



# Your Holistic Health Journey Starts Here

## Congratulations on receiving your pet's 5Strands results!

- This functional health assessment identifies food & environmental intolerances rather than true allergies (immune system response).
- It will also identify vitamin/mineral & heavy metal imbalances their body is experiencing.
- 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 pet's forever diet.
- These results will offer guidance in identifying potential triggers that may be causing physical symptoms in your pet.
- The vitamin & minerals results will identify which nutrients are not being absorbed properly.
- The heavy metals results will identify which metals your pet's body is not properly eliminating.

**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

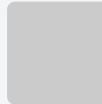
 **Grey:**  
No significant intolerance was detected. These items are not expected to cause discomfort or an adverse reaction. There is no need for avoidance.


 **Green: (Level 1)**  
Mild intolerance was detected. Any symptoms are unlikely to be noticeable. Feed these foods in rotation and moderation, and minimize environmental exposure if possible.


 **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 food and environmental items during the 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 and environmental items for 6-8 weeks.

## Vitamins & Minerals

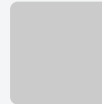
 **Grey:**  
No significant imbalance was detected. Your pet's body may be properly absorbing these nutrients.


 **Green: (Level 1)**  
Mild imbalance was detected. Your pet's body is showing signs of a mild inability to absorb these nutrients.


 **Yellow: (Level 2)**  
Moderate imbalance was detected. Your pet's body is showing signs of a moderate inability to absorb these nutrients.


 **Red: (Level 3)**  
Severe imbalance was detected. Your pet's body is experiencing a severe inability to absorb these nutrients and may even be experiencing physical symptoms from this.

## Heavy Metals & Minerals

 **Grey:**  
No significant imbalance was detected. Your pet's body may be properly processing and eliminating these items.

 **Green: (Level 1)**  
Mild imbalance was detected. Your pet's body is showing signs of a mild inability to process and eliminate these items.

 **Yellow: (Level 2)**  
Moderate imbalance was detected. Your pet's body is showing signs of a moderate inability to process and eliminate these items.

 **Red: (Level 3)**  
Severe imbalance was detected. Your pet's body is experiencing a severe inability to process and eliminate these items and may even be experiencing physical symptoms from this.



**SAMPLE TEST**  
 Pet Comprehensive Intolerances & Imbalances Test  
 December 29, 2023

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

**Environmental**

--	●	2YP8	Acrylic Fabric	--	●	E53E	Chlorine
LEVEL 3	●	8J48	Aloe Vera	LEVEL 3	●	QP9U	Clover (Trifolium spp.)
LEVEL 3	●	S3ZM	Amitraz	LEVEL 3	●	UFC7	Cocamidopropyl Betaine
LEVEL 2	●	VJVY	Ammonia	LEVEL 3	●	4325	Cockroaches
LEVEL 2	●	BJZ9	Ammonium Laureth Sulfate	LEVEL 1	●	S8NT	Colonial bent grass (Agrostis tenuis)
LEVEL 2	●	9NTU	Ants	--	●	CT5G	Cotton
LEVEL 1	●	H5P4	Apple Cider Vinegar	LEVEL 3	●	KG4Y	Crab Grass
LEVEL 3	●	83TR	Apple Tree	LEVEL 3	●	FSGA	Dandelion (Taraxum duplidens)
LEVEL 1	●	6KXN	Ash Tree (Fraxinus excelsior)	LEVEL 3	●	RKGS	Dock (Rumex acetosa)
--	●	CG54	Aspen Tree (Populus tremula)	LEVEL 3	●	DK53	Dog Dander
LEVEL 3	●	9Q44	Aspergillus Fumigatus	LEVEL 2	●	2UZN	Duck feathers
--	●	CRJR	Baking Soda	LEVEL 2	●	NWS9	Elm Tree (Ulmus glabra)
LEVEL 1	●	CG8J	Bamboo	LEVEL 3	●	65CM	Fescue
LEVEL 1	●	RGXM	Bee	--	●	ACFT	Fipronil
--	●	HSQP	Beech Tree (Fagus silvatica)	--	●	MN4V	Fireweed (Epilobium angustifolium)
LEVEL 2	●	KM5P	Bermuda grass (Cynodon dactylon)	LEVEL 3	●	EJY7	Fleas
--	●	Z6HX	Butoxyethanol	--	●	PPSC	Fleece
LEVEL 2	●	CEXY	Buttercup (Ranculus spp.)	--	●	3Y5U	Formaldehyde
LEVEL 3	●	UHFJ	Calcium Hypochlorite	LEVEL 2	●	E9BZ	Glycerin
LEVEL 3	●	TYG5	Cat Dander	--	●	ZG7D	Goldenrod (Solidago virgaurea)
--	●	5C6P	Centipede Grass	LEVEL 3	●	BYSP	Goose feathers
--	●	JETC	Cherry tree	--	●	C5S9	Hawthorn (Crataegus spp.)



