



How to Interpret Your Pet's Test Results

The following report lists all items tested by 5Strands. Intolerances are **temporary** imbalances causing physical symptoms in an effort to communicate discomfort within your pet's nutrition plan. By making adjustments to their food consumption, it can allow their body time to resolve & rebalance any intolerances.

Each item we test for is exposed to the hair/fur sample provided and measures 1 of 4 responses:

Please note that every pet is different and symptoms may vary by level and severity.

Level 3 (red)	These items are considered severe intolerances. Symptoms are usually noticeable.
Level 2 (yellow)	These items are considered moderate intolerances. Symptoms are sometimes noticeable.
Level 1 (green)	These items are considered mild intolerances. Symptoms are usually not noticeable, and the triggers can be affecting the body at a cellular level.
Insignificant Response (grey)	These items did not meet the threshold that is set for a response.

Food Intolerance Report

- This food report is to be utilized as an outline for a 6-8 week **elimination plan**. Please note that after reviewing your pet's level 3 intolerance results, it may not be the protein or grain source that is causing your pet's symptoms. It could be all the additives and fillers that are in their processed pet food. You will need to decide if you will take them off processed pet food and cook for them instead or feed raw. If you choose not to do so, it may take longer to notice if there is any change in their symptoms. It can be very difficult to find a pet food that does not have all of the additives in it. If your lifestyle does not allow spending extra time a week to home cook for your pet or source raw, your best option may be to find a food with the least amount of the offending items.
- Once you have completed the 6-8 week elimination period and your pet's symptoms have subsided, you can now begin the reintroduction process.
- The **reintroduction** process is where you add back a once offending food item into their nutrition plan. You should only add back one food item at a time. If they consume the food item and do not experience any intolerance symptoms, then you can continue feeding it in moderation. If you feed the offending food item and notice a symptom, keep in mind that you can still continue to feed this food in the future, but you may deal with an undesirable symptom.
- If you have decided to cook for your pet, once you have completed the reintroduction process, you can then try transitioning back to processed pet foods and see how your pet does. It is always best to then feed them in rotation and moderation instead of the same kibble every day.

Please remember that we are testing for Intolerances which are non-immune system responses. Symptoms or reactions can take up to 48 hours or longer to appear. With 5Strands method of testing, you do not have to have ingested the food item for it to register as an intolerance.

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. Our method of testing does not test for type IgE allergies. Since these reactions can be serious, you should seek the help of an allergy specialist.

Revised 10/2020

Food					
LEVEL 1	■	Additive - Copper proteinate	--	■	Fat - Hemp Seed Oil
--	■	Additive - D-calcium pantothenate	LEVEL 1	■	Fat - Krill Oil
LEVEL 3	■	Additive - Iron protenaite	--	■	Fat - Safflower Oil
--	■	Additive - L-carnitine	--	■	Fruit - Apple
--	■	Additive - Pantothenic acid	LEVEL 2	■	Fruit - Apricot
LEVEL 3	■	Additive - Pyrodoxine	--	■	Fruit - Bananas
--	■	Additive - Sodium Phosphate	LEVEL 3	■	Fruit - Blackberries
--	■	Additive - Thiamine mononitrate	LEVEL 3	■	Fruit - Cantaloupe
--	■	Additive - Tricalcium phosphate	LEVEL 1	■	Fruit - Cherries
--	■	Additive - Vitamin A supplement	LEVEL 1	■	Fruit - Coconut
LEVEL 1	■	Additive - Vitamin B12 supplement	LEVEL 3	■	Fruit - Figs
--	■	Additive - Vitamin D3 supplement	LEVEL 2	■	Fruit - Grapefruit
LEVEL 1	■	Additive - Vitamin E supplement	--	■	Fruit - Honeydew Melon
LEVEL 1	■	Additive - Zinc amino acid	--	■	Fruit - Kiwi
--	■	Additive - Zinc proteinate	LEVEL 1	■	Fruit - Mango
LEVEL 1	■	Dairy - Bovine Colostrum	--	■	Fruit - Oranges
LEVEL 3	■	Dairy - Kefir	--	■	Fruit - Papaya
--	■	Dairy - Milk (goat)	--	■	Fruit - Peaches
--	■	Dairy - Milk (sheep)	LEVEL 1	■	Fruit - Pears
LEVEL 3	■	Dairy - Raw Cow Kefir	LEVEL 1	■	Fruit - Pineapples
LEVEL 2	■	Fat - Emu Oil	--	■	Fruit - Raspberries
LEVEL 1	■	Fat - Flaxseed Oil	--	■	Fruit - Strawberries

