



Your Holistic Health Journey Starts Here

Congratulations on receiving your Horse's 5Strands results!

- This functional health assessment identifies food & environmental intolerances rather than true allergies (immune system response).
- It will also identify vitamin/mineral & heavy metal imbalances the body is experiencing.
- 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 horse's forever diet.
- These results will offer guidance in identifying potential triggers that may be causing physical symptoms in your horse.
- The vitamin & minerals results will identify which nutrients are not being absorbed properly.
- The heavy metals results will identify which metals your horse's body is not properly eliminating.

HOW TO READ YOUR RESULTS



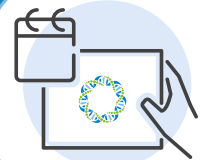
REVIEW YOUR RESULTS



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

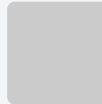
 **Grey:**
No significant intolerance was detected. These items are not expected to cause discomfort or an adverse reaction. There is no need for avoidance.


 **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 foods 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.

Vitamins & Minerals

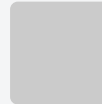
 **Grey:**
No significant imbalance was detected. Your horse's body may properly absorb these items.


 **Green: (Level 1)**
Mild imbalance was detected. Your horse's body will have a mild inability to absorb these items.


 **Yellow: (Level 2)**
Moderate imbalance was detected. Your horse's body will have an intermediate inability to absorb these items.


 **Red: (Level 3)**
Severe imbalance was detected. Your horse's body will have a severe inability to absorb these item

Heavy Metals & Minerals

 **Grey:**
No significant imbalance was detected. Your horse's body may properly process and eliminate these items.

 **Green: (Level 1)**
Mild imbalance was detected. Your horse's body will have a slight inability to process and eliminate these items if/when they come in contact with them.

 **Yellow: (Level 2)**
Moderate imbalance was detected. Your horse's body will have an intermediate inability to process and eliminate these items if/when they come in contact with them.

 **Red: (Level 3)**
Severe imbalance was detected. Your horse's body will have a severe inability to process and eliminate these items if/when they come in contact with them.



SAMPLE TEST
Equine Health 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

--	●	RXR7	Aluminium	--	●	3CFM	Manganese
--	●	KY6X	Arsenic	--	●	FPBJ	Mercury
--	●	9PYZ	Cadmium	--	●	8R4Y	Molybdenum
--	●	KUJM	Chromium	LEVEL 3	●	XT4W	Nickel
--	●	QZSN	Copper	--	●	PS8H	Selenium
--	●	G9DD	Flourine	--	●	GT7P	Sulphur
--	●	ZFF5	Iodine	--	●	3P45	Zinc
--	●	KGB4	Lead				



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Food

LEVEL 2	●	M45X	Alfalfa	LEVEL 1	●	KS5R	Celery
LEVEL 1	●	HRTQ	Almond	--	●	XC48	Chamomile Flower
LEVEL 1	●	5M9D	Aniseed	LEVEL 1	●	43YG	Cherries
--	●	5ANF	Apples	LEVEL 2	●	PBP5	Chia Seed
LEVEL 2	●	BYWJ	Apricots	LEVEL 3	●	FF4U	Chickweed
--	●	Y36D	Ascorbic Acid	LEVEL 3	●	HRZM	Choline Chloride
--	●	X53U	Astragalus Root	LEVEL 3	●	JUU8	Clove Bud
--	●	QZV7	Bananas	LEVEL 3	●	V2YD	Clover
--	●	4A3Z	Barley	--	●	4B5S	Cobalt Sulfate
--	●	77XZ	Bee Pollen	--	●	WN9 W	Cocoa Butter
LEVEL 1	●	72XX	Beeswax	LEVEL 1	●	87Q8	Coconut
--	●	7FXQ	Beets	LEVEL 2	●	SGYM	Coconut Oil
LEVEL 2	●	TES7	Bermuda Grass Hay	LEVEL 2	●	2A3M	Cod liver oil
LEVEL 3	●	ZDMN	Biotin	LEVEL 2	●	8RQ8	Collodial Silver
LEVEL 2	●	5TYN	Black Seed	--	●	EK9V	Comfrey Leaf
--	●	M35E	Brome Grass Hay	--	●	7Y9K	Copper Sulfate
--	●	SEQQ	Calcium Pantothenate	LEVEL 1	●	XKFW	Corn
LEVEL 1	●	2ZZ3	Canola Meal	LEVEL 1	●	DKFZ	Dandelion Root
LEVEL 3	●		Capsicum	LEVEL 3	●	NQS7	Dates
--	●	UMPU	Capsicum	LEVEL 2	●	TDJX	Dehulled Soybean Meal
--	●	GJY5	Carrots	LEVEL 1	●	WE2M	Dehydrated Alfalfa Meal
--	●	RSP2	Cayenne	LEVEL 3	●	JT48	Diatomaceous Earth



