



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 in your pet's diet or environment. By making adjustments to their food consumption and surroundings, 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:

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	Environmental Intolerance Report
<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> Try to avoid exposing your pet to the items on their intolerance list to the best of your abilities. Spend your time and attention focusing on the level 3 items primarily. Take into consideration their bedding materials and fabrics, your furniture materials in your home, the cleaning solutions you use, the trees, grasses, and pollen where you live, and the other animal dander they may come in contact with. It will be impossible to fully remove certain environmental items out of their life, but reducing their exposure to these items will help them experience less intolerance symptoms. The intention of the 5Strands Environmental Intolerance Package is to be more in tune with what their body is telling you, and to make conscious choices about what environmental items you surround them with.

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. Please note that 5Strands does not make recommendations on detox protocols and or products.

Environmental

LEVEL 2	■	Acrylic Fabric	--	■	Clover (Trifolium spp.)
--	■	Aloe Vera	LEVEL 3	■	Cocamidopropyl Betaine
LEVEL 3	■	Amitraz	LEVEL 1	■	Cockroaches
LEVEL 2	■	Ammonia	--	■	Colonial bent grass (Agrostis tenuis)
LEVEL 1	■	Ammonium Laureth Sulfate	LEVEL 3	■	Cotton
LEVEL 1	■	Ants	--	■	Crab Grass
--	■	Apple Cider Vinegar	LEVEL 3	■	Dandelion (Taraxum duplidens)
--	■	Apple Tree	--	■	Dock (Rumex acetosa)
--	■	Ash Tree (Fraxinus excelsior)	--	■	Dog Dander
LEVEL 3	■	Aspen Tree (Populus tremula)	--	■	Duck feathers
LEVEL 2	■	Aspergillus Fumigatus	LEVEL 2	■	Elm Tree (Ulmus glabra)
LEVEL 2	■	Baking Soda	--	■	Fescue
--	■	Bamboo	LEVEL 1	■	Fipronil
--	■	Bee	--	■	Fireweed (Epilobium angustifolium)
LEVEL 2	■	Beech Tree (Fagus silvatica)	LEVEL 2	■	Fleas
LEVEL 3	■	Bermuda grass (Cynodon dactylon)	LEVEL 1	■	Fleece
LEVEL 1	■	Butoxyethanol	LEVEL 1	■	Formaldehyde
LEVEL 3	■	Buttercup (Ranculus spp.)	--	■	Glycerin
LEVEL 1	■	Calcium Hypochlorite	LEVEL 2	■	Goldenrod (Solidago virgaurea)
--	■	Cat Dander	LEVEL 2	■	Goose feathers
LEVEL 1	■	Cherry tree	LEVEL 1	■	Hawthorn (Crataegus spp.)
LEVEL 1	■	Chlorine	LEVEL 3	■	Horseflies

Environmental

LEVEL 1	■	Horses	LEVEL 3	■	Oak Tree (<i>Quercus robur</i>)
LEVEL 3	■	House Dust Mite	LEVEL 3	■	Orchard grass (<i>Dactylis glomerata</i>)
--	■	Hydrogen Peroxide	--	■	Pansy
--	■	Imidacloprid	--	■	Parabens
LEVEL 3	■	Isopropyl Alcohol	--	■	Pear tree
--	■	Jasmine (<i>Philadelphus</i> spp.)	LEVEL 2	■	Perchloroethylene
--	■	Juniper Bush	LEVEL 2	■	Permethrin
LEVEL 2	■	Kammgras (<i>Cynosurus cristatus</i>)	--	■	Phthalates
LEVEL 1	■	Kentucky bluegrass (<i>Poa pratensis</i>)	LEVEL 1	■	Pigeon Dung
LEVEL 3	■	Leather	LEVEL 1	■	Pigeons
--	■	Magnolia Tree	LEVEL 3	■	Pine Tree (<i>Pinus</i> spp.)
LEVEL 3	■	Malt Vinegar	LEVEL 3	■	Polyester
LEVEL 1	■	Maple Tree (<i>Acer sepp.</i>)	--	■	Polyethylene Glycol
LEVEL 2	■	Meadow fox tail (<i>Alopecurus prat.</i>)	--	■	Polysorbates
--	■	Methoprene	LEVEL 2	■	Poplar Tree (<i>Populus</i> spp.)
--	■	Methylparaben	--	■	Privet (<i>Ligustrum</i> spp.)
--	■	Mice	--	■	Propylene Glycol
--	■	Mice Dung	LEVEL 3	■	Quartenary Ammonium Compounds
--	■	Mineral Oil	--	■	Rabbits
--	■	Mold I	LEVEL 2	■	Ragweed (<i>Ambrosia elatior</i>)
--	■	Mosquito	LEVEL 1	■	Rat Dung
LEVEL 3	■	Nylon	LEVEL 3	■	Rats



SAMPLE TEST - Pet Raw Food and
Environmental Intolerance Test
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Environmental

--	■	Rose (Rosa spp.)	LEVEL 3	■	Ticks
--	■	Ryegrass	LEVEL 3	■	Triclosan
LEVEL 3	■	Sodium Hydroxide	LEVEL 2	■	Tulip (Tulipa spp.)
LEVEL 3	■	Sodium Hypochlorite	--	■	Wasp
--	■	Sodium Laureth Sulfate	--	■	White Vinegar
--	■	Sodium Lauryl Sulfate	LEVEL 1	■	Willow Tree (Salix vitellina)
LEVEL 1	■	Spruce Tree (Picea abies)	LEVEL 3	■	Wool
LEVEL 1	■	St. Augustine Grass	LEVEL 2	■	Zoysia Grass

Food

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

Food

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

Food

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

Food

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

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

Food

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

Food

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

Food

LEVEL 3	■	Veg - Rhubarb (raw)	LEVEL 2	■	Veg - Squash (butternut) (raw)
LEVEL 3	■	Veg - Sauerkraut (raw)	LEVEL 2	■	Veg - Squash (yellow) (raw)
--	■	Veg - Spinach (raw)	--	■	Veg - Squash (zucchini) (raw)
LEVEL 1	■	Veg - Squash (acorn) (raw)			