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--	●	ZCP2	Horseflies	LEVEL 2	●	QYKN	Mites (ear)
LEVEL 3	●	7RS9	Horses	--	●	UQ57	Mites (flour) (Acarus siro)
LEVEL 3	●	VWSG	Hydrogen Peroxide	LEVEL 2	●	BHSC	Mites (mange)
LEVEL 1	●	CV8V	Imidacloprid	--	●	K4AG	Mites (nasal)
--	●	WY53	Isopropyl Alcohol	--	●	U64D	Mites (spider)
LEVEL 1	●	Q3AG	Jasmine (Philadelphus spp.)	LEVEL 1	●	CAHQ	Mites (storage)
LEVEL 2	●	Z3EG	Juniper Bush	LEVEL 1	●	MYJE	Mold (Alternaria)
--	●	SDJS	Kammgras (Cynosurus cristatus)	LEVEL 3	●	UGHC	Mold (Aspergillus)
--	●	9CHY	Kentucky bluegrass (Poa pratensis)	LEVEL 1	●	C7EW	Mold (Aureobasidium)
--	●	RVQU	Leather	LEVEL 1	●	ZUV4	Mold (Chaetomium)
--	●	JWPR	Magnolia Tree	LEVEL 1	●	KEU7	Mold (Mucor)
--	●	STGV	Malt Vinegar	--	●	5BT3	Mold (Penecillium)
--	●	NJQS	Maple Tree (Acer sepp.)	LEVEL 1	●	DEGU	Mold (Serpula)
--	●	KE6J	Meadow fox tail (Alopecurus prat.)	LEVEL 3	●	FKSX	Mold (Stachybotrys)
--	●	ZWUT	Methoprene	--	●	D5B5	Mold (Trichoderma)
LEVEL 2	●	EMRX	Methylparaben	LEVEL 2	●	AG8Q	Mold (Ulocladium)
LEVEL 3	●	TSVN	Mice	LEVEL 3	●	FJS2	Mosquito
--	●	Z4F4	Mice Dung	LEVEL 1	●	7YP4	Nylon
LEVEL 2	●	XXSW	Mineral Oil	--	●	CMRD	Oak Tree (Quercus robur)
LEVEL 3	●	CMMZ	Mites (chigger)	--	●	S2KF	Orchard grass (Dactylis glomerata)
LEVEL 1	●	YRTW	Mites (clover)	LEVEL 3	●	V8CF	Pansy
LEVEL 1	●	7KJJ	Mites (dust)	--	●	34R7	Parabens



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--	●	3BP5	Pear tree	LEVEL 1	●	BVUU	Rose (Rosa spp.)
LEVEL 1	●	G99C	Perchloroethylene	--	●	V9PJ	Ryegrass
--	●	GPNB	Permethrin	LEVEL 1	●	9ME7	Silk
--	●	GEUN	Phthalates	--	●	XUND	Sodium Hydroxide
LEVEL 1	●	DBAB	Pigeon Dung	LEVEL 1	●	RVPD	Sodium Hypochlorite
--	●	9YE6	Pigeons	LEVEL 3	●	RP6J	Sodium Laureth Sulfate
LEVEL 1	●	HJUH	Pine Tree (Pinus spp.)	LEVEL 3	●	CF7A	Sodium Lauryl Sulfate
LEVEL 2	●	AFSH	Polyester	--	●	M4VZ	Spruce Tree (Picea abies)
LEVEL 1	●	G5YW	Polyethylene Glycol	--	●	83TG	St. Augustine Grass
LEVEL 3	●	6YDQ	Polysorbates	LEVEL 1	●	YG5Y	Ticks
--	●	NPZP	Poplar Tree (Populus spp.)	LEVEL 1	●	ME9P	Triclosan
LEVEL 3	●	Q93Z	Privet (Ligustrum spp.)	LEVEL 1	●	TNJH	Tulip (Tulipa spp.)
--	●	E2Q3	Propylene Glycol	LEVEL 1	●	JVWR	Wasp
--	●	GSHB	Quartenary Ammonium Compounds	LEVEL 2	●	XT3Y	White Vinegar
LEVEL 3	●	N8BF	Rabbits	--	●	PR5D	Willow Tree (Salix vitellina)
--	●	CCTS	Ragweed (Ambrosia elatior)	LEVEL 3	●	KUZP	Wool
LEVEL 1	●	GYUM	Rat Dung	LEVEL 3	●	QN74	Zoysia Grass
LEVEL 1	●	9FEW	Rats				



