



# Your Holistic Health Journey Starts Here

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

- This functional health assessment identifies 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 pet's forever diet.
- These results will offer guidance in identifying potential triggers that may be causing physical symptoms in your pet.

**HOW TO READ YOUR RESULTS**



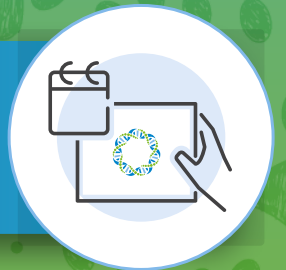
**REVIEW YOUR RESULTS**



**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.



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



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



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



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



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





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





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

*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.*

## 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



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