How to Interpret Your 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 one's diet or environment. By making adjustments to one's food consumption and surroundings, it can allow the body time to resolve & rebalance any intolerances.

Each item we test for is exposed to the hair 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
- This food report is to be utilized as an outline for a 6-8 week **elimination plan**. Once you have completed the 6-8 week elimination period and symptoms have subsided, you can now begin the reintroduction process. - The **reintroduction** process is where you add back a once offending food item into your nutrition plan. You should only add back one food item at a time. If you consume the food item and you do not experience any intolerance symptoms, then you can continue consuming in moderation. If you consume the offending food item and notice a symptom, keep in mind that you can still consume this food in the future, but you may deal with an undesirable symptom. - It is recommended to never consume a food item more than 2-3 times per week. Consuming a food item more than this is **overconsumption** and can create a food intolerance symptom. - The intention of the **5Strands Food Intolerance Package** is to be more in tune with what your body is telling you, and to eat a healthier, more rounded diet that is unique for your body.	- Try to avoid exposure to the items to the **best of your abilities**. Focus on the level 3 items first and foremost. **Take into consideration** the clothing/fabrics you wear, material your furniture is made from, the cleaning solutions you use, and the trees, grasses, and pollen where you live. - It will be impossible to fully remove certain environmental items out of your life, but **reducing** these items will help you not experience as many environmental intolerance symptoms. - The intention of the **5Strands Environmental Intolerance Package** is to be more in tune with what your body is telling you, and to make conscious choices about what environmental items you surround yourself with.

How to Interpret Your Test Results

The following report lists all the nutrition items tested by 5Strands. This test will indicate your body's inability to absorb and process each particular nutrient tested.
Each item we test for is exposed to the hair sample provided and measures 1 of 4 responses:
Please note that every individual is different and symptoms may vary by level and severity.

Level 3 (red)	These items are considered **severe** imbalances. Your body will have a **severe inability** to absorb these items.
Level 2 (yellow)	These items are considered **moderate** imbalances. Your body will have an **intermediate inability** to absorb these items.
Level 1 (green)	These items are considered **mild** imbalances. Your body will have a **mild inability** to absorb these items.
Insignificant Response (grey)	These items did not meet the threshold that is set for a response. Your body may properly absorb these items.

Nutrition Report

- This nutrition report will indicate the nutrients your body is not absorbing, whether it is from food or supplements.
- Just because you are consuming foods that are rich in a particular nutrient, it does not mean that your body is absorbing the nutrients properly. Consuming foods that you are intolerant to can cause inflammation and in turn prohibit the body's cells from absorbing the needed nutrients.
- The same goes for taking a supplement; just because you are adding a supplement into your daily nutrition plan, it does not mean that your body is actually absorbing it and utilizing it.

   What do I do with this information?

   ➔ Eating a healthy diet and consuming whole foods that your body is not intolerant to is the best way to ensure your body is receiving the proper nutrients.
   ➔ Our website provides definitions for each nutrient, what whole foods provide the nutrient, and the bodily function each nutrient has.
   ➔ Instead of adding a synthetic supplement to assist you in increasing your intake, attempt to consume this nutrient in a wide variety of whole foods. The body often does not know what to do with a synthetic food item, and therefore does not absorb or process it properly.
   ➔ If you do decide to use a supplement, make sure it is as close to natural as possible.

- Please note that this nutrition test will not show a reference range for each item tested as with blood testing. It is unique to 5Strands.
- It is not providing a physical measurement of the amount of nutrients in the body. Bioresonance testing is preemptive to blood testing. It will register imbalances before they manifest into a physical issue.

How to Interpret Your Test Results

The following report lists all metals & mineral items tested by 5Strands. This test will indicate your body's ability to process and eliminate each item tested.
Each item we test for is exposed to the hair sample provided and measures 1 of 4 responses:
Please note that every individual is different and symptoms may vary by level and severity.

Level 3 (red)	These items are considered **severe** imbalances. Your body will have a **severe inability** to process and eliminate these items if/when you come in contact with them.
Level 2 (yellow)	These items are considered **moderate** imbalances. Your body will have an **intermediate inability** to process and eliminate these items if/when you come in contact with them.
Level 1 (green)	These items are considered **mild** imbalances. Your body will have a **slight inability** to process and eliminate these items if/when you come in contact with them.
Insignificant Response (grey)	These items did not meet the threshold that is set for a response. Your body may properly process and eliminate these items.

Metals & Minerals Report

- Use these results to investigate your diet and lifestyle, as the results will not be able to tell you where and how you might be exposed to these toxins.

- It is impossible to avoid being exposed to metals and minerals since they are in the air, food, household products, soil, and water. Evaluate what foods you might be consuming that could contribute to your possible exposure, and avoid or eliminate them as much as possible.

- The body was designed to eliminate toxins through its organs. When these systems are compromised, these toxins are not properly filtered and the body could be adversely affected. This can end up causing symptoms in the body such as fatigue, constipation, insomnia, skin problems, anemia, hypertension, numbness, memory loss, headaches, mood swings, depression, digestive disorders, hypoglycemia, and learning disabilities.

    What do I do with this information?