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LEVEL 3	●	WTQC	Dicalcium Phosphate	LEVEL 2	●	TGGA	Hemp Seed Oil
--	●	G3FX	Dried Brewers Yeast	LEVEL 1	●	Z2KN	Hydrolyzed Yeast
LEVEL 1	●	WE89	Dried Whey	LEVEL 2	●	5Q8T	Kelp
LEVEL 1	●	AYKM	Dulce	LEVEL 1	●	4T6V	Kentucky Blue Grass Hay
LEVEL 1	●	SGYP	Echinacea	LEVEL 2	●	XDJQ	L-lysine
LEVEL 1	●	3BCY	Egg white	LEVEL 1	●	MAZU	Lactobacillus Acidophilus
LEVEL 2	●	ZWMC	Egg Yolk	--	●	KNGK	Lecithin
LEVEL 2	●	QY8R	Eluthero Root	--	●	ZZAC	Lemons
LEVEL 2	●	UBHV	Emu Oil	LEVEL 3	●	8T82	Lentils
LEVEL 3	●	XBJQ	Fenugreek Seed	--	●	8URT	Lettuce
LEVEL 3	●	SM3W	Ferrous Sulfate	--	●	3Y2S	Lime
LEVEL 2	●	HAN3	Fescue Grass Hay	LEVEL 3	●	FMMK	Lobelia Herb
--	●	2AJ7	Feverfew	LEVEL 1	●	W5MK	Magnesium Oxide
LEVEL 3	●	CPFT	Fish Oil	--	●	GZSR	Magnesium Proteinate
--	●	B4GJ	Flaxseed	LEVEL 1	●	4UD9	Manganese Sulfate
LEVEL 1	●	935A	Flaxseed Oil	--	●	C7RH	Mango
LEVEL 2	●	YZGR	Folic Acid	LEVEL 2	●	ASMD	Marshmallow Root
--	●	5D5R	Garlic Bulb	LEVEL 3	●	H9QP	Methionine
LEVEL 3	●	KXH5	Grapefruit	LEVEL 3	●	MMBR	Milk Thistle
--	●	JZ56	Grapes (red)	LEVEL 2	●	W9X3	Molasses
LEVEL 1	●	VPTT	Grapes (white)	LEVEL 1	●	SJMD	Monocalcium Phosphate
--	●	3B6F	Ground Limestone	--	●	AWTQ	Mustard Seed



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LEVEL 1	●	XU5Y	Nettle Herb	LEVEL 3	●	4MKE	Raisins
LEVEL 3	●	DZ9E	Niacin	--	●	H6QN	Raspberries
--	●	SG8A	Oat Straw Green Tops	LEVEL 3	●	PWE5	Red Clover
LEVEL 3	●	CV47	Olive Leaf	LEVEL 3	●	VQR7	Riboflavin
--	●	RMJE	Oranges	LEVEL 2	●	VKQ4	Rice Bran
--	●	2X8K	Orchard Grass Hay	LEVEL 2	●	GJ3Y	Rosemary
LEVEL 3	●	A6NU	Oregon Grape Root	LEVEL 3	●	XYYZ	Rye
--	●	TREY	Parsnips	--	●	BQN3	Sesame seed
LEVEL 2	●	5SX9	Passion Flower	LEVEL 2	●	TM3K	Skullcap
LEVEL 3	●	VN79	Peaches	--	●	2FJK	Slippery Elm Bark
--	●	T495	Peanuts	LEVEL 1	●	QP2V	Sodium
--	●	9UYS	Pears	--	●	E3T2	Sodium Benzoate
LEVEL 3	●	2477	Peas (field)	--	●	8ZE5	Sodium Bicarbonate
--	●	MJVQ	Peas (garden)	LEVEL 2	●	5373	Soy Bean
LEVEL 2	●	HSQB	Pineapples	LEVEL 3	●	H36U	Soybean Hay
--	●	Z439	Plantain Herb	--	●	NT2W	Soybean Hulls
LEVEL 2	●	PB57	Plums	--	●	MWR8	Soybean Meal
--	●	CYHK	Potassium Sorbate	--	●	F8DF	Soybean Oil
--	●	9NKG	Potassium Sulphate	LEVEL 2	●	KB65	Spirullina
--	●	GT4E	Potatoes (sweet)	--	●	WU5Q	Squash
LEVEL 1	●	MVAK	Prunes	--	●	2KFF	Strawberries
--	●	Y83E	Pyridoxine Hydrochloride	LEVEL 1	●	Q33A	Sugar (brown)