Food					
LEVEL 2	■	Fruit - Tomato	--	■	Misc - Spirulina
--	■	Fruit - Watermelons	--	■	Misc - Sunflower Seeds
LEVEL 2	■	Grain - Red Quinoa	--	■	Misc - Vegetable Stock
LEVEL 2	■	Misc - Almond Butter	--	■	Misc - White Willow Powder
--	■	Misc - Basil Powder	LEVEL 1	■	Misc - Zeolite
LEVEL 1	■	Misc - Bentonite Clay	LEVEL 2	■	Probiotic - Bifidobacterium animalis
--	■	Misc - Black Walnut Hull Powder	LEVEL 1	■	Probiotic - Bifidobacterium longum
--	■	Misc - Burdock Root	--	■	Probiotic - Dried Bacillus coagulans Fermentation Prod.
LEVEL 2	■	Misc - Chia Seeds	--	■	Probiotic - Dried Lactobacillus acidophilus Fermentation Prod.
LEVEL 3	■	Misc - Chicory Root	LEVEL 3	■	Probiotic - Dried Lactobacillus casei Fermentation Prod.
LEVEL 1	■	Misc - Chlorella	--	■	Probiotic - Pediococcus acidilactici Fermentation Prod.
LEVEL 2	■	Misc - Chondroitin	LEVEL 3	■	Protein - Alligator
LEVEL 1	■	Misc - Dandelion Root Powder	LEVEL 2	■	Protein - Beef Backstrap (grain fed)
LEVEL 1	■	Misc - Glucosamine	--	■	Protein - Beef Backstrap (grass fed)
--	■	Misc - Kelp	--	■	Protein - Beef Bone Broth
LEVEL 2	■	Misc - Milk (almond)	LEVEL 2	■	Protein - Beef Bones (grain fed)
LEVEL 1	■	Misc - Milk Thistle	LEVEL 3	■	Protein - Beef Bones (grass fed)
--	■	Misc - Montmorillonite Clay	LEVEL 2	■	Protein - Beef Broth (grain fed)
LEVEL 3	■	Misc - Pumpkin Seed	LEVEL 3	■	Protein - Beef Broth (grass fed)
LEVEL 3	■	Misc - Sea Kelp Powder	--	■	Protein - Beef Cheek (grain fed)
LEVEL 2	■	Misc - Seaweed	LEVEL 2	■	Protein - Beef Cheek (grass fed)
--	■	Misc - Slippery Elm Bark Powder	--	■	Protein - Beef Ear (grain fed)