    → You can help the body's natural cleansing process by drinking plenty of filtered water, consuming the proper nutrition plan (more whole foods) which should include green leafy vegetables, trying to eliminate stress, exercise, use an infra-red sauna to induce sweating, dry brushing the skin, deep breathing to allow oxygen to circulate through your system, and getting plenty of rest.
    → This should be an ongoing practice to help cleanse and nourish your body from the inside out. You can also consider changing your lifestyle if you tend to come into contact with items that contain these metals and minerals on a regular basis. Be sure to take your working environment into consideration when trying to determine where you potentially come in contact with these items.
    → On our website, we have every item defined, and we describe where you potentially are coming into contact with it.
- Please note that this metals & minerals test will not show a reference range for each item tested as with blood testing. It is unique to 5Strands.
- It is not providing a physical measurement of the amount of toxins in the body. Bioresonance testing is preemptive to blood testing. It will register imbalances before they manifest into a physical issue.

REVISED 10/2020

Food

Level		Item	Level		Item
LEVEL 3	🟥	Acidity Regulator - E 330 Citric acid	--	⬜	Acidity Regulator - E 507 Hydrochloric Acid
LEVEL 2	🟨	Acidity Regulator - E 331 Monosodium Citrate	LEVEL 3	🟥	Acidity Regulator - E 509 Calcium Chloride
LEVEL 1	🟩	Acidity Regulator - E 332 Monopotassium Citrate	LEVEL 3	🟥	Acidity Regulator - E 511 Magnesium Chloride
LEVEL 1	🟩	Acidity Regulator - E 333 Monocalcium citrate	LEVEL 2	🟨	Acidity Regulator - E 513 Sulphuric Acid
LEVEL 2	🟨	Acidity Regulator - E 334 Tartaric acid	--	⬜	Acidity Regulator - E 521 Aluminium Sodium Sulphate
LEVEL 1	🟩	Acidity Regulator - E 335 Monosodium tartrate	--	⬜	Acidity Regulator - E 524 Sodium Hydroxide
LEVEL 1	🟩	Acidity Regulator - E 336 Monopotassium tartrate	LEVEL 3	🟥	Acidity Regulator - E 525 Potassium Hydroxide
--	⬜	Acidity Regulator - E 337 Sodium Potassium Tartrate	--	⬜	Acidity Regulator - E 526 Calcium Hydroxide
--	⬜	Acidity Regulator - E 338 Orthophosphoric Acid	LEVEL 3	🟥	Acidity Regulator - E 530 Magnesium Oxide
--	⬜	Acidity Regulator - E 339 Monosodium Phosphate	--	⬜	Acidity Regulator - E 574 Gluconic Acid
--	⬜	Acidity Regulator - E 340 Monopotassium Phosphate	LEVEL 3	🟥	Acidity Regulator - E 577 Potassium Gluconate
--	⬜	Acidity Regulator - E 341 Monocalcium Phosphate	LEVEL 1	🟩	Acidity Regulator - E 585 Iron II-lactate
LEVEL 1	🟩	Acidity Regulator - E 350 Sodium Malate	LEVEL 3	🟥	Anti-caking Agent - E 535 Sodium Ferrocyanide
LEVEL 2	🟨	Acidity Regulator - E 353 Metataric Acid	LEVEL 2	🟨	Anti-caking Agent - E 552 Calcium Silicate
--	⬜	Acidity Regulator - E 354 Calcium Tartrate	--	⬜	Anti-caking Agent - E 555 Aluminium Potassium Silicate
LEVEL 2	🟨	Acidity Regulator - E 356 Sodium Adipate	LEVEL 2	🟨	Anti-caking Agent - E 556 Aluminium Calcium Silicate
--	⬜	Acidity Regulator - E 357 Potassium Adipate	--	⬜	Anti-caking Agent - E 558 Bentonite
--	⬜	Acidity Regulator - E 363 Succinic Acid	--	⬜	Anti-caking Agent - E 570 Stearic Acid
LEVEL 3	🟥	Acidity Regulator - E 380 Triammonium Citrate	--	⬜	Anti-caking Agent - E 578 Calcium Gluconate
--	⬜	Acidity Regulator - E 500 Sodium Carbonate	LEVEL 2	🟨	Antioxidant - E 300 Ascorbic Acid (Vitamin C)
--	⬜	Acidity Regulator - E 501 Potassium Carbonate	LEVEL 2	🟨	Antioxidant - E 301 Sodium L-ascorbate
--	⬜	Acidity Regulator - E 503 Ammonium Carbonate	--	⬜	Antioxidant - E 302 Calcium L-ascorbate

