



Your Holistic Health Journey Starts Here

Congratulations on receiving your pet's 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 pet's forever diet, but rather to offer guidance in identifying potential triggers that may be causing physical symptoms in your pet.

**HOW TO READ
YOUR RESULTS**



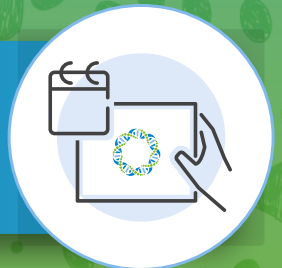
**REVIEW YOUR
RESULTS**



**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.



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 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 items for 6-8 weeks.



SAMPLE TEST
Pet Raw 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 2	●	QDGX	Additive - Copper proteinate	LEVEL 3	●	QWKY	Fat - Hemp Seed Oil
--	●	T254	Additive - D-calcium pantothenate	LEVEL 2	●	GREZ	Fat - Krill Oil
--	●	2G8K	Additive - Iron protenaite	LEVEL 1	●	D2QG	Fat - Safflower Oil
LEVEL 3	●	CE7Z	Additive - L-carnitine	LEVEL 1	●	9GCW	Fruit - Apple
LEVEL 2	●	PD92	Additive - Pantothenic acid	--	●	2JC2	Fruit - Apricot
--	●	QJUE	Additive - Pyrodoxine	--	●	FZGC	Fruit - Bananas
LEVEL 2	●	EMG7	Additive - Sodium Phosphate	LEVEL 1	●	YDEJ	Fruit - Blackberries
LEVEL 3	●	TPZ6	Additive - Thiamine mononitrate	--	●	JSP7	Fruit - Cantaloupe
LEVEL 1	●	KSQJ	Additive - Tricalcium phosphate	LEVEL 1	●	MR6D	Fruit - Cherries
--	●	XXFW	Additive - Vitamin A supplement	--	●	PV8A	Fruit - Coconut
--	●	GQAX	Additive - Vitamin B12 supplement	LEVEL 1	●	C5FX	Fruit - Figs
LEVEL 2	●	QUPZ	Additive - Vitamin D3 supplement	--	●	TUTD	Fruit - Grapefruit
LEVEL 3	●	QR9S	Additive - Vitamin E supplement	LEVEL 2	●	FDKK	Fruit - Honeydew Melon
LEVEL 3	●	AS5T	Additive - Zinc amino acid	LEVEL 1	●	5264	Fruit - Kiwi
LEVEL 2	●	EKD7	Additive - Zinc proteinate	LEVEL 2	●	FP7Y	Fruit - Mango
LEVEL 2	●	EX7Y	Dairy - Bovine Colostrum	LEVEL 3	●	MEFM	Fruit - Oranges
--	●	XP9M	Dairy - Kefir	LEVEL 1	●	J2FY	Fruit - Papaya
--	●	E2RE	Dairy - Milk (goat)	--	●	QHBW	Fruit - Peaches
LEVEL 2	●	E3BM	Dairy - Milk (sheep)	LEVEL 3	●	D629	Fruit - Pears
LEVEL 3	●	GCGS	Dairy - Raw Cow Kefir	LEVEL 2	●	BGKS	Fruit - Pineapples
LEVEL 3	●	PTKV	Fat - Emu Oil	--	●	FADS	Fruit - Raspberries
--	●	FH3N	Fat - Flaxseed Oil	--	●	T3E7	Fruit - Strawberries