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**Metals/ Minerals**

LEVEL 3	●	D4E5	Aluminium (Al)	LEVEL 1	●	JXE3	Osmium (Os)
--	●	SVS6	Antimony (Sb)	--	●	9WVG	Palladium (Pd)
--	●	BVJ3	Arsenic (As)	--	●	CVFV	Phosphorus (P)
--	●	TN24	Barium (Ba)	--	●	J9RH	Platinum (Pt)
--	●	Z4RZ	Beryllium (Be)	LEVEL 2	●	JN2J	Polonium (Po)
--	●	679B	Bismuth (Bi)	--	●	DPDT	Radium (Ra)
--	●	48MZ	Cadmium (Cd)	--	●	D2X9	Rhodium (Rh)
LEVEL 2	●	JSPF	Caesium (Cs)	--	●	78T5	Rubidium (Rb)
LEVEL 1	●	EG9Z	Chromium (Cr)	--	●	4MYR	Ruthenium (Ru)
--	●	BVNV	Cobalt (Co)	--	●	2CEH	Scandium (Sc)
--	●	M3H2	Copper (Cu)	--	●	NGZT	Selenium (Se)
--	●	MCMG	Gold (Au)	--	●	SE2G	Silver (Ag)
--	●	872F	Iron (Ferrous) (Fe)	--	●	8KSP	Strontium (Sr)
--	●	68H2	Lead (Pb)	--	●	7CSN	Thallium (Th)
LEVEL 3	●	GPN4	Lithium (Li)	LEVEL 1	●	4YRE	Tin (Sn)
--	●	5FNF	Magnesium (Mg)	--	●	6CY6	Titanium (Ti)
--	●	QHUV	Manganese (Mn)	--	●	ZXBE	Tungsten (W)
--	●	HYH3	Mercury (Hg)	--	●	5NV8	Uranium (U)
--	●	Z96T	Molybdenum (Mo)	LEVEL 3	●	XNFU	Vanadium (V)
--	●	Z5XT	Nickel (Ni)	--	●	QUH6	Zinc (Zn)
LEVEL 2	●	F4XF	Niobium (Nb)	LEVEL 2	●	DMQ W	Zirconium (Zr)



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**Nutrition**

--	●	Z9Q9	Vitamin A (retinyl palmitrate)	--	●	BYME	AA - Essential - Threonine
LEVEL 2	●	VTW7	Vitamin B1 (thiamine)	--	●	5DBD	AA - Essential - Tryptophane
LEVEL 1	●	GJ8Y	Vitamin B12 (cobalamin)	--	●	5QQT	AA - Essential - Tyrosine
--	●	T9RJ	Vitamin B2 (riboflavin)	--	●	69G3	AA - Essential - Valine
--	●	DA8D	Vitamin B3 (niacin)	LEVEL 2	●	GB2J	Essential Mineral - Calcium
--	●	MFMM	Vitamin B5 (pantothenic acid)	--	●	7WBY	Essential Mineral - Choline
--	●	GVJK	Vitamin B6 (pyridoxine)	--	●	SFTY	Essential Mineral - Magnesium
--	●	2F3F	Vitamin B7 (biotin)	--	●	KQ3U	Essential Mineral - Phosphorus
LEVEL 1	●	XKZX	Vitamin B9 (folic acid)	LEVEL 1	●	NQJZ	Essential Mineral - Potassium
--	●	JWR5	Vitamin C (ascorbic acid)	LEVEL 3	●	Q5KU	Essential Mineral - Sodium
--	●	RFKR	Vitamin D3 (cholecalciferol)	LEVEL 1	●	M63K	Essential Mineral - Zinc Orotate
LEVEL 2	●	Z5DK	Vitamin E (alpha-tocopherol)	LEVEL 3	●	GJ72	Fatty Acid - Alpha-linolenic Acid (Omega 3)
--	●	N9SN	Vitamin K1 (phylloquinone)	--	●	H5VD	Fatty Acid - Arachidonic Acid (Omega 6)
--	●	VHMK	AA - Essential - Arginine	LEVEL 1	●	BRQ8	Fatty Acid - Docosahexaenoic Acid (Omega 3)
--	●	YC5U	AA - Essential - Cystine	--	●	GKJM	Fatty Acid - Eicosapentaenoic Acid (Omega 3)
LEVEL 1	●	Z2ST	AA - Essential - Histidine	--	●	SH74	Fatty Acid - Linoleic Acid (Omega 6)
LEVEL 1	●	F4RX	AA - Essential - Isoleucine	--	●	CT5P	Trace Mineral - Chloride
--	●	S2MB	AA - Essential - Leucine	--	●	TW7T	Trace Mineral - Copper
--	●	99NX	AA - Essential - Lysine	--	●	BYUF	Trace Mineral - Iodine (aqueous)
--	●	CBUT	AA - Essential - Methionine	--	●	56MK	Trace Mineral - Iron
--	●	QUNM	AA - Essential - Phenylalanine	--	●	297R	Trace Mineral - Manganese
--	●	WCTK	AA - Essential - Taurine	LEVEL 2	●	2S4E	Trace Mineral - Selenium