Food

Level		Item	Level		Item
--	⬜	Antioxidant - E 304 Ascorbyl Palmitate/ Ascorbyl Stearate	LEVEL 2	🟨	Beverage - Milk (hemp)
LEVEL 2	🟨	Antioxidant - E 306 Natural Tocopherols (Vitamin E)	LEVEL 3	🟥	Beverage - Milk (oat)
--	⬜	Antioxidant - E 307 Synthetic Alpha-Tocopherol	--	⬜	Beverage - Milk (rice)
LEVEL 3	🟥	Antioxidant - E 309 Synthetic Delta-Tocopherol	LEVEL 1	🟩	Beverage - Milk (soy)
LEVEL 3	🟥	Antioxidant - E 310 Propyl Gallate	LEVEL 2	🟨	Beverage - Orange Juice
--	⬜	Antioxidant - E 311 Octyl Gallate	--	⬜	Beverage - Pineapple Juice
LEVEL 1	🟩	Antioxidant - E 312 Dodecyl Gallate	LEVEL 1	🟩	Beverage - Pomegranate Juice
--	⬜	Antioxidant - E 315 Isoascorbic Acid	LEVEL 1	🟩	Beverage - Rum
LEVEL 1	🟩	Antioxidant - E 316 Sodium Isoascorbate	--	⬜	Beverage - Tea (black)
LEVEL 2	🟨	Antioxidant - E 320 Butylated Hydroxyanisole (BHA)	--	⬜	Beverage - Tea (chamomile)
--	⬜	Antioxidant - E 321 Butylated Hydroxytoluene	LEVEL 1	🟩	Beverage - Tea (earl grey)
--	⬜	Antioxidant - E 512 Tin II Chloride	LEVEL 1	🟩	Beverage - Tea (green)
--	⬜	Beverage - Apple Juice	--	⬜	Beverage - Tea (jasmine)
LEVEL 1	🟩	Beverage - Beer	LEVEL 2	🟨	Beverage - Tea (oolong)
LEVEL 3	🟥	Beverage - Coffee (black)	--	⬜	Beverage - Tea (rooibos)
--	⬜	Beverage - Cola	LEVEL 2	🟨	Beverage - Tea (yerba mate)
--	⬜	Beverage - Cranberry Juice	LEVEL 1	🟩	Beverage - Tequila
LEVEL 3	🟥	Beverage - Gin	LEVEL 3	🟥	Beverage - Vodka
--	⬜	Beverage - Kombucha	LEVEL 2	🟨	Beverage - Whisky
--	⬜	Beverage - Milk (almond)	--	⬜	Beverage - Wine (red)
--	⬜	Beverage - Milk (cashew)	--	⬜	Beverage - Wine (white)
LEVEL 2	🟨	Beverage - Milk (coconut)	--	⬜	Bread Enhancer - E 927 Carbanide

Food

LEVEL 2	🟨	Coagulating Agent - E 520 Aluminium Sulphate	--	⬜	Dairy - Cheese (ricotta)
--	⬜	Coating - E 901 Bees Wax, White and Yellow	--	⬜	Dairy - Cheese (swiss)
--	⬜	Coating - E 902 Candelilla Wax	LEVEL 2	🟨	Dairy - Cream
--	⬜	Coating - E 904 Shellac	--	⬜	Dairy - Cream Cheese
--	⬜	Coating - E 912 Montanic Acid Ester	--	⬜	Dairy - Kefir
LEVEL 3	🟥	Dairy - Buttermilk	--	⬜	Dairy - Lactose
LEVEL 1	🟩	Dairy - Cheese (blue)	LEVEL 1	🟩	Dairy - Milk (boiled)
LEVEL 3	🟥	Dairy - Cheese (brie)	LEVEL 3	🟥	Dairy - Milk (condensed)
LEVEL 1	🟩	Dairy - Cheese (camembert)	LEVEL 3	🟥	Dairy - Milk (cow)
--	⬜	Dairy - Cheese (cheddar)	LEVEL 2	🟨	Dairy - Milk (evaporated)
LEVEL 1	🟩	Dairy - Cheese (colby)	--	⬜	Dairy - Milk (goat)
LEVEL 2	🟨	Dairy - Cheese (cottage)	--	⬜	Dairy - Milk (sheep)
--	⬜	Dairy - Cheese (feta)	--	⬜	Dairy - Sour Cream
--	⬜	Dairy - Cheese (goat)	--	⬜	Dairy - Yogurt (plain Greek)
LEVEL 1	🟩	Dairy - Cheese (gouda)	--	⬜	Dairy - Yogurt (plain)
--	⬜	Dairy - Cheese (gruyere)	--	⬜	Emulsifier - E 322 Lecithins
LEVEL 2	🟨	Dairy - Cheese (havarti)	--	⬜	Emulsifier - E 432 Polyoxyethylene-soritan-monolaurate
LEVEL 3	🟥	Dairy - Cheese (mozzarella)	LEVEL 2	🟨	Emulsifier - E 434 Plyoxyethylene-sorbitan-monopalmitate
LEVEL 1	🟩	Dairy - Cheese (muenster)	--	⬜	Emulsifier - E 435 Polyoxyethylene-sorbitan-monostearate
--	⬜	Dairy - Cheese (parmesan)	LEVEL 2	🟨	Emulsifier - E 436 Polyoxyethylene-sorbitan-tristearate
LEVEL 1	🟩	Dairy - Cheese (pepper jack)	LEVEL 1	🟩	Emulsifier - E 442 Ammonium Phosphatides
LEVEL 2	🟨	Dairy - Cheese (provolone)	--	⬜	Emulsifier - E 444 Sucrose-acetate-isobutyrate