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LEVEL 2	●	YXSK	Fruit - Tomato	LEVEL 3	●	KG7K	Misc - Slippery Elm Bark Powder
LEVEL 1	●	DQQ3	Fruit - Watermelons	LEVEL 1	●	KV FY	Misc - Spirulina
LEVEL 2	●	THX7	Grain - Red Quinoa	--	●	ZU9Q	Misc - Sunflower Seeds
LEVEL 2	●	8BHS	Misc - Almond Butter	LEVEL 1	●	3YGN	Misc - Vegetable Stock
LEVEL 3	●	KXS3	Misc - Basil Powder	--	●	XB FQ	Misc - White Willow Powder
--	●	N37A	Misc - Bentonite Clay	LEVEL 2	●	QTAM	Misc - Zeolite
LEVEL 1	●	6HMD	Misc - Black Walnut Hull Powder	--	●	ZP9Z	Probiotic - Bifidobacterium animalis
--	●	AJ6Y	Misc - Burdock Root	LEVEL 3	●	G6MC	Probiotic - Bifidobacterium longum
LEVEL 1	●	UWY7	Misc - Chia Seeds	LEVEL 3	●	FMQZ	Probiotic - Dried Bacillus coagulans Fermentation Prod.
--	●	Q85T	Misc - Chicory Root	LEVEL 1	●	DPP5	Probiotic - Dried Lactobacillus acidophilus Fermentation Prod.
--	●	23X4	Misc - Chlorella	LEVEL 3	●	5QUB	Probiotic - Dried Lactobacillus casei Fermentation Prod.
--	●	Y2Y9	Misc - Chondroitin	LEVEL 1	●	JFZN	Probiotic - Pediococcus acidilactici Fermentation Prod.
LEVEL 2	●	X4S3	Misc - Dandelion Root Powder	LEVEL 2	●	HMGK	Protein - Alligator
LEVEL 2	●	E8ZV	Misc - Egg Shell Powder	--	●	E7D5	Protein - Beef Backstrap (grain fed)
LEVEL 1	●	F7RQ	Misc - Glucosamine	LEVEL 3	●	QMZN	Protein - Beef Backstrap (grass fed)
LEVEL 2	●	8BU8	Misc - Kelp	LEVEL 2	●	YN4D	Protein - Beef Bones (grain fed)
LEVEL 1	●	K7VM	Misc - Milk (almond)	LEVEL 2	●	6CEA	Protein - Beef Bones (grass fed)
LEVEL 2	●	AMJF	Misc - Milk Thistle	LEVEL 1	●	HSXV	Protein - Beef Cheek (grain fed)
--	●	SURS	Misc - Montmorillonite Clay	LEVEL 1	●	Z9WA	Protein - Beef Cheek (grass fed)
LEVEL 3	●	6JHA	Misc - Pumpkin Seed	--	●	2A25	Protein - Beef Ear (grain fed)
LEVEL 1	●	JTZA	Misc - Sea Kelp Powder	LEVEL 1	●	DGA8	Protein - Beef Ear (grass fed)
--	●	EGZE	Misc - Seaweed	LEVEL 2	●	92YU	Protein - Beef Green Tripe (grain fed)



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LEVEL 2	●	XAV7	Protein - Beef Green Tripe (grass fed)	--	●	SYH5	Protein - Beef Steak (grass fed)
--	●	X7EN	Protein - Beef Ground (grain fed)	LEVEL 3	●	PME2	Protein - Beef Tallow (grain fed)
--	●	XTW6	Protein - Beef Ground (grass fed)	LEVEL 3	●	T7NG	Protein - Beef Tallow (grass fed)
--	●	VEVV	Protein - Beef Ground Chuck (grain fed)	LEVEL 1	●	J8CT	Protein - Beef Tendons (grain fed)
LEVEL 3	●	3EW8	Protein - Beef Ground Chuck (grass fed)	LEVEL 1	●	TPAQ	Protein - Beef Tendons (grass fed)
LEVEL 2	●	3XMT	Protein - Beef Gullet (grain fed)	--	●	V98C	Protein - Beef Tongue (grain fed)
LEVEL 1	●	SX6T	Protein - Beef Gullet (grass fed)	LEVEL 1	●	7949	Protein - Beef Tongue (grass fed)
--	●	CRUP	Protein - Beef Heart (grain fed)	--	●	BVV5	Protein - Beef Trachea (grain fed)
LEVEL 1	●	SRX5	Protein - Beef Heart (grass fed)	LEVEL 1	●	QX6C	Protein - Beef Trachea (grass fed)
LEVEL 2	●	KRED	Protein - Beef Kidney (grain fed)	--	●	658C	Protein - Beef Tripe (grain fed)
--	●	ZBQT	Protein - Beef Kidney (grass fed)	--	●	K87K	Protein - Beef Tripe (grass fed)
LEVEL 2	●	AVVN	Protein - Beef Liver (grain fed)	--	●	DB4F	Protein - Beef Uterus (grain fed)
--	●	NSN5	Protein - Beef Liver (grass fed)	--	●	GGWJ	Protein - Beef Uterus (grass fed)
LEVEL 2	●	X7JU	Protein - Beef Lung (grain fed)	LEVEL 3	●	QJWU	Protein - Bison
--	●	E78E	Protein - Beef Lung (grass fed)	LEVEL 3	●	9399	Protein - Bison Bones
LEVEL 3	●	EG4F	Protein - Beef Marrow (grain fed)	LEVEL 3	●	TRUW	Protein - Bison Green Tripe
LEVEL 3	●	8H79	Protein - Beef Marrow (grass fed)	LEVEL 3	●	2FTD	Protein - Bison Kidney
LEVEL 2	●	B9U6	Protein - Beef Pancreas (grain fed)	--	●	CXRV	Protein - Bison Liver
LEVEL 3	●	2TRJ	Protein - Beef Pancreas (grass fed)	LEVEL 2	●	JXNK	Protein - Bison Spinal Cord
--	●	XKYW	Protein - Beef Spleen (grain fed)	--	●	3NXT	Protein - Bison Spleen
--	●	DC5W	Protein - Beef Spleen (grass fed)	LEVEL 1	●	6JZS	Protein - Chicken Bones (conventionally raised)
LEVEL 1	●	HZJR	Protein - Beef Steak (grain fed)	LEVEL 3	●	KP64	Protein - Chicken Bones (free range)