Food						
LEVEL 2	■	Protein - Beef Ear (grass fed)		LEVEL 3	■	Protein - Beef Spleen (grass fed)
--	■	Protein - Beef Green Tripe (grain fed)		LEVEL 3	■	Protein - Beef Steak (grain fed)
--	■	Protein - Beef Green Tripe (grass fed)		LEVEL 1	■	Protein - Beef Steak (grass fed)
--	■	Protein - Beef Ground (grain fed)		--	■	Protein - Beef Tallow (grain fed)
LEVEL 3	■	Protein - Beef Ground (grass fed)		LEVEL 2	■	Protein - Beef Tallow (grass fed)
LEVEL 3	■	Protein - Beef Ground Chuck (grain fed)		LEVEL 3	■	Protein - Beef Tendons (grain fed)
LEVEL 2	■	Protein - Beef Ground Chuck (grass fed)		LEVEL 1	■	Protein - Beef Tendons (grass fed)
LEVEL 1	■	Protein - Beef Gullet (grain fed)		LEVEL 3	■	Protein - Beef Tongue (grain fed)
--	■	Protein - Beef Gullet (grass fed)		LEVEL 3	■	Protein - Beef Tongue (grass fed)
LEVEL 1	■	Protein - Beef Heart (grain fed)		LEVEL 3	■	Protein - Beef Trachea (grain fed)
LEVEL 3	■	Protein - Beef Heart (grass fed)		--	■	Protein - Beef Trachea (grass fed)
LEVEL 3	■	Protein - Beef Kidney (grain fed)		LEVEL 1	■	Protein - Beef Tripe (grain fed)
LEVEL 1	■	Protein - Beef Kidney (grass fed)		LEVEL 2	■	Protein - Beef Tripe (grass fed)
LEVEL 2	■	Protein - Beef Liver (grain fed)		LEVEL 1	■	Protein - Beef Uterus (grain fed)
LEVEL 3	■	Protein - Beef Liver (grass fed)		LEVEL 2	■	Protein - Beef Uterus (grass fed)
LEVEL 1	■	Protein - Beef Lung (grain fed)		--	■	Protein - Bison
--	■	Protein - Beef Lung (grass fed)		LEVEL 3	■	Protein - Bison Bones
LEVEL 3	■	Protein - Beef Marrow (grain fed)		LEVEL 2	■	Protein - Bison Green Tripe
LEVEL 3	■	Protein - Beef Marrow (grass fed)		--	■	Protein - Bison Kidney
--	■	Protein - Beef Pancreas (grain fed)		LEVEL 2	■	Protein - Bison Liver
LEVEL 1	■	Protein - Beef Pancreas (grass fed)		LEVEL 2	■	Protein - Bison Spinal Cord
LEVEL 2	■	Protein - Beef Spleen (grain fed)		LEVEL 3	■	Protein - Bison Spleen

Food					
--	■	Protein - Chicken Bone Broth	LEVEL 3	■	Protein - Chicken Liver (free range)
--	■	Protein - Chicken Bones (conventionally raised)	--	■	Protein - Chicken Necks (conventionally raised)
--	■	Protein - Chicken Bones (free range)	--	■	Protein - Chicken Necks (free range)
--	■	Protein - Chicken Breast (conventionally raised)	LEVEL 1	■	Protein - Chicken Skin (conventionally raised)
LEVEL 1	■	Protein - Chicken Breast (free range)	LEVEL 1	■	Protein - Chicken Skin (free range)
LEVEL 1	■	Protein - Chicken Cartilage	LEVEL 3	■	Protein - Chicken Thigh (conventionally raised)
LEVEL 2	■	Protein - Chicken Drumstick (conventionally raised)	LEVEL 2	■	Protein - Chicken Thigh (free range)
LEVEL 3	■	Protein - Chicken Drumstick (free range)	LEVEL 1	■	Protein - Chicken Wing (conventionally raised)
LEVEL 1	■	Protein - Chicken Egg Shell (conventionally raised)	--	■	Protein - Chicken Wing (free range)
LEVEL 1	■	Protein - Chicken Egg Shell (free range)	LEVEL 2	■	Protein - Cornish Game Hen
--	■	Protein - Chicken Egg White (conventionally raised)	--	■	Protein - Crocodile
--	■	Protein - Chicken Egg White (free range)	LEVEL 1	■	Protein - Duck Bones
LEVEL 3	■	Protein - Chicken Egg Yolk (conventionally raised)	LEVEL 1	■	Protein - Duck Breast
LEVEL 2	■	Protein - Chicken Egg Yolk (free range)	LEVEL 2	■	Protein - Duck Egg
LEVEL 2	■	Protein - Chicken Feathers	LEVEL 2	■	Protein - Duck Feathers
LEVEL 2	■	Protein - Chicken Feet (conventionally raised)	LEVEL 1	■	Protein - Duck Feet
LEVEL 1	■	Protein - Chicken Feet (free range)	LEVEL 2	■	Protein - Duck GIBLETS
--	■	Protein - Chicken Gizzard (conventionally raised)	--	■	Protein - Duck Hearts
LEVEL 1	■	Protein - Chicken Gizzard (free range)	LEVEL 2	■	Protein - Duck Leg
LEVEL 1	■	Protein - Chicken Heart (conventionally raised)	LEVEL 2	■	Protein - Duck Liver
LEVEL 2	■	Protein - Chicken Heart (free range)	--	■	Protein - Duck Neck
--	■	Protein - Chicken Liver (conventionally raised)	LEVEL 3	■	Protein - Duck Wing