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LEVEL 3	●	PTDS	Sugar (white)	--	●	A3C5	Watermelon
LEVEL 2	●	RA4H	Sugar Beets	--	●	NVRA	Wheat (ground)
LEVEL 3	●	KWRN	Swede	LEVEL 1	●	GYVU	Wheat (whole grain)
--	●	Z73S	Tangerine	LEVEL 3	●	JB3D	Wheat Bran
--	●	XPQR	Timothy Grass Hay	LEVEL 1	●	RV9M	Wheat Middlings
--	●	R5QG	Tumeric	LEVEL 3	●	QXD5	White Willow Bark
--	●	89E7	Turnip	LEVEL 3	●	92HA	Whole Oats
--	●	CD4R	Usnea	LEVEL 1	●	6W9V	Yeast
LEVEL 3	●	KT92	Valerian	LEVEL 2	●	KCHK	Zinc Sulfate
LEVEL 3	●	99S7	Vegetable Oil				



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Environmental

LEVEL 2	●	72NC	Apple Tree	LEVEL 2	●	S935	Dandelion (Taraxum duplidens)
--	●	RKV7	Ash (Frqxinus excelsior)	LEVEL 1	●	U6MU	Dogs
LEVEL 1	●	QC96	Aspen (Populus tremula)	LEVEL 3	●	955K	Dollarweed
--	●	YWDX	Aspergillus Fumigatus	LEVEL 3	●	UZDS	Eastern Red Cedar Tree
--	●	MMPJ	Bee	--	●	KXK8	Elm (Ulmus glabra)
--	●	XH8S	Bee Balm	LEVEL 1	●	UGFD	Essential Oil-Basil
LEVEL 1	●	WG6Q	Beech (Fagus silvatica)	LEVEL 1	●	ZKBJ	Essential Oil-Bergamot
--	●	NMU3	Bermuda grass (Cynodon dactylon)	--	●	EZ4Q	Essential Oil-Cardamom
--	●	KP5J	Brome Grass	LEVEL 2	●	A7RJ	Essential Oil-Cedarwood
LEVEL 1	●	5ZZF	Buckhorn Plantain	--	●	T9EP	Essential Oil-Clary Sage
--	●	4KDB	Burdock	LEVEL 2	●	PD77	Essential Oil-Cypress
LEVEL 3	●	MGHY	Bush Honeysuckle	LEVEL 1	●	FBHG	Essential Oil-Frankincense
LEVEL 3	●	3M9Z	Buttercup (Ranculus spp.)	LEVEL 3	●	7AS3	Essential Oil-Geranium
LEVEL 2	●	QF96	Cape Weed (arctotheca calendula)	--	●	PJ3E	Essential Oil-Ginger
--	●	P7QM	Cats	--	●	HYNF	Essential Oil-Helichrysum
LEVEL 3	●	U9UQ	Cherry tree	--	●	J66X	Essential Oil-Lavender
LEVEL 1	●	QCUY	Chickory	--	●	ANQA	Essential Oil-Lemongrass
--	●	RV8M	Clover (Triofoium spp.)	LEVEL 3	●	ZMHD	Essential Oil-Marjoram
--	●	YSHC	Comfrey	LEVEL 2	●	EEXD	Essential Oil-Melaleuca
LEVEL 3	●	JW2M	Cotton	LEVEL 3	●	Y94Y	Essential Oil-Myrrh
LEVEL 1	●	VXM4	Cowpeas	LEVEL 2	●	EY9Z	Essential Oil-Peppermint
LEVEL 1	●	9JC4	Crab Grass	--	●	ATMG	Essential Oil-Roman Chamomile