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LEVEL 1	●	5FWH	Protein - Chicken Breast (conventionally raised)	LEVEL 1	●	5JY5	Protein - Chicken Skin (conventionally raised)
LEVEL 2	●	P4RT	Protein - Chicken Breast (free range)	--	●	MBAV	Protein - Chicken Skin (free range)
LEVEL 1	●	SZ93	Protein - Chicken Cartilage	--	●	QXVH	Protein - Chicken Thigh (conventionally raised)
LEVEL 2	●	CUUE	Protein - Chicken Drumstick (conventionally raised)	LEVEL 1	●	FCHE	Protein - Chicken Thigh (free range)
LEVEL 2	●	W7N4	Protein - Chicken Drumstick (free range)	LEVEL 1	●	PXF9	Protein - Chicken Wing (conventionally raised)
LEVEL 3	●	BJ9K	Protein - Chicken Egg Shell (conventionally raised)	LEVEL 1	●	ZJRP	Protein - Chicken Wing (free range)
LEVEL 2	●	CCH9	Protein - Chicken Egg Shell (free range)	LEVEL 1	●	QHAW	Protein - Cornish Game Hen
LEVEL 1	●	WK2V	Protein - Chicken Egg White (conventionally raised)	--	●	J43G	Protein - Crocodile
LEVEL 1	●	PGEU	Protein - Chicken Egg White (free range)	LEVEL 3	●	5MW5	Protein - Duck Bones
LEVEL 2	●	Q7WX	Protein - Chicken Egg Yolk (conventionally raised)	--	●	QJD2	Protein - Duck Breast
--	●	UC2D	Protein - Chicken Egg Yolk (free range)	LEVEL 2	●	6GN4	Protein - Duck Egg
--	●	AD2G	Protein - Chicken Feathers	LEVEL 2	●	DBU9	Protein - Duck Feathers
LEVEL 1	●	KW5G	Protein - Chicken Feet (conventionally raised)	LEVEL 3	●	WF8R	Protein - Duck Feet
LEVEL 2	●	GGJA	Protein - Chicken Feet (free range)	LEVEL 1	●	VSKD	Protein - Duck GIBLETS
LEVEL 3	●	B9GQ	Protein - Chicken Gizzard (conventionally raised)	--	●	BR3J	Protein - Duck Hearts
LEVEL 3	●	RTYF	Protein - Chicken Gizzard (free range)	LEVEL 1	●	SMV4	Protein - Duck Leg
LEVEL 2	●	CQJV	Protein - Chicken Heart (conventionally raised)	--	●	UNH5	Protein - Duck Liver
LEVEL 1	●	KH4D	Protein - Chicken Heart (free range)	--	●	2549	Protein - Duck Neck
--	●	F26C	Protein - Chicken Liver (conventionally raised)	--	●	9YGH	Protein - Duck Wing
--	●	4WBQ	Protein - Chicken Liver (free range)	LEVEL 1	●	VV4A	Protein - Elk
LEVEL 1	●	MM42	Protein - Chicken Necks (conventionally raised)	LEVEL 2	●	EW43	Protein - Emu
LEVEL 2	●	JJR7	Protein - Chicken Necks (free range)	--	●	BU9D	Protein - Goat