Food						
--	■	Protein - Elk		LEVEL 2	■	Protein - Lamb Loin
LEVEL 2	■	Protein - Emu		LEVEL 2	■	Protein - Lamb Lung
LEVEL 3	■	Protein - Goat		LEVEL 1	■	Protein - Lamb Neck
--	■	Protein - Goat Bones		--	■	Protein - Lamb Pancreas
LEVEL 3	■	Protein - Goat Heart		LEVEL 2	■	Protein - Lamb Rib
LEVEL 3	■	Protein - Goat Lung		LEVEL 1	■	Protein - Lamb Shoulder
LEVEL 2	■	Protein - Goat Pancreas		--	■	Protein - Lamb Spleen
--	■	Protein - Goat Spleen		--	■	Protein - Lamb Testicles
LEVEL 3	■	Protein - Goat Tail		LEVEL 1	■	Protein - Lamb Tongues
--	■	Protein - Goat Testicles		LEVEL 2	■	Protein - Lamb Trachea
LEVEL 2	■	Protein - Goat Tongue		LEVEL 3	■	Protein - Lamb Tripe
LEVEL 3	■	Protein - Goat Trachea		--	■	Protein - Moose
LEVEL 2	■	Protein - Goose		--	■	Protein - Muskrat Bones
LEVEL 1	■	Protein - Lamb Bones		LEVEL 3	■	Protein - Muskrat Heart
--	■	Protein - Lamb Breast		LEVEL 3	■	Protein - Muskrat Liver
--	■	Protein - Lamb Cartilage		--	■	Protein - Muskrat Meat
--	■	Protein - Lamb Chops		--	■	Protein - Ostrich
--	■	Protein - Lamb Flank		--	■	Protein - Pigs Feet
LEVEL 3	■	Protein - Lamb Hearts		LEVEL 3	■	Protein - Pigs Knuckles
LEVEL 3	■	Protein - Lamb Kidney		LEVEL 1	■	Protein - Pigs Tail
--	■	Protein - Lamb Leg		LEVEL 3	■	Protein - Pork Belly
--	■	Protein - Lamb Liver		LEVEL 2	■	Protein - Pork Bones