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**Food**

--	●	FTFE	Dairy - Cheese (american)	LEVEL 3	●	QY6Q	Food Dye - Blue #1
LEVEL 3	●	9G5P	Dairy - Cheese (cheddar)	LEVEL 3	●	QUC9	Food Dye - Blue #2
LEVEL 1	●	R5J5	Dairy - Cheese (cottage)	LEVEL 2	●	55QQ	Food Dye - Caramel Color
--	●	AFF8	Dairy - Cheese (swiss)	LEVEL 1	●	4NS5	Food Dye - Red #40
LEVEL 2	●	TU3E	Dairy - Milk (cow)	LEVEL 2	●	92JU	Food Dye - Yellow #5
--	●	JX3E	Dairy - Yogurt (plain Greek)	--	●	6TBJ	Food Dye - Yellow #6
--	●	8HC4	Dairy - Yogurt (plain)	LEVEL 2	●	TVHF	Fruit - Blueberries
LEVEL 2	●	2FHP	Fat - Almond Oil	LEVEL 2	●	9XVD	Fruit - Cranberries
--	●	ZUEQ	Fat - Beef Fat	LEVEL 3	●	X4F6	Grain - Barley
--	●	MXCK	Fat - Canola Oil	--	●	T5ET	Grain - Brewers Rice
LEVEL 1	●	HH3M	Fat - Chicken Fat	--	●	EXYR	Grain - Casava Root Flour
--	●	4YF8	Fat - Coconut Oil	--	●	6SCZ	Grain - Corn Gluten Meal
LEVEL 1	●	MS9J	Fat - Cod Liver Oil	--	●	RCKN	Grain - Corn Meal
LEVEL 1	●	6DMQ	Fat - Herring Oil	LEVEL 2	●	HCTZ	Grain - Flaxseed
LEVEL 3	●	NT2N	Fat - Olive Oil	--	●	7HM9	Grain - Ground Yellow Corn
LEVEL 3	●	CBPU	Fat - Pork Fat	LEVEL 2	●	DJ3C	Grain - Millet
LEVEL 1	●	CCAY	Fat - Salmon Oil	LEVEL 3	●	F2KA	Grain - Oat
LEVEL 2	●	XRDB	Fat - Sardine Oil	LEVEL 3	●	KV8F	Grain - Oat Groats
--	●	XP2B	Fat - Sesame Oil	LEVEL 1	●	AK96	Grain - Pearled Barley
--	●	KC5T	Fat - Soybean Oil	--	●	7JVW	Grain - Quinoa
LEVEL 1	●	ZU8C	Fat - Sunflower Oil	--	●	4PKW	Grain - Quinoa Powder
LEVEL 1	●	8QDM	Fat - Vegetable Oil	LEVEL 3	●	NS32	Grain - Rice (brown)





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**Food**

LEVEL 3	●	9UMU	Grain - Rice (white)	LEVEL 2	●	5VDF	Misc - Dried Egg Product
LEVEL 1	●	YEYS	Grain - Rice (wild)	--	●	DCQT	Misc - Flaxseed Meal
LEVEL 1	●	8HK2	Grain - Rice Bran	--	●	S4T7	Misc - Gelatin
LEVEL 2	●	7MRX	Grain - Rice Flour	LEVEL 1	●	FPKE	Misc - Hemp
--	●	MK27	Grain - Rye	--	●	J36V	Misc - Miscanthus Grass
--	●	K8R4	Grain - Soy Flour	LEVEL 3	●	79YH	Misc - Pea Fiber
LEVEL 3	●	WCJE	Grain - Soy Grits	LEVEL 3	●	K8BF	Misc - Pea Flour
--	●	4X2X	Grain - Wheat	LEVEL 2	●	7HZE	Misc - Pea Starch
LEVEL 1	●	8JRW	Grain - Wheat Flour	LEVEL 1	●	UGJV	Misc - Potato Flour
--	●	ZVS2	Grain - Wheat Gluten	LEVEL 1	●	DWBT	Misc - Potato Starch
LEVEL 3	●	NGXQ	Grain - Wheat Middlings	LEVEL 2	●	WS2P	Misc - Powdered Cellulose
LEVEL 3	●	QV5Z	Grain - Whole Grain Sorghum	LEVEL 3	●	S3TA	Misc - Psyllium Seed Husk
LEVEL 2	●	NHPM	Misc - Alfalfa	--	●	2KQC	Misc - Tapioca
LEVEL 3	●	K6YG	Misc - Alfalfa (dehydrated)	--	●	467X	Misc - Tapioca Starch
LEVEL 1	●	6UXT	Misc - Alfalfa Powder	LEVEL 3	●	2YUE	Misc - Tomato Pomace
LEVEL 2	●	QM9B	Misc - Apple Pomace	--	●	XB79	Misc - Vinegar (apple cider)
--	●	3WVT	Misc - Barley Grass	--	●	8DH5	Misc - Yeast
--	●	EHRZ	Misc - Bee Pollen	LEVEL 1	●	3TAS	Misc - Yeast Culture
LEVEL 1	●	TJG5	Misc - Beet Pulp	LEVEL 1	●	SHBU	Misc - Yucca Schidigera Extract
--	●	H3AR	Misc - Brewers Yeast	LEVEL 1	●	F5NT	Nuts - Almond
LEVEL 3	●	Z2RX	Misc - Catnip	LEVEL 3	●	XZ3Q	Nuts - Brazil Nuts
LEVEL 3	●	8WEV	Misc - Chicory Root Extract	LEVEL 2	●	VSKS	Nuts - Cashew Nuts