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--	●	83WF	Protein - Goat Bones	LEVEL 1	●	8BW4	Protein - Lamb Pancreas
--	●	JJ4W	Protein - Goat Heart	LEVEL 2	●	WRM Y	Protein - Lamb Rib
--	●	92YF	Protein - Goat Lung	LEVEL 3	●	TP6P	Protein - Lamb Shoulder
LEVEL 3	●	6G3K	Protein - Goat Pancreas	LEVEL 3	●	E74X	Protein - Lamb Spleen
--	●	M8TQ	Protein - Goat Spleen	LEVEL 2	●	G3PG	Protein - Lamb Testicles
--	●	RDXZ	Protein - Goat Tail	--	●	4ERZ	Protein - Lamb Tongues
LEVEL 2	●	KPCV	Protein - Goat Testicles	LEVEL 2	●	5XDM	Protein - Lamb Trachea
LEVEL 2	●	KCP8	Protein - Goat Tongue	LEVEL 3	●	J5AW	Protein - Lamb Tripe
LEVEL 1	●	F6P9	Protein - Goat Trachea	LEVEL 3	●	FMDZ	Protein - Moose
LEVEL 2	●	7R9M	Protein - Goose	LEVEL 3	●	UDGG	Protein - Muskrat Bones
LEVEL 1	●	TTTF	Protein - Lamb Bones	--	●	EBNH	Protein - Muskrat Heart
LEVEL 1	●	ZVHG	Protein - Lamb Breast	--	●	BVZP	Protein - Muskrat Liver
--	●	VJHP	Protein - Lamb Cartilage	LEVEL 1	●	R9QV	Protein - Muskrat Meat
LEVEL 2	●	SYR2	Protein - Lamb Chops	--	●	6BP9	Protein - Ostrich
--	●	SYEV	Protein - Lamb Flank	--	●	DYJR	Protein - Pigs Feet
--	●	EY5V	Protein - Lamb Hearts	--	●	DAH8	Protein - Pigs Knuckles
LEVEL 3	●	3UPQ	Protein - Lamb Kidney	LEVEL 3	●	FY8J	Protein - Pigs Tail
LEVEL 2	●	YD7E	Protein - Lamb Leg	LEVEL 3	●	RG9Y	Protein - Pork Belly
LEVEL 1	●	M8PD	Protein - Lamb Liver	--	●	E7SZ	Protein - Pork Bones
LEVEL 3	●	V4XJ	Protein - Lamb Loin	LEVEL 3	●	Q742	Protein - Pork Butt
--	●	CSF4	Protein - Lamb Lung	--	●	8PQT	Protein - Pork Chop
LEVEL 3	●	U56R	Protein - Lamb Neck	LEVEL 2	●	3P67	Protein - Pork Heart



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LEVEL 2	●	G23H	Protein - Pork Hock	LEVEL 3	●	EJYJ	Protein - Rabbit Eyeball
LEVEL 1	●	P23G	Protein - Pork Intestines	LEVEL 2	●	XF6R	Protein - Rabbit Fur
--	●	8ZN7	Protein - Pork Jowls	LEVEL 2	●	KWYD	Protein - Rabbit Heart
--	●	Y2F6	Protein - Pork Kidney	--	●	RGQV	Protein - Rabbit Kidney
LEVEL 1	●	K9RQ	Protein - Pork Leg (ham)	--	●	G7DM	Protein - Rabbit Liver
LEVEL 1	●	PNSJ	Protein - Pork Liver	LEVEL 1	●	4VW9	Protein - Rabbit Lungs
LEVEL 1	●	CD7Q	Protein - Pork Loin	--	●	HJHK	Protein - Rabbit Tongue
LEVEL 1	●	SKUR	Protein - Pork Lungs	--	●	95BS	Protein - Raccoon
LEVEL 3	●	7Z6M	Protein - Pork Picnic Ham	--	●	DHVX	Protein - Turkey Bones
--	●	V268	Protein - Pork Shoulder	LEVEL 3	●	DNJX	Protein - Turkey Breast
--	●	J5TE	Protein - Pork Sirloin	LEVEL 1	●	VTEZ	Protein - Turkey Broth
--	●	259E	Protein - Pork Snout	LEVEL 2	●	5SHZ	Protein - Turkey Feathers
LEVEL 2	●	QMUE	Protein - Possum	LEVEL 2	●	Y8CS	Protein - Turkey Gizzard
LEVEL 3	●	MNQT	Protein - Quail Bones	LEVEL 1	●	TXGV	Protein - Turkey Heart
--	●	NMXC	Protein - Quail Breast	--	●	UVPF	Protein - Turkey Kidney
LEVEL 1	●	9KKS	Protein - Quail Egg	--	●	GDV5	Protein - Turkey Leg
LEVEL 1	●	8DCV	Protein - Quail Feathers	LEVEL 2	●	YZK2	Protein - Turkey Liver
--	●	UT6D	Protein - Quail Feet	--	●	HCWH	Protein - Turkey Neck
LEVEL 1	●	YU8Y	Protein - Quail Wing	LEVEL 2	●	6KK3	Protein - Turkey Skin
LEVEL 3	●	UUPP	Protein - Rabbit	LEVEL 1	●	KF9B	Protein - Turkey Wing
--	●	SSQK	Protein - Rabbit Bones	--	●	VJR7	Protein - Veal
LEVEL 1	●	TMSH	Protein - Rabbit Brain	--	●	CK6Y	Protein - Venison



