



# Your Holistic Health Journey Starts Here

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

- This functional health assessment focuses on imbalances of the heavy metals & minerals in your pet's body.
- It will identify which heavy metals & minerals are of concern so that you can make informed decisions on how to modify your pet's diet and lifestyle choices.
- While it is almost impossible to eliminate toxins from your pet's daily life, these results will help bring you awareness and may help motivate you to adopt an ongoing practice to provide your pet a healthier and cleaner way of life.

### HOW TO READ YOUR RESULTS



### REVIEW YOUR RESULTS



### ACTIONS TO TAKE



### RETEST IN 6 MONTHS



#### 5Strands

Lawrenceville, Georgia USA

[www.5strands.com](http://www.5strands.com) | +1 (833) 600-TEST | [info@5strands.com](mailto:info@5strands.com)

# How To Read Your Results

## 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 Metals Minerals Test  
December 29, 2023

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

Metals/ Minerals

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

# Actions To Take: Imbalances

## 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

## Upgrade Your Results

Order within 30 days to use the same hair sample and skip the collection process.  
Your pet's results will be available in just 3 business days.



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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.*