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Food							
LEVEL 2	●	QA37	Nuts - Peanut Butter	LEVEL 3	●	XG9T	Protein - Beef Heart
LEVEL 1	●	GH7T	Nuts - Peanuts	--	●	MKB5	Protein - Beef Hide
--	●	AHHX	Nuts - Pistachios	--	●	7BKH	Protein - Beef Jerky
LEVEL 2	●	9WZA	Probiotic - Bifidobacterium breve	LEVEL 3	●	TSEA	Protein - Beef Kidney
--	●	XRED	Probiotic - Bifidobacterium infantis	LEVEL 2	●	NYAA	Protein - Beef Liver
LEVEL 2	●	6XAH	Probiotic - Bifidobacterium lactis	LEVEL 3	●	SDGK	Protein - Beef Meal
LEVEL 3	●	F8CP	Probiotic - Dried Aspergillus oryzae Fermentation Prod.	--	●	6XPW	Protein - Beef Tallow
LEVEL 3	●	TR8C	Probiotic - Dried Bacillus licheniformis Fermentation Prod.	LEVEL 3	●	NZ2W	Protein - Bison Meal
LEVEL 1	●	QA6R	Probiotic - Dried Bacillus subtilis Fermentation Prod.	--	●	2PCT	Protein - Bone Meal
LEVEL 1	●	YEMV	Probiotic - Dried Bifidobacterium bifidum fermentation Prod.	LEVEL 3	●	J4P4	Protein - Canola Meal
LEVEL 2	●	3K3V	Probiotic - Dried Enterococcus faecium fermentation Prod.	--	●	QKVQ	Protein - Chicken
LEVEL 3	●	A6RM	Probiotic - Dried Lactobacillus bulgaricus fermentation Prod.	LEVEL 3	●	68SJ	Protein - Chicken Broth
--	●	GRUP	Probiotic - Dried Lactobacillus plantarum fermentation Prod.	LEVEL 2	●	85JU	Protein - Chicken By Product
--	●	DPQ9	Probiotic - Dried Rhizopus oryzae Fermentation Prod.	--	●	BU8M	Protein - Chicken Heart
LEVEL 2	●	4TFZ	Probiotic - Dried Trichoderma reesei Fermentation Prod.	LEVEL 2	●	PVWC	Protein - Chicken Liver
--	●	2K5K	Probiotic - Streptococcus thermophilus fermentation Prod.	--	●	NYW2	Protein - Chicken Meal
LEVEL 2	●	VV33	Protein - Alfalfa Meal Concentrate	LEVEL 3	●	3JC3	Protein - Coconut Meal
LEVEL 1	●	XJ33	Protein - Alfalfa Nutrient Concentrate	LEVEL 2	●	ET3X	Protein - Duck
LEVEL 1	●	XQAJ	Protein - Alligator Meal	LEVEL 3	●	FHRH	Protein - Duck Gizzard
--	●	ZETM	Protein - Bacon	LEVEL 1	●	K96A	Protein - Duck Meal
--	●	TKSV	Protein - Beef	LEVEL 2	●	PS6N	Protein - Egg White (chicken)
LEVEL 1	●	8QYM	Protein - Beef Broth	LEVEL 1	●	2TPD	Protein - Egg White (duck)