Food

LEVEL 2	🟧	Emulsifier - E 450 Diphosphate, Phosphate	--	⬜	Emulsifier - E 493 Sorbitan Monolaurate
LEVEL 1	🟩	Emulsifier - E 451 Triphosphate, Phosphate	LEVEL 2	🟧	Emulsifier - E 494 Sorbitan Mono-oleate
--	⬜	Emulsifier - E 452 Polyphosphate	LEVEL 2	🟧	Emulsifier - E 495 Sorbitan Monopalmitate
--	⬜	Emulsifier - E 470 a Sodium	LEVEL 2	🟧	Emulsifier - E 541 Sodium Aluminium Phosphate
--	⬜	Emulsifier - E 470 b Magnesium Salts of Edible Fatty Acids	LEVEL 1	🟩	Fat - Avocado Oil
--	⬜	Emulsifier - E 471 Mono- and Diglyceride	--	⬜	Fat - Butter
LEVEL 2	🟧	Emulsifier - E 472 a Acetic Acid Esters	LEVEL 1	🟩	Fat - Canola Oil
LEVEL 2	🟧	Emulsifier - E 472 b Lactic Acid Esters	--	⬜	Fat - Coconut Oil
LEVEL 1	🟩	Emulsifier - E 472 c Citric Acid Esters	LEVEL 2	🟧	Fat - Cod Liver Oil
LEVEL 1	🟩	Emulsifier - E 472 d Tartaric Acid Esters	LEVEL 2	🟧	Fat - Corn Oil
--	⬜	Emulsifier - E 472 e Mono and Diacetyltartaric Acid Esters	--	⬜	Fat - Cottonseed Oil
LEVEL 1	🟩	Emulsifier - E 472 f Mixed Acetic and Tartaric Acid Esters	--	⬜	Fat - Flaxseed Oil
--	⬜	Emulsifier - E 473 Sucrose Esters	LEVEL 2	🟧	Fat - Ghee
LEVEL 1	🟩	Emulsifier - E 474 Sucroglycerides	--	⬜	Fat - Grapeseed Oil
LEVEL 2	🟧	Emulsifier - E 475 Polyglycerol Esters of Fatty Acids	--	⬜	Fat - Hemp Seed Oil
--	⬜	Emulsifier - E 476 Polyglycerol Polyricinoleate	--	⬜	Fat - Olive Oil
LEVEL 3	🟥	Emulsifier - E 477 Propane	LEVEL 1	🟩	Fat - Palm Kernal Oil
--	⬜	Emulsifier - E 479 Thermo-oxidised Soya Oil	LEVEL 3	🟥	Fat - Palm Oil
LEVEL 1	🟩	Emulsifier - E 481 Sodium Stearoyl	--	⬜	Fat - Peanut Oil
LEVEL 1	🟩	Emulsifier - E 482 Calcium Stearyol	LEVEL 1	🟩	Fat - Peppermint Oil
LEVEL 3	🟥	Emulsifier - E 483 Stearyl Tartrate	LEVEL 2	🟧	Fat - Pumkin Seed Oil
LEVEL 1	🟩	Emulsifier - E 492 Sorbitan Tristearate	LEVEL 2	🟧	Fat - Sesame Oil

Food

--	▢	Fat - Soybean Oil	LEVEL 2	▨	Food Dye - E 102 Tartrazine
LEVEL 2	▨	Fat - Sunflower Oil	LEVEL 1	▨	Food Dye - E 104 Quinoline Yellow
LEVEL 3	▨	Fat - Vegetable Oil	LEVEL 1	▨	Food Dye - E 110 Sunset Yellow FCF
LEVEL 3	▨	Flavor Enhancer - E 620 Glutamic Acid	LEVEL 3	▨	Food Dye - E 120 Cochineal, Carminic Acid
--	▢	Flavor Enhancer - E 621 Monosodium Glutamate	--	▢	Food Dye - E 122 Carmoisine
LEVEL 2	▨	Flavor Enhancer - E 622 Monopotassium Glutamate	--	▢	Food Dye - E 123 Amaranth
LEVEL 2	▨	Flavor Enhancer - E 623 Calcium Diglutamate	LEVEL 1	▨	Food Dye - E 124 Poceau 4R
--	▢	Flavor Enhancer - E 624 Monoammonium Glutamate	--	▢	Food Dye - E 127 Erythrosine
LEVEL 3	▨	Flavor Enhancer - E 625 Magnesium Diglutamate	LEVEL 3	▨	Food Dye - E 128 Rot 2 G
--	▢	Flavor Enhancer - E 626 Guanylic Acid	LEVEL 1	▨	Food Dye - E 129 Allura Red AC
LEVEL 2	▨	Flavor Enhancer - E 627 Disodium Guanylate	LEVEL 1	▨	Food Dye - E 131 Patent Blue V
LEVEL 1	▨	Flavor Enhancer - E 628 Dipotassium Guanylate	LEVEL 2	▨	Food Dye - E 132 Indigo Carmine
LEVEL 2	▨	Flavor Enhancer - E 629 Calcium Guanylate	LEVEL 1	▨	Food Dye - E 133 Brilliant Blue FCF
--	▢	Flavor Enhancer - E 630 Insinic Acid	LEVEL 2	▨	Food Dye - E 140 Chlorophylls and Chlorophyllins
LEVEL 1	▨	Flavor Enhancer - E 631 Disodium Ionisate	LEVEL 3	▨	Food Dye - E 141 Chlorophylls (CU Complexes)
LEVEL 1	▨	Flavor Enhancer - E 632 Dipotassium Ionisate	--	▢	Food Dye - E 142 Green S
LEVEL 3	▨	Flavor Enhancer - E 633 Dicalcium Ionisate	LEVEL 2	▨	Food Dye - E 150 a Caramel
--	▢	Flavor Enhancer - E 634 Calcium 5-ribonucleotide	--	▢	Food Dye - E 150 b Sulphite Lye Caramel
LEVEL 1	▨	Flavor Enhancer - E 635 Disodium 5-ribonucleotide	LEVEL 2	▨	Food Dye - E 150 d Ammonium Sulphite Caramel
LEVEL 1	▨	Flavor Enhancer - E 640 Glycine and its Sodium Salts	LEVEL 3	▨	Food Dye - E 151 Brilliant Black BN. Black PN
--	▢	Food Dye - E 100 Curcumin	LEVEL 1	▨	Food Dye - E 153 Vegetable Carbon
LEVEL 1	▨	Food Dye - E 101 Riboflavin	--	▢	Food Dye - E 154 Brown FK

