooked)				
LEVEL 2	●	RBTP	Thickening Agent - E 417 Tara Meal	LEVEL 3	●	5MNP	Veg - Bell Pepper (green) (raw)				
--	●	HWW P	Thickening Agent - E 418 Gellane	LEVEL 2	●	DBKZ	Veg - Bell Pepper (orange) (cooked)				
LEVEL 2	●	M8NX	Thickening Agent - E 440 Pectin, Amidated Pectin	LEVEL 1	●	HEFY	Veg - Bell Pepper (orange) (raw)				
--	●	Z67Q	Thickening Agent - E 461 Methylcellulose	LEVEL 1	●	BQ9B	Veg - Bell Pepper (red) (cooked)				
--	●	UK78	Thickening Agent - E 463 Hydroxypropylcellulose	--	●	KNJQ	Veg - Bell Pepper (red) (raw)				
--	●	JTE3	Thickening Agent - E 464 Hydroxypropylmethylcellulose	LEVEL 3	●	K3P9	Veg - Bell Pepper (yellow) (cooked)				
LEVEL 3	●	BJ73	Thickening Agent - E 465 Ethylmethylcellulose	--	●	GE6Q	Veg - Bell Pepper (yellow) (raw)				
--	●	E29K	Thickening Agent - E 466 Carboxymethylcellulose	--	●	P7XV	Veg - Bok Choy				
LEVEL 3	●	UJYT	Veg - Artichoke	LEVEL 1	●	GRYY	Veg - Broccoli (cooked)				
LEVEL 2	●	CKXH	Veg - Asparagus	LEVEL 2	●	5U3S	Veg - Broccoli (raw)				
--	●	DUTW	Veg - Aubergine (eggplant)	LEVEL 1	●	32YE	Veg - Brussel Sprouts				
LEVEL 2	●	MSRS	Veg - Bean Sprouts	LEVEL 2	●	ZYQF	Veg - Cabbage (red) (cooked)				
--	●	CNWN	Veg - Beans (black)	LEVEL 3	●	AHPU	Veg - Cabbage (red) (raw)				



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LEVEL 1	●	R65Z	Veg - Cabbage (white) (cooked)	LEVEL 2	●	YBH7	Veg - Lentils
--	●	QHCQ	Veg - Cabbage (white) (raw)	LEVEL 3	●	5AYJ	Veg - Lettuce (arugula)
--	●	KSZF	Veg - Carrots (cooked)	LEVEL 3	●	YVSK	Veg - Lettuce (butter)
LEVEL 2	●	H4TX	Veg - Carrots (raw)	LEVEL 3	●	GHSD	Veg - Lettuce (chicory)
--	●	KGDM	Veg - Cauliflower (cooked)	LEVEL 2	●	Y96A	Veg - Lettuce (escarole)
--	●	E82X	Veg - Cauliflower (raw)	--	●	8F3T	Veg - Lettuce (green leaf)
LEVEL 3	●	7MBN	Veg - Celery (cooked)	--	●	3U5A	Veg - Lettuce (iceberg)
LEVEL 3	●	SN59	Veg - Celery (raw)	LEVEL 3	●	2XVM	Veg - Lettuce (red leaf)
LEVEL 2	●	PMKZ	Veg - Corn	--	●	QT8M	Veg - Lettuce (romaine)
LEVEL 2	●	YG62	Veg - Cucumber	--	●	J7Q2	Veg - Mushroom (button)
LEVEL 1	●	XSA8	Veg - Edamame	--	●	MUPQ	Veg - Mushroom (chestnut)
--	●	HF62	Veg - Endive	LEVEL 3	●	W938	Veg - Mushroom (lion's mane)
--	●	PE8P	Veg - Garlic (cooked)	--	●	UMKG	Veg - Mushroom (oyster)
--	●	QSRS	Veg - Garlic (raw)	LEVEL 1	●	CCUB	Veg - Mushroom (portabella)
--	●	9Z84	Veg - Greens (collard)	--	●	XFAD	Veg - Mushroom (shiitake)
LEVEL 2	●	B3TX	Veg - Greens (mustard)	LEVEL 1	●	KB73	Veg - Mushroom (turkey tail)
LEVEL 3	●	JUN9	Veg - Greens (turnip)	--	●	46J4	Veg - Okra
LEVEL 1	●	9TZD	Veg - Horseradish	--	●	46FP	Veg - Onions (cooked)
--	●	C2CF	Veg - Kale (cooked)	--	●	J3KP	Veg - Onions (raw)
--	●	3XX5	Veg - Kale (raw)	--	●	VC43	Veg - Onions (scallions)
--	●	EYR5	Veg - Kohlrabi	LEVEL 3	●	CTG5	Veg - Parsnips
LEVEL 1	●	5KAA	Veg - Leek	LEVEL 3	●	TEEE	Veg - Peas (black eyed)