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--	●	3JTC	Protein - Venison Bones	--	●	NFAS	Spice - Sea Salt
LEVEL 3	●	EUFO	Protein - Venison Liver	--	●	URUN	Spice - Spearmint
LEVEL 2	●	ZEHG	Protein - Venison Lung	LEVEL 3	●	QGGK	Spice - Turmeric
LEVEL 1	●	AZ75	Protein - Venison Spleen	LEVEL 2	●	3FKY	Sweetener - Honey
--	●	UQVZ	Seafood - Catfish	--	●	P38R	Veg - Beans (green) (raw)
--	●	MY64	Seafood - Crab	LEVEL 3	●	2YFA	Veg - Beets (raw)
LEVEL 3	●	WN6R	Seafood - Eviscerated Trout	LEVEL 1	●	XH9X	Veg - Bok Choy (raw)
--	●	GJ5R	Seafood - Eviscerated Whitefish	--	●	PH6Q	Veg - Broccoli (raw)
LEVEL 2	●	4EC8	Seafood - Flounder	LEVEL 2	●	4JZF	Veg - Cabbage (raw)
--	●	KPV2	Seafood - Green Lipped Mussel	LEVEL 2	●	6Q6F	Veg - Carrots (raw)
--	●	XQ4S	Seafood - Herring Fish (no guts)	LEVEL 3	●	NSST	Veg - Cauliflower (raw)
--	●	FR4V	Seafood - Hoki	LEVEL 3	●	B3PM	Veg - Chard (raw)
--	●	B5HY	Seafood - Minnows	LEVEL 2	●	3XEM	Veg - Cucumber (raw)
LEVEL 1	●	E8D4	Seafood - Pollock	LEVEL 1	●	VYVW	Veg - Greens (dandelion) (raw)
--	●	7UDZ	Seafood - Red Snapper	LEVEL 3	●	P8EB	Veg - Kale (raw)
LEVEL 1	●	AY5E	Seafood - Salmon (no bones or skin)	LEVEL 2	●	4FZR	Veg - Lettuce (raw)
LEVEL 3	●	5BTG	Seafood - Shrimp	--	●	792F	Veg - Parsnips (raw)
LEVEL 2	●	RGZY	Seafood - Squid	--	●	BEGP	Veg - Peas (green) (raw)
--	●	A6NB	Seafood - Tilapia	LEVEL 1	●	M56C	Veg - Pumpkin (raw)
--	●	NM26	Spice - Cinnamon	--	●	MEZK	Veg - Rhubarb (raw)
LEVEL 3	●	CR85	Spice - Ginger Root	--	●	T4EG	Veg - Sauerkraut (raw)
LEVEL 1	●	SW66	Spice - Rosemary Extract	LEVEL 1	●	FDGP	Veg - Spinach (raw)



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Food

LEVEL 2



ENJD

Veg - Squash (acorn) (raw)

LEVEL 1



QE9A

Veg - Squash (yellow) (raw)

LEVEL 3



W67M

Veg - Squash (butternut) (raw)

--



QGQ6

Veg - Squash (zucchini) (raw)

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.

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Need Help

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