Food

LEVEL 3	🟥	Food Dye - E 160 a Carotene	--	⬜	Fruit - Avocado
--	⬜	Food Dye - E 160 c Capsanthin, Capsorubin	--	⬜	Fruit - Bananas
LEVEL 1	🟩	Food Dye - E 161 b Lutein	LEVEL 1	🟩	Fruit - Blackberries
--	⬜	Food Dye - E 161 g Canthaxanthin	--	⬜	Fruit - Blueberries
LEVEL 3	🟥	Food Dye - E 162 Beetroot Red (betanin)	LEVEL 1	🟩	Fruit - Cantaloupe
--	⬜	Food Dye - E 163 Anthocyanins	LEVEL 3	🟥	Fruit - Carambola
--	⬜	Food Dye - E 170 Calcium Carbonate	LEVEL 1	🟩	Fruit - Cherries
--	⬜	Food Dye - E 171 Titanium Dioxide	LEVEL 2	🟨	Fruit - Clementines
--	⬜	Food Dye - E 172 Iron Oxides, Iron Hydroxides	LEVEL 2	🟨	Fruit - Coconut
LEVEL 1	🟩	Food dye - E 173 Aluminium	LEVEL 1	🟩	Fruit - Cranberries
--	⬜	Food Dye - E 174 Silver	LEVEL 1	🟩	Fruit - Dates
LEVEL 1	🟩	Food Dye - E 175 Gold	LEVEL 1	🟩	Fruit - Figs
LEVEL 2	🟨	Food Dye - E 180 Lithol Rubine	LEVEL 2	🟨	Fruit - Goji Berries
LEVEL 1	🟩	Fruit - Acai Berry	LEVEL 3	🟥	Fruit - Grapefruit (pink)
LEVEL 3	🟥	Fruit - Apple (fuji)	--	⬜	Fruit - Grapefruit (white)
--	⬜	Fruit - Apple (gala)	LEVEL 2	🟨	Fruit - Grapes (red)
LEVEL 2	🟨	Fruit - Apple (golden delicious)	--	⬜	Fruit - Grapes (white)
--	⬜	Fruit - Apple (granny smith)	--	⬜	Fruit - Guava
--	⬜	Fruit - Apple (honey crisp)	LEVEL 1	🟩	Fruit - Honeydew Melon
--	⬜	Fruit - Apple (jazz)	LEVEL 1	🟩	Fruit - Kiwis
LEVEL 3	🟥	Fruit - Apple (pink lady)	LEVEL 3	🟥	Fruit - Lemons
--	⬜	Fruit - Apricots	LEVEL 3	🟥	Fruit - Lime

Food

LEVEL 2	🟫	Fruit - Mango	LEVEL 3	🟥	Grain - Buckwheat
--	⬜	Fruit - Olives (black)	LEVEL 1	🟩	Grain - Bulgur Wheat
LEVEL 1	🟩	Fruit - Olives (green)	LEVEL 1	🟩	Grain - Corn Flour (maize)
--	⬜	Fruit - Oranges	LEVEL 3	🟥	Grain - Couscous
--	⬜	Fruit - Papaya	LEVEL 3	🟥	Grain - Farro
LEVEL 3	🟥	Fruit - Peaches	--	⬜	Grain - Flaxseed
--	⬜	Fruit - Pears	LEVEL 1	🟩	Grain - Freekeh
--	⬜	Fruit - Pineapples	--	⬜	Grain - Gluten
--	⬜	Fruit - Plantain	--	⬜	Grain - Millet
--	⬜	Fruit - Plums	--	⬜	Grain - Oat
--	⬜	Fruit - Pomegranates	--	⬜	Grain - Quinoa
LEVEL 3	🟥	Fruit - Prunes	--	⬜	Grain - Rice (brown)
--	⬜	Fruit - Raisins	LEVEL 3	🟥	Grain - Rice (white)
LEVEL 1	🟩	Fruit - Raspberries	LEVEL 1	🟩	Grain - Rice (wild)
--	⬜	Fruit - Strawberries	LEVEL 3	🟥	Grain - Rye
LEVEL 2	🟫	Fruit - Tangerine	LEVEL 1	🟩	Grain - Sorghum
LEVEL 3	🟥	Fruit - Tomatillo	LEVEL 1	🟩	Grain - Spelt
--	⬜	Fruit - Tomatoes (cooked)	--	⬜	Grain - Teff
--	⬜	Fruit - Tomatoes (raw)	--	⬜	Grain - Triticale
LEVEL 1	🟩	Fruit - Watermelons	--	⬜	Grain - Wheat
--	⬜	Grain - Amaranth	LEVEL 1	🟩	Grain - Wheat Berry
LEVEL 3	🟥	Grain - Barley	LEVEL 1	🟩	Humectant - E 1518 Glycerine Triacetate (triacetin)