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Food							
LEVEL 1	●	RCQZ	Protein - Egg White (quail)	--	●	WZ3F	Protein - Turkey Meal
LEVEL 3	●	ZGG5	Protein - Egg Yolk (chicken)	--	●	X7RH	Protein - Venison Meal
--	●	SJUV	Protein - Egg Yolk (duck)	--	●	GCPX	Protein - Water Buffalo
LEVEL 3	●	Q8TC	Protein - Egg Yolk (quail)	LEVEL 1	●	9AMF	Seafood - Anchovy
LEVEL 2	●	PZAR	Protein - Kangaroo	LEVEL 1	●	XDE3	Seafood - Anchovy Meal
LEVEL 1	●	KB2H	Protein - Lamb	LEVEL 3	●	NUUR	Seafood - Catfish Meal
LEVEL 1	●	4JDP	Protein - Lamb Meal	LEVEL 1	●	XV6S	Seafood - Cod
--	●	Z54S	Protein - Pea Protein	LEVEL 3	●	6PKE	Seafood - Fish Broth
--	●	A7N5	Protein - Pheasant	LEVEL 3	●	6AMD	Seafood - Fish Meal
--	●	X2ET	Protein - Pheasant Gizzard	LEVEL 2	●	NP6P	Seafood - Halibut
--	●	PPMG	Protein - Pheasant Heart	LEVEL 2	●	UXAT	Seafood - Herring
--	●	DQBW	Protein - Pheasant Liver	LEVEL 2	●	MC2A	Seafood - Herring Meal
LEVEL 3	●	V9JF	Protein - Pork	LEVEL 1	●	762E	Seafood - Lobster
--	●	F8ZN	Protein - Pork Meal	LEVEL 2	●	Y5AE	Seafood - Mackerel
LEVEL 1	●	GSN9	Protein - Pork Skins	LEVEL 3	●	XBBB	Seafood - Menhaden Fish Meal
LEVEL 2	●	EJ6U	Protein - Potato Protein	LEVEL 3	●	MMR3	Seafood - Mussels
LEVEL 1	●	UZPD	Protein - Quail	LEVEL 3	●	H5H4	Seafood - Ocean Fish Meal
LEVEL 3	●	HDJ2	Protein - Rabbit Meal	--	●	5WM6	Seafood - Oyster
--	●	36UK	Protein - Soy Protein Concentrate	LEVEL 1	●	2DUY	Seafood - Salmon
--	●	CQZV	Protein - Soy Protein Isolate	LEVEL 2	●	Q2TM	Seafood - Salmon Meal
LEVEL 3	●	9YT9	Protein - Soybean Meal	LEVEL 1	●	VEV7	Seafood - Sardine
LEVEL 3	●	A3BD	Protein - Turkey	--	●	B4WK	Seafood - Sardine Meal



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Food						
--	●	3J6R	Seafood - Sea Bass	LEVEL 3	●	GS27 Synthetic Additive - Biotin
--	●	SSSB	Seafood - Sole	LEVEL 1	●	GPNR Synthetic Additive - Calcium Carbonate
--	●	YYEH	Seafood - Trout	LEVEL 3	●	927X Synthetic Additive - Calcium Chloride
LEVEL 1	●	NZ4A	Seafood - Tuna	--	●	BHHF Synthetic Additive - Calcium Iodate
LEVEL 2	●	PGW2	Seafood - Whitefish Meal	--	●	2G97 Synthetic Additive - Calcium Pantothenate
--	●	ZJ8G	Spice - Basil	LEVEL 3	●	CV8S Synthetic Additive - Calcium Sulfate
LEVEL 3	●	S58A	Spice - Cilantro	--	●	D7S8 Synthetic Additive - Carnitine
--	●	5H5K	Spice - Fenugreek Seed	--	●	GYBE Synthetic Additive - Carrageenan
--	●	86JZ	Spice - Ginger	LEVEL 2	●	W6J7 Synthetic Additive - Choline Chloride
--	●	6ACS	Spice - Oregano Powder	LEVEL 3	●	JM7G Synthetic Additive - Citric Acid
LEVEL 2	●	FYAW	Spice - Parsley	LEVEL 2	●	UW7V Synthetic Additive - Copper Sulfate
LEVEL 2	●	DM3H	Spice - Parsley Flakes	LEVEL 1	●	TQPV Synthetic Additive - Dicalcium Phosphate
--	●	XVBK	Spice - Rosemary	--	●	GYRX Synthetic Additive - Ferrous Sulfate
--	●	5KB6	Spice - Rosemary Powder	--	●	BGE7 Synthetic Additive - Folic Acid
LEVEL 3	●	57HK	Spice - Sage	LEVEL 3	●	T4VC Synthetic Additive - Glucosamine Hydrochloride
LEVEL 1	●	VG8R	Spice - Sage Powder	--	●	E9TM Synthetic Additive - Guar Gum
LEVEL 1	●	V6PS	Spice - Thyme	LEVEL 2	●	82HU Synthetic Additive - Inositol
--	●	PXCP	Sweetener - High Fructose Corn Syrup	--	●	WUCZ Synthetic Additive - Inulin
--	●	9MFM	Sweetener - Sucrose	--	●	YTMD Synthetic Additive - Lecithins
LEVEL 1	●	9CTG	Sweetener - Sugar (brown)	LEVEL 2	●	NNZC Synthetic Additive - Manganese Protonate
--	●	Y6Y5	Synthetic Additive - Agar Gum	LEVEL 1	●	ADWA Synthetic Additive - Manganese Sulfate
--	●	F6T7	Synthetic Additive - Ascorbic Acid	LEVEL 2	●	CPQZ Synthetic Additive - Niacin