Food						
--	■	Protein - Pork Butt		--	■	Protein - Rabbit
--	■	Protein - Pork Chop		--	■	Protein - Rabbit Bones
LEVEL 1	■	Protein - Pork Heart		LEVEL 2	■	Protein - Rabbit Brain
--	■	Protein - Pork Hock		--	■	Protein - Rabbit Eyeball
LEVEL 2	■	Protein - Pork Intestines		LEVEL 2	■	Protein - Rabbit Fur
--	■	Protein - Pork Jowls		LEVEL 1	■	Protein - Rabbit Heart
--	■	Protein - Pork Kidney		LEVEL 3	■	Protein - Rabbit Kidney
LEVEL 1	■	Protein - Pork Leg (ham)		LEVEL 1	■	Protein - Rabbit Liver
LEVEL 2	■	Protein - Pork Liver		LEVEL 2	■	Protein - Rabbit Lungs
--	■	Protein - Pork Loin		--	■	Protein - Rabbit Tongue
LEVEL 3	■	Protein - Pork Lungs		--	■	Protein - Raccoon
--	■	Protein - Pork Picnic Ham		--	■	Protein - Turkey Bones
--	■	Protein - Pork Shoulder		LEVEL 1	■	Protein - Turkey Breast
LEVEL 3	■	Protein - Pork Sirloin		--	■	Protein - Turkey Broth
LEVEL 3	■	Protein - Pork Snout		LEVEL 1	■	Protein - Turkey Feathers
LEVEL 2	■	Protein - Possum		LEVEL 2	■	Protein - Turkey Gizzard
LEVEL 1	■	Protein - Quail Bones		--	■	Protein - Turkey Heart
--	■	Protein - Quail Breast		--	■	Protein - Turkey Kidney
LEVEL 3	■	Protein - Quail Egg		LEVEL 3	■	Protein - Turkey Leg
LEVEL 1	■	Protein - Quail Feathers		LEVEL 2	■	Protein - Turkey Liver
LEVEL 2	■	Protein - Quail Feet		LEVEL 3	■	Protein - Turkey Neck
LEVEL 2	■	Protein - Quail Wing		--	■	Protein - Turkey Skin

Food						
LEVEL 1	■	Protein - Turkey Wing		LEVEL 1	■	Seafood - Tilapia
LEVEL 1	■	Protein - Veal		LEVEL 1	■	Spice - Cinnamon
--	■	Protein - Venison		--	■	Spice - Ginger Root
LEVEL 2	■	Protein - Venison Bones		--	■	Spice - Rosemary Extract
LEVEL 2	■	Protein - Venison Liver		LEVEL 1	■	Spice - Sea Salt
--	■	Protein - Venison Lung		--	■	Spice - Spearmint
LEVEL 1	■	Protein - Venison Spleen		LEVEL 3	■	Spice - Turmeric
--	■	Seafood - Catfish		LEVEL 2	■	Sweetener - Honey
LEVEL 1	■	Seafood - Cod		LEVEL 2	■	Veg - Beans (green) (raw)
LEVEL 1	■	Seafood - Crab		LEVEL 3	■	Veg - Beets (raw)
LEVEL 3	■	Seafood - Eviscerated Trout		LEVEL 3	■	Veg - Bok Choy (raw)
LEVEL 3	■	Seafood - Eviscerated Whitefish		LEVEL 1	■	Veg - Broccoli (raw)
--	■	Seafood - Flounder		--	■	Veg - Cabbage (raw)
--	■	Seafood - Green Lipped Mussel		LEVEL 2	■	Veg - Carrots (raw)
LEVEL 1	■	Seafood - Herring Fish (no guts)		--	■	Veg - Cauliflower (raw)
LEVEL 1	■	Seafood - Hoki		LEVEL 2	■	Veg - Chard (raw)
LEVEL 1	■	Seafood - Minnows		LEVEL 1	■	Veg - Cucumber (raw)
--	■	Seafood - Pollock		LEVEL 2	■	Veg - Greens (dandelion) (raw)
--	■	Seafood - Red Snapper		--	■	Veg - Kale (raw)
LEVEL 2	■	Seafood - Salmon (no bones or skin)		--	■	Veg - Lettuce (raw)
LEVEL 2	■	Seafood - Shrimp		--	■	Veg - Peas (green) (raw)
--	■	Seafood - Squid		LEVEL 3	■	Veg - Pumpkin (raw)



SAMPLE TEST - Pet Raw Food Intolerance
Test
May 09, 2023

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Food

LEVEL 2	■	Veg - Rhubarb (raw)		LEVEL 1	■	Veg - Squash (butternut) (raw)
--	■	Veg - Sauerkraut (raw)		LEVEL 1	■	Veg - Squash (yellow) (raw)
--	■	Veg - Spinach (raw)		LEVEL 2	■	Veg - Squash (zucchini) (raw)
LEVEL 1	■	Veg - Squash (acorn) (raw)				