Food

LEVEL 1	🟩	Misc - Arrowroot	LEVEL 3	🟥	Modified Starch - E 1404 Oxidierte Starch
LEVEL 1	🟩	Misc - Carob	--	⬜	Modified Starch - E 1410 Monostarch Phosphate
LEVEL 1	🟩	Misc - Chlorella	--	⬜	Modified Starch - E 1412 Di-starch Phosphate
--	⬜	Misc - Chlorophyll	--	⬜	Modified Starch - E 1413 Phosphatised Di-starch P.
LEVEL 2	🟨	Misc - Chocolate (dark)	--	⬜	Modified Starch - E 1414 Acetylised Di-starch Phosphate
LEVEL 3	🟥	Misc - Chocolate (milk)	LEVEL 2	🟨	Modified Starch - E 1420 Acetylised Starch
LEVEL 2	🟨	Misc - Chocolate (white)	LEVEL 2	🟨	Modified Starch - E 1440 Hydroxypropyl Starch
LEVEL 2	🟨	Misc - Gelatin	--	⬜	Modified Starch - E 1442 Hydroxypropyl Di-starch Phosphate
--	⬜	Misc - Hemp	--	⬜	Modified Starch - E 1450 Starch Sodium Ocenylsuccinate
LEVEL 2	🟨	Misc - Kelp	--	⬜	Nuts - Almond
LEVEL 2	🟨	Misc - Nori	LEVEL 3	🟥	Nuts - Baru
--	⬜	Misc - Nutritional Yeast	--	⬜	Nuts - Brazil Nuts
--	⬜	Misc - Oyster Sauce	LEVEL 2	🟨	Nuts - Cashew Nuts
LEVEL 3	🟥	Misc - Soy Sauce	--	⬜	Nuts - Chestnuts
--	⬜	Misc - Spirulina	LEVEL 2	🟨	Nuts - Hazelnuts
--	⬜	Misc - Tahini	--	⬜	Nuts - Hickory
LEVEL 2	🟨	Misc - Tapioca	LEVEL 3	🟥	Nuts - Macadamia Nuts
LEVEL 2	🟨	Misc - Vanilla	LEVEL 3	🟥	Nuts - Peanut Butter
LEVEL 1	🟩	Misc - Vinegar (apple cider)	LEVEL 1	🟩	Nuts - Peanuts
LEVEL 3	🟥	Misc - Vinegar (clear)	LEVEL 2	🟨	Nuts - Pecans
--	⬜	Misc - Vinegar (malt)	LEVEL 3	🟥	Nuts - Pili
LEVEL 2	🟨	Misc - Wakame	LEVEL 2	🟨	Nuts - Pine Nuts

Food

--	☐	Nuts - Pistachio	LEVEL 1	🟩	Preservative - E 234 Nisin
--	☐	Nuts - Poppy Seeds	LEVEL 2	🟨	Preservative - E 239 Hexamethylene-tetramine
--	☐	Nuts - Sunflower Seeds	--	☐	Preservative - E 242 Dimethyl Dicarbonate
LEVEL 1	🟩	Nuts - Walnuts	LEVEL 3	🟥	Preservative - E 249 Potassium Nitrite
LEVEL 2	🟨	Preservative - E 1105 Lysozyme	LEVEL 2	🟨	Preservative - E 250 Sodium Nitrite
--	☐	Preservative - E 200 Sorbic Acid	--	☐	Preservative - E 252 Potassium Nitrate
--	☐	Preservative - E 203 Calcium Corbat	--	☐	Preservative - E 261 Potassium Acetate
LEVEL 3	🟥	Preservative - E 210 Benzoic Acid	LEVEL 3	🟥	Preservative - E 262 Sodium Acetate
LEVEL 2	🟨	Preservative - E 211 Sodium Benzoate	--	☐	Preservative - E 270 Lactic Acid
--	☐	Preservative - E 213 Calcium Benzoate, Benzoic Acid	--	☐	Preservative - E 280 Propionic Acid
--	☐	Preservative - E 214 Ethyl-para-hydroxybenzoate	--	☐	Preservative - E 281 Sodium Propionate
LEVEL 3	🟥	Preservative - E 215 Sodium Ethyl-para-hydroxybenzoate	LEVEL 3	🟥	Preservative - E 282 Calcium Propionate
LEVEL 2	🟨	Preservative - E 217 Sodiumpropyl-para-hydroxybenzoate	LEVEL 1	🟩	Preservative - E 283 Potassium Propionate
LEVEL 3	🟥	Preservative - E 218 Methyl-para-hydroxybenzoate	--	☐	Preservative - E 296 Malic Acid
--	☐	Preservative - E 219 Sodium Methyl-para-hydroxybenzoate	LEVEL 1	🟩	Preservative - E 297 Fumaric Acid
LEVEL 1	🟩	Preservative - E 220 Sulphur Dioxide	--	☐	Preservative - E 325 Sodium Lactate
LEVEL 3	🟥	Preservative - E 221 Sodium Sulphite	LEVEL 3	🟥	Preservative - E 326 Potassium Lactate
--	☐	Preservative - E 222 Sodium Hydrogen Sulphite	--	☐	Preservative - E 327 Calcium Lactate
--	☐	Preservative - E 223 Sodium Metabisulphite	LEVEL 1	🟩	Protein - Alpha-Lactalbumin
LEVEL 2	🟨	Preservative - E 224 Potassium Metabisulphite	--	☐	Protein - Bacon
LEVEL 3	🟥	Preservative - E 226 Calcium Sulphite	--	☐	Protein - Beef
--	☐	Preservative - E 227 Calcium Hydrogen Sulphite	--	☐	Protein - Beef Jerky

