



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).
- 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**



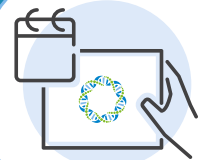
**REVIEW YOUR
RESULTS**



**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 & Environmental Test
 December 29, 2023

5Strands Affordable Testing
 595 Old Norcross Road, Suite D
 Lawrenceville, GA 30046
 1-833-600-TEST
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Environmental

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



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



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



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Food

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



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



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



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



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LEVEL 2	●	3J6R	Seafood - Sea Bass	LEVEL 3	●	GS27	Synthetic Additive - Biotin
--	●	SSSB	Seafood - Sole	LEVEL 2	●	GPNR	Synthetic Additive - Calcium Carbonate
LEVEL 3	●	YYEH	Seafood - Trout	LEVEL 1	●	927X	Synthetic Additive - Calcium Chloride
LEVEL 1	●	NZ4A	Seafood - Tuna	--	●	BHFF	Synthetic Additive - Calcium Iodate
LEVEL 3	●	PGW2	Seafood - Whitefish Meal	--	●	2G97	Synthetic Additive - Calcium Pantothenate
--	●	ZJ8G	Spice - Basil	LEVEL 3	●	CV8S	Synthetic Additive - Calcium Sulfate
--	●	S58A	Spice - Cilantro	LEVEL 3	●	D7S8	Synthetic Additive - Carnitine
LEVEL 1	●	5H5K	Spice - Fenugreek Seed	LEVEL 1	●	GYBE	Synthetic Additive - Carrageenan
--	●	86JZ	Spice - Ginger	LEVEL 1	●	W6J7	Synthetic Additive - Choline Chloride
LEVEL 3	●	6ACS	Spice - Oregano Powder	--	●	JM7G	Synthetic Additive - Citric Acid
--	●	FYAW	Spice - Parsley	--	●	UW7V	Synthetic Additive - Copper Sulfate
LEVEL 3	●	DM3H	Spice - Parsley Flakes	--	●	TQPV	Synthetic Additive - Dicalcium Phosphate
LEVEL 2	●	XVBK	Spice - Rosemary	--	●	GYRX	Synthetic Additive - Ferrous Sulfate
--	●	5KB6	Spice - Rosemary Powder	LEVEL 2	●	BGE7	Synthetic Additive - Folic Acid
LEVEL 1	●	57HK	Spice - Sage	--	●	T4VC	Synthetic Additive - Glucosamine Hydrochloride
LEVEL 3	●	VG8R	Spice - Sage Powder	--	●	E9TM	Synthetic Additive - Guar Gum
--	●	V6PS	Spice - Thyme	LEVEL 3	●	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 Protonate
--	●	Y6Y5	Synthetic Additive - Agar Gum	LEVEL 3	●	ADWA	Synthetic Additive - Manganese Sulfate
--	●	F6T7	Synthetic Additive - Ascorbic Acid	--	●	CPQZ	Synthetic Additive - Niacin



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



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

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.

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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