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LEVEL 3	●	KVU6	Essential Oil-Rosemary	LEVEL 3	●	G598	Oak (Quercus robur)
LEVEL 2	●	WK9D	Essential Oil-Sandalwood	--	●	6CF7	Orchard grass or Cocksfoot grass (Dactylis glomerata)
LEVEL 1	●	NZGK	Essential Oil-Thyme	--	●	XKN8	Pear tree
LEVEL 1	●	M242	Essential Oil-Vetiver	--	●	M3YD	Phalaris (phalaris aquatica)
--	●	AQYJ	Essential Oil-Wild Orange	LEVEL 3	●	594S	Pigweed
LEVEL 2	●	UW3E	Fescue	LEVEL 3	●	YWYR	Pine (Pinus spp.)
--	●	AR6N	Goldenrod (Solidago virgaurea)	LEVEL 3	●	7EMQ	Poplar (Populus spp.)
LEVEL 2	●	ME5R	Hairy Vetch	LEVEL 3	●	H9CC	Poppies
LEVEL 2	●	8VWW	Horseflies	LEVEL 1	●	6EKG	Puccinellia
LEVEL 1	●	VR6M	Kangaroo Grass (themeda triandra)	LEVEL 1	●	VG6Z	Rabbit Dung
LEVEL 1	●	P3YT	Kentucky bluegrass (Poa pratensis)	LEVEL 2	●	MEF2	Rabbits
--	●	TZG6	Lavender	--	●	PEDB	Ragweed (Ambrosia elatior)
--	●	57HZ	Leather	LEVEL 1	●	YEHH	Rat Dung
LEVEL 1	●	VFUQ	Lupine	LEVEL 3	●	376M	Rats
LEVEL 1	●	E4JZ	Magnolia Tree	LEVEL 3	●	WFTV	Red Clover
LEVEL 2	●	MJKG	Maple (Acer sepp.)	LEVEL 3	●	D9FR	Rubber
LEVEL 3	●	V7JJ	Mice	--	●	CQTH	Spruce (Picea abies)
--	●	A2XE	Mice Dung	LEVEL 2	●	EV3J	Star of Bethlehem
LEVEL 1	●	YHJR	Milkweed	LEVEL 1	●	AB8B	Stinging Nettle
--	●	RX89	Mold I	--	●	X7GD	Sunflowers
LEVEL 3	●	TZEE	Mosquito	LEVEL 1	●	QEKE	Sunn Hemp
LEVEL 1	●	Q4VV	Nimblewill	LEVEL 1	●	AFC3	Tall Ironwood



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Environmental

LEVEL 1	●	KQQZ	Timothy Grass	LEVEL 2	●	WWA U	Willow (<i>Salix vitellina</i>)
--	●	2MBV	Wallaby Grass (<i>danthonia ssp</i>)	--	●	PWZX	Wool
LEVEL 1	●	VS5H	Wasp	--	●	S8SB	Yarrow
LEVEL 2	●	6PSN	Wheat Grass (<i>thinopyrum ponticum</i>)				