Food

--	⬜	Protein - Beta-Lactoglobulin	LEVEL 3	🟥	Protein - Venison
LEVEL 2	🟨	Protein - Bison	LEVEL 2	🟨	Salt Substitute - E 508 Potassium Chloride
LEVEL 1	🟩	Protein - Chicken	LEVEL 3	🟥	Salt Substitute - E 515 Potassium Sulphate
LEVEL 3	🟥	Protein - Duck	LEVEL 3	🟥	Seafood - Anchovy
LEVEL 1	🟩	Protein - Egg White	LEVEL 1	🟩	Seafood - Bass
LEVEL 3	🟥	Protein - Egg Yolk	--	⬜	Seafood - Catfish
LEVEL 2	🟨	Protein - Goat	--	⬜	Seafood - Clams
LEVEL 1	🟩	Protein - Goose	--	⬜	Seafood - Cod
LEVEL 3	🟥	Protein - Lamb	--	⬜	Seafood - Crab
--	⬜	Protein - Liver (beef)	LEVEL 1	🟩	Seafood - Crayfish
--	⬜	Protein - Liver (chicken)	--	⬜	Seafood - Eel
LEVEL 3	🟥	Protein - Pea Protein	LEVEL 3	🟥	Seafood - Flounder
--	⬜	Protein - Pork	LEVEL 1	🟩	Seafood - Grouper
--	⬜	Protein - Quorn	LEVEL 1	🟩	Seafood - Haddock
--	⬜	Protein - Rabbit	LEVEL 2	🟨	Seafood - Halibut
LEVEL 1	🟩	Protein - Seitan	LEVEL 1	🟩	Seafood - Herring
LEVEL 3	🟥	Protein - Soy	LEVEL 3	🟥	Seafood - Lobster
LEVEL 2	🟨	Protein - Tempeh	--	⬜	Seafood - Mackerel
LEVEL 1	🟩	Protein - Textured Vegetable Protein	--	⬜	Seafood - Mahi-mahi
LEVEL 3	🟥	Protein - Tofu	--	⬜	Seafood - Mussels
LEVEL 3	🟥	Protein - Turkey	LEVEL 2	🟨	Seafood - Octopus
--	⬜	Protein - Veal	LEVEL 3	🟥	Seafood - Orange Roughy

Food

--	⬜	Seafood - Oyster	LEVEL 2	🟨	Spice - Cloves
--	⬜	Seafood - Perch	LEVEL 2	🟨	Spice - Coriander
LEVEL 3	🟥	Seafood - Pollock	--	⬜	Spice - Cress
LEVEL 3	🟥	Seafood - Prawns	--	⬜	Spice - Cumin
LEVEL 1	🟩	Seafood - Salmon	--	⬜	Spice - Curry (green)
--	⬜	Seafood - Sardine	LEVEL 2	🟨	Spice - Curry (red)
LEVEL 3	🟥	Seafood - Scallops	--	⬜	Spice - Curry (yellow)
--	⬜	Seafood - Shrimp	LEVEL 1	🟩	Spice - Dill
--	⬜	Seafood - Snail	LEVEL 2	🟨	Spice - Fennel
LEVEL 1	🟩	Seafood - Snapper	--	⬜	Spice - Ginger
--	⬜	Seafood - Sole	--	⬜	Spice - Mint
--	⬜	Seafood - Swordfish	LEVEL 1	🟩	Spice - Miso
--	⬜	Seafood - Tilapia	LEVEL 3	🟥	Spice - Nutmeg
LEVEL 3	🟥	Seafood - Trout	LEVEL 3	🟥	Spice - Oregano
LEVEL 3	🟥	Seafood - Tuna	--	⬜	Spice - Paprika
LEVEL 1	🟩	Spice - Aniseed	--	⬜	Spice - Parsley
LEVEL 2	🟨	Spice - Basil	--	⬜	Spice - Pepper (black)
LEVEL 3	🟥	Spice - Bay Leaf	LEVEL 3	🟥	Spice - Pepper (red/ cayenne)
LEVEL 1	🟩	Spice - Caraway	--	⬜	Spice - Pepper (white)
LEVEL 1	🟩	Spice - Cardamom	LEVEL 3	🟥	Spice - Rosemary
--	⬜	Spice - Cilantro	LEVEL 2	🟨	Spice - Sage
LEVEL 1	🟩	Spice - Cinnamon	--	⬜	Spice - Salt (pink Himalayan)