**SAMPLE TEST**  
 Pet Comprehensive Intolerances & Imbalances Test  
 December 29, 2023

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

**Food**

--	●	QDCE	Synthetic Additive - Omega 3 Fatty Acid	LEVEL 3	●	VRAW	Veg - Carrots (cooked)
--	●	WMT3	Synthetic Additive - Phosphoric Acid	LEVEL 3	●	C9SH	Veg - Cauliflower (cooked)
LEVEL 2	●	PC9K	Synthetic Additive - Potassium Chloride	LEVEL 1	●	ZQZN	Veg - Celery (cooked)
--	●	UGGY	Synthetic Additive - Pyridoxine Hydrochloride	--	●	5GVP	Veg - Chicory Root (cooked)
--	●	257Y	Synthetic Additive - Riboflavin	LEVEL 2	●	3JVR	Veg - Corn (cooked)
--	●	EN48	Synthetic Additive - Sodium Chloride	--	●	C2D4	Veg - Lentils (cooked)
LEVEL 1	●	7QF2	Synthetic Additive - Sodium Selenate	LEVEL 2	●	BNJC	Veg - Mushroom (button) (cooked)
LEVEL 1	●	9M92	Synthetic Additive - Soy Lecithin	--	●	GSX2	Veg - Mushroom (chaga) (cooked)
LEVEL 3	●	RTQJ	Synthetic Additive - Taurine	--	●	NTBT	Veg - Mushroom (cordyceps) (cooked)
LEVEL 1	●	7MNY	Synthetic Additive - Zinc Sulfate	LEVEL 2	●	9CP9	Veg - Mushroom (cremini) (cooked)
LEVEL 1	●	JFA3	Synthetic Additive - E 306 Natural Tocopherols	--	●	KF7Q	Veg - Mushroom (enoki) (cooked)
LEVEL 1	●	6EJH	Synthetic Additive - E 307 Alpha-Tocopherol	LEVEL 1	●	UNWF	Veg - Mushroom (lion's mane) (cooked)
LEVEL 3	●	39MN	Synthetic Additive - E 308 Synthetic Gamma-Tocopherol	LEVEL 1	●	WJJ9	Veg - Mushroom (maitake) (cooked)
LEVEL 3	●	9QK8	Synthetic Additive - E 309 Synthetic Delta-Tocopherol	--	●	G79Y	Veg - Mushroom (oyster) (cooked)
LEVEL 1	●	ZGFW	Veg - Asparagus (cooked)	LEVEL 1	●	752T	Veg - Mushroom (porcini) (cooked)
--	●	JMFP	Veg - Beans (black) (cooked)	LEVEL 2	●	FDAD	Veg - Mushroom (portabella) (cooked)
LEVEL 2	●	WR5A	Veg - Beans (chickpea)	--	●	V2H6	Veg - Mushroom (reishi) (cooked)
LEVEL 3	●	F5M2	Veg - Beans (green) (cooked)	LEVEL 2	●	9SWU	Veg - Mushroom (shiitake) (cooked)
LEVEL 2	●	RFT3	Veg - Beets (cooked)	LEVEL 2	●	D2J9	Veg - Mushroom (shimeji) (cooked)
LEVEL 1	●	XE6T	Veg - Broccoli (cooked)	--	●	9ZTN	Veg - Mushroom (truffle) (cooked)
LEVEL 1	●	V74J	Veg - Brussels Sprouts (cooked)	--	●	PNBG	Veg - Mushroom (turkey tail) (cooked)
LEVEL 3	●	SRCY	Veg - Cabbage (cooked)	--	●	J7MJ	Veg - Peas (green) (cooked)



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Food

LEVEL 3	●	S65J	Veg - Potato (sweet) (cooked)	--	●	56HA	Veg - Spinach (cooked)
LEVEL 2	●	SBX2	Veg - Potato (white) (cooked)	LEVEL 2	●	C752	Veg - Squash (butternut) (cooked)
LEVEL 2	●	7MC5	Veg - Potato (yellow) (cooked)	LEVEL 3	●	2JWU	Veg - Squash (zucchini) (cooked)
--	●	ABRB	Veg - Pumpkin (cooked)	LEVEL 1	●	A9SG	Veg - Yam (cooked)

# 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 pet's diets. Start with the grey-listed foods to construct their diet during this period. Do not feed anything that was not tested during this time.
- 02 Monitoring and Symptom Reduction:** Watch for any improvements in your pet's 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 pet's diet. Feed that item a few times during the week. This process is crucial in helping you finalize a diet plan that suits your pet's 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 feeding the reactivated food in moderation. If your pet shows 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 a dietary pattern where you are providing foods in moderation and rotation. This approach can help reduce the risk of sensitivities developing.