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--	●	V24N	Veg - Peas (field)	LEVEL 2	●	GYH9	Veg - Radicchio
--	●	CZKH	Veg - Peas (garden)	LEVEL 2	●	XKEU	Veg - Radish
--	●	FP3E	Veg - Pepper (banana)	LEVEL 2	●	GNFK	Veg - Rhubarb
--	●	RKP5	Veg - Pepper (cherry)	--	●	36BY	Veg - Rutabaga
LEVEL 2	●	AXEA	Veg - Pepper (habanero)	LEVEL 1	●	69TA	Veg - Sauerkraut
LEVEL 2	●	Z6Q9	Veg - Pepper (jalapeno)	LEVEL 2	●	72MW	Veg - Spinach (cooked)
--	●	PBTC	Veg - Pepper (pepperoncini)	LEVEL 2	●	RD5E	Veg - Spinach (raw)
--	●	HNHG	Veg - Pepper (poblano)	LEVEL 2	●	SSUB	Veg - Squash (acorn)
LEVEL 3	●	6XWY	Veg - Pepper (serrano)	LEVEL 2	●	SHWD	Veg - Squash (butternut)
--	●	Y3HN	Veg - Pickle (bread & butter)	LEVEL 3	●	NAJA	Veg - Squash (spaghetti)
--	●	92B3	Veg - Pickle (dill)	--	●	CHRX	Veg - Squash (yellow)
LEVEL 2	●	QD44	Veg - Potatoes (red)	LEVEL 1	●	N86J	Veg - Squash (zucchini)
--	●	SJ2F	Veg - Potatoes (sweet)	--	●	ZTBM	Veg - Swiss Chard
--	●	CVXX	Veg - Potatoes (white)	LEVEL 2	●	MJJ9	Veg - Turnip
LEVEL 2	●	EV8G	Veg - Potatoes (yellow)	LEVEL 1	●	7EM4	Veg - Water Chestnut
--	●	WCJD	Veg - Pumpkin	LEVEL 3	●	8PVR	Veg - Watercress
--	●	GHYW	Veg - Pumpkin Seed	LEVEL 3	●	SUBB	Veg - Yuca (cassava)

Actions To Take: Intolerances

Food

- 01 Elimination Phase (6-8 weeks):** During this phase, you will remove all Level 3 and Level 2 reactive foods, as well as any known allergens, from your diets. Start with the grey-listed foods to construct your diet during this period. Do not eat anything that was not tested during this time.
- 02 Monitoring and Symptom Reduction:** Watch for any improvements in your symptoms during the elimination phase. If symptoms lessen or subside, it suggests that the eliminated foods might have contributed to the issues.
- 03 Reintroduction Process:** After the elimination phase, you can begin reintroducing foods one at a time. Add back a single reactive food item into your diet. Consume that item a few times during the week. This process is crucial in helping you finalize a diet plan that suits your long term needs.
- 04 Symptom Monitoring:** Look for any adverse reaction or symptoms after reintroducing a food. If there are no intolerance symptoms, you can continue consuming the reactivated food in moderation. If you show any sign of symptoms, discontinue the food, and move on to the next reintroduction.
- 05 Consider All Factors:** Keep in mind that the source of symptoms might not be limited to just the protein source. Many processed foods could also contribute to reactions.
- 06 Variety and Moderation:** Learn to develop an eating pattern where you consume foods in moderation and rotation. This approach can help reduce the risk of sensitivities developing.

If you have a known allergy, it may not show up on your results as reactive. 5Strands does not contradict the presence of a food allergy, it just means that you don't have an intolerance to that food. You can have an allergy to a food item, but not be intolerant to it. If the known allergen doesn't show up as reactive in the report, it doesn't mean you should consume that food item or expose yourself to it.

Consultation



Bren Olson
Certified Holistic
Health Coach

If you're feeling uncertain about how to proceed or need more personalized guidance, booking a consultation with Bren Olson could be a valuable option. This consultation would likely involve discussing your specific situation, reviewing your test results, and receiving expert advice on selecting appropriate foods specifically for your needs.

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