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Nutrition

--	●	3X7X	Vitamin A (retinyl palmitrate)	--	●	ZC4T	Essential Mineral - Magnesium
--	●	6W7A	Vitamin B1 (thiamine)	LEVEL 3	●	4MFC	Essential Mineral - Phosphorus
LEVEL 1	●	Z3EX	Vitamin B12 (cobalamin)	--	●	CH76	Essential Mineral - Potassium
LEVEL 3	●	MNNS	Vitamin B2 (riboflavin)	--	●	YRNQ	Essential Mineral - Zinc Orotate
--	●	YRXK	Vitamin B3 (niacin)	--	●	VDPQ	Fatty Acid - Omega 3
--	●	FAA3	Vitamin B5 (pantothenic acid)	--	●	2MCW	Fatty Acid - Omega 6
--	●	865H	Vitamin B6 (pyridoxine)	--	●	FD7X	Ionic Mineral - Vanadium
--	●	EGN7	Vitamin B7 (biotin)	--	●	UEUR	Trace Mineral - Boron
--	●	MJW6	Vitamin B9 (folic acid)	--	●	MDPS	Trace Mineral - Chromium
LEVEL 2	●	G6KF	Vitamin C (ascorbic acid)	--	●	6PYB	Trace Mineral - Cobalt
LEVEL 3	●	KT89	Vitamin D	--	●	XWTN	Trace Mineral - Copper
--	●	JF74	Vitamin E (alpha-tocopherol)	--	●	TTEF	Trace Mineral - Iodine (aqueous)
--	●	8RPE	AA - Essential - Lysine	--	●	YF9Q	Trace Mineral - Iron
--	●	4EJ7	AA - Essential - Methionine	--	●	3Y6R	Trace Mineral - Selenium
--	●	FD7F	Essential Mineral - Calcium				

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 horse'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 horse'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 horse'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 horse'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 horse 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 an eating 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 horse 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 saddles, blankets, and outdoor elements like grasses, pollens, bushes, and nearby trees.
- 03 Reduce Outdoor Exposure:** After your horse comes back inside to its stall, consider brushing or washing them down. This can help remove allergens like pollen and keep from contaminating their living environment.
- 04 Purpose Of The Test:** The 5Strands Environmental Intolerance Test is designed to help you gain a better understanding of your horse's body and become more aware of their sensitivities. This awareness will empower you to make informed choices about the environment and substances your horse is exposed to.
- 05 Adhere To Guidelines:** You can proactively take steps to create a more comfortable and healthier environment for your horse. This personalized approach to care can lead to enhanced well-being and potentially lessen the impact of environmental triggers on their health.

If your horse 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 you 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 you should consume that food item or expose yourself to it.

Actions To Take: Imbalances

Vitamins & Minerals

- 01 Nutrient Absorption & Intolerances:** The Vitamins & Minerals Imbalance Test reveals your horse's potential absorption and nutrient utilization issues. Intolerances to certain foods can trigger cellular inflammation which also hinders proper nutrient uptake.
- 02 Effect On Supplements:** When giving your horse supplements, consider their body's efficiency in absorbing synthetic nutrients, especially if they have intolerances or imbalances. We recommend choosing natural supplements derived from whole foods.
- 03 Difference From Blood Testing:** Unlike traditional blood tests measuring physical nutrient presence in the blood, the 5Strands test assesses the body's ability to properly absorb nutrients, omitting reference ranges found in traditional blood test results.
- 04 The Preemptive Nature Of Bioresonance Testing:** 5Strands' bioresonance testing proactively identifies imbalances before they manifest physically, potentially preventing health issues.
- 05 Diet & Supplements:** Prioritize a healthy diet comprising non-intolerant whole foods for optimal nutrient intake. If you give your horse supplements, opt for those sourced from natural elements like whole foods, plants, or herbs to avoid synthetic additives that challenge their body's processing abilities.

Heavy Metals & Minerals

- 01 Identifying Processing Issues:** The 5Strands Metals & Minerals Imbalance report identifies substances your horse's body struggles to process and eliminate when exposed to them.
- 02 Environmental Exposure:** While the report does not specify how or where your horse 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 products you utilize, 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 horse'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 horse'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



Kristina Star

Certified in Nutrition and
Equine Physiology

If you're feeling uncertain about how to proceed or need more personalized guidance, booking a consultation with Kristina Star could be a valuable option. This consultation would likely involve discussing your horse's specific situation, reviewing your horse's test results, and receiving expert advice on selecting appropriate foods specifically for your horse's needs.

[LEARN MORE](#)

Need Help

Contact 5Strands



Call Us
+1 (833) 600-8378



Email Us
info@5strands.com

Take Proactive Action With You & Your Pet's Health

Gain the personalized insights needed to make healthier dietary and lifestyle changes for you and your pets.



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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.