## Environmental

- 01 Prioritize Level 3 Items:** Level 3 items are the ones that your pet is more intolerant to. These are the items that you should try to minimize their exposure to as much as possible.
- 02 Identify Potential Sources:** Examine various aspects of their environment, including their bedding, furniture, cleaning products used at home, and outdoor elements like grasses, pollens, bushes, and nearby trees.
- 03 Reduce Outdoor Exposure:** If your pet spends time outdoors, especially in areas where potential triggers are present, consider wiping their feet with a damp cloth when they come indoors. This can help remove allergens like pollen and decrease the likelihood of transferring them indoors.
- 04 Purpose Of The Test:** The 5Strands Environmental Intolerance Test is designed to help you gain a better understanding of your pet's body and become more aware of their sensitivities. This awareness will empower you to make informed choices about the environment and substances your pet is exposed to.
- 05 Adhere To Guidelines:** You can proactively take steps to create a more comfortable and healthier environment for your pet. This personalized approach to care can lead to enhanced well-being and potentially lessen the impact of environmental triggers on their health.

*If your pet has a known allergy, it may not show up on their results as reactive. 5Strands does not contradict the presence of a food allergy, it just means that they 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 they should consume that food item or be exposed to it.*

# Actions To Take: Imbalances

## Vitamins & Minerals

- 01 **Nutrient Absorption & Intolerances:** The Vitamins & Minerals Imbalance Test reveals your pet's potential absorption and nutrient utilization issues. Intolerances to certain foods can trigger cellular inflammation which also hinders proper nutrient uptake.
- 02 **Effect On Supplements:** When giving your pet supplements, consider their body's efficiency in absorbing synthetic nutrients, especially if they have intolerances or imbalances. We recommend choosing natural supplements derived from whole foods, plants, or herbs whenever possible.
- 03 **Difference From Blood Testing:** Unlike traditional blood tests measuring physical nutrient presence in the blood, the 5Strands test assesses the body's ability to properly absorb nutrients, omitting reference ranges found in traditional blood test results.
- 04 **The Preemptive Nature Of Bioresonance Testing:** 5Strands' bioresonance testing proactively identifies imbalances before they manifest physically, potentially preventing health issues.
- 05 **Diet & Supplements:** Prioritize a healthy diet comprising non-intolerant whole foods for optimal nutrient intake. If you give your pet supplements, opt for those sourced from natural elements like whole foods, plants, or herbs to avoid synthetic additives that challenge their body's processing abilities.

## Heavy Metals & Minerals

- 01 **Identifying Processing Issues:** The 5Strands Metals & Minerals Imbalance report identifies substances your pet's body struggles to process and eliminate when exposed to them.
- 02 **Environmental Exposure:** While the report does not specify how or where your pet is exposed to these toxins, it provides a proactive basis to begin investigating their current diet and lifestyle.
- 03 **Mitigating Exposure:** Complete avoidance is challenging, however, you can analyze and mitigate areas of exposure by reducing toxic food consumption, assessing household products, checking air quality, and utilizing air purifiers.
- 04 **Health Impact:** When natural detox systems are compromised and not filtering toxins properly, health issues like seizures, behavioral changes, and gastrointestinal problems may occur.
- 05 **Natural Cleansing Support:** Support your pet's body's natural cleansing process with filtered water, a nutritious diet, non-chemical products, exercise, and limited unnecessary vaccinations and drugs.
- 06 **Staying Proactive:** Regularly assess your environment for metal and mineral exposure sources to proactively optimize your pet's internal cleansing functionality.
- 07 **Healthcare Consultation:** Always seek the advice of your veterinarian or other qualified health providers regarding medical conditions, symptoms or questions.



## Consultation



**Tazz Latifi**  
Certified Pet  
Nutritionist

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

[LEARN MORE](#)

## Need Help

### Contact 5Strands



**Call Us**  
+1 (833) 600-8378

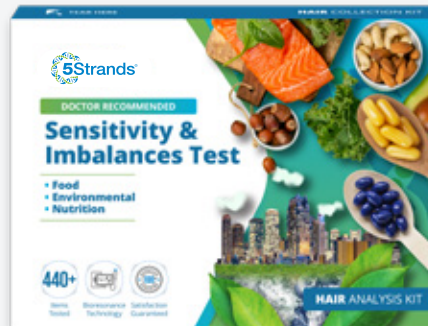


**Email Us**  
info@5strands.com

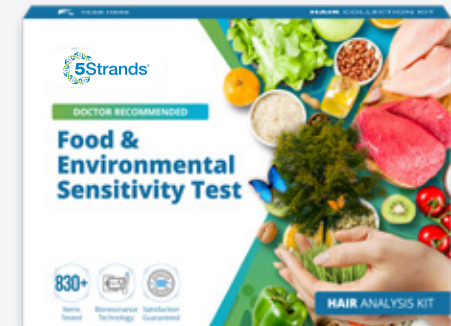
## What About Your Intolerances & Imbalances?



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*Disclaimer: 5Strands® Affordable Testing does not make medical diagnosis nor is it intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your doctor or other qualified health providers regarding medical conditions, symptoms or questions. Never disregard professional medical advice or delay in seeking it because of something you have read in 5Strands® Affordable Testing materials. If you think you may have an emergency, call your doctor or seek emergency services immediately. Please note that 5Strands does not make recommendations on detox protocols and or products.*