Food

LEVEL 2	🟫	Spice - Salt (sea)	LEVEL 3	🟥	Sweetener - E 952 Cyclamate
--	⬜	Spice - Salt (table)	LEVEL 3	🟥	Sweetener - E 953 Isomalt
--	⬜	Spice - Sesame	LEVEL 3	🟥	Sweetener - E 954 Saccharin
LEVEL 3	🟥	Spice - Thyme	LEVEL 2	🟫	Sweetener - E 955 Sucralose
LEVEL 1	🟩	Spice - Turmeric	--	⬜	Sweetener - E 957 Thaumatin
LEVEL 3	🟥	Spice - Wasabi	--	⬜	Sweetener - E 959 Neohesperdin DC
LEVEL 3	🟥	Stabilizer - E 1505 Triethyl Citrate	--	⬜	Sweetener - E 965 Maltite, Maltite Syrup
LEVEL 3	🟥	Stabilizer - E 514 Sodium Sulphate	--	⬜	Sweetener - E 966 Lactite
LEVEL 2	🟫	Stabilizer - E 517 Ammonium Sulphate	LEVEL 1	🟩	Sweetener - E 967 Xylitol
--	⬜	Stabilizer - E 523 Aluminium Ammonium Sulphate	LEVEL 2	🟫	Thickening Agent - E 1200 Polydextrose
LEVEL 1	🟩	Sweetener - Agave	--	⬜	Thickening Agent - E 352 Calcium Malate
LEVEL 1	🟩	Sweetener - Honey	--	⬜	Thickening Agent - E 401 Sodium Alginate
LEVEL 2	🟫	Sweetener - Maple Syrup	LEVEL 1	🟩	Thickening Agent - E 402 Potassium Alginate
LEVEL 2	🟫	Sweetener - Molasses	LEVEL 3	🟥	Thickening Agent - E 403 Ammonium Alginate
LEVEL 1	🟩	Sweetener - Stevia	LEVEL 1	🟩	Thickening Agent - E 405 Propylene Glycol Alginate
--	⬜	Sweetener - Sugar (brown)	LEVEL 1	🟩	Thickening Agent - E 406 Agar
LEVEL 1	🟩	Sweetener - Sugar (cane)	LEVEL 2	🟫	Thickening Agent - E 407 a Eucheuma Algae, Treated
--	⬜	Sweetener - Sugar (white)	LEVEL 2	🟫	Thickening Agent - E 407 Carrageenan
--	⬜	Sweetener - E 420 Sorbit, Sorbit Syrup	LEVEL 1	🟩	Thickening Agent - E 410 Locust Bean Gum, Carob Gum
--	⬜	Sweetener - E 421 Mannite	LEVEL 2	🟫	Thickening Agent - E 412 Guar Gum
LEVEL 2	🟫	Sweetener - E 950 Acesulfame K	LEVEL 3	🟥	Thickening Agent - E 414 Gum Arabic
--	⬜	Sweetener - E 951 Aspartame	LEVEL 3	🟥	Thickening Agent - E 415 Xanthan Gum

Food

LEVEL 2	🟨	Thickening Agent - E 416 Karaya Gum	LEVEL 2	🟨	Veg - Bell Pepper (green) (cooked)
--	⬜	Thickening Agent - E 417 Tara Meal	--	⬜	Veg - Bell Pepper (green) (raw)
--	⬜	Thickening Agent - E 418 Gellane	--	⬜	Veg - Bell Pepper (orange) (cooked)
--	⬜	Thickening Agent - E 440 Pectin, Amidated Pectin	--	⬜	Veg - Bell Pepper (orange) (raw)
LEVEL 2	🟨	Thickening Agent - E 461 Methylcellulose	--	⬜	Veg - Bell Pepper (red) (cooked)
LEVEL 2	🟨	Thickening Agent - E 463 Hydroxypropylcellulose	--	⬜	Veg - Bell Pepper (red) (raw)
--	⬜	Thickening Agent - E 464 Hydroxypropylmethylcellulose	LEVEL 1	🟩	Veg - Bell Pepper (yellow) (cooked)
--	⬜	Thickening Agent - E 465 Ethylmethylcellulose	LEVEL 3	🟥	Veg - Bell Pepper (yellow) (raw)
--	⬜	Thickening Agent - E 466 Carboxymethylcellulose	LEVEL 2	🟨	Veg - Bok Choy
LEVEL 1	🟩	Veg - Artichoke	--	⬜	Veg - Broccoli (cooked)
LEVEL 1	🟩	Veg - Asparagus	LEVEL 3	🟥	Veg - Broccoli (raw)
LEVEL 1	🟩	Veg - Aubergine (eggplant)	LEVEL 1	🟩	Veg - Brussel Sprouts
LEVEL 1	🟩	Veg - Bean Sprouts	--	⬜	Veg - Cabbage (red) (cooked)
--	⬜	Veg - Beans (black)	LEVEL 2	🟨	Veg - Cabbage (red) (raw)
LEVEL 1	🟩	Veg - Beans (broad)	LEVEL 3	🟥	Veg - Cabbage (white) (cooked)
LEVEL 3	🟥	Veg - Beans (chickpea)	LEVEL 3	🟥	Veg - Cabbage (white) (raw)
LEVEL 2	🟨	Veg - Beans (green)	--	⬜	Veg - Carrots (cooked)
--	⬜	Veg - Beans (lima)	LEVEL 1	🟩	Veg - Carrots (raw)
--	⬜	Veg - Beans (pinto)	LEVEL 1	🟩	Veg - Cassava Flour
LEVEL 1	🟩	Veg - Beans (red kidney)	--	⬜	Veg - Cauliflower (cooked)
LEVEL 3	🟥	Veg - Beans (white)	LEVEL 2	🟨	Veg - Cauliflower (raw)
LEVEL 1	🟩	Veg - Beets	--	⬜	Veg - Celery (cooked)

5Strands
AFFORDABLE
Testing

Adult Deluxe
March 02, 2021

Affordable Testing, Lawrenceville, Georgia USA • www.5strands.com
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Food

--	◻	Veg - Celery (raw)	--	◻	Veg - Lettuce (red leaf)
LEVEL 2	◻	Veg - Corn	LEVEL 2	◻	Veg - Lettuce (romaine)
LEVEL 2	◻	Veg - Cucumber	LEVEL 1	◻	Veg - Mushroom (button)
--	◻	Veg - Edamame	LEVEL 3	◻	Veg - Mushroom (chestnut)
LEVEL 3	◻	Veg - Endive	LEVEL 2	◻	Veg - Mushroom (lion's mane)
--	◻	Veg - Garlic (cooked)	LEVEL 2	◻	Veg - Mushroom (oyster)
--	◻	Veg - Garlic (raw)	LEVEL 3	◻	Veg - Mushroom (portabella)
--	◻	Veg - Greens (collard)	--	◻	Veg - Mushroom (shiitake)
LEVEL 2	◻	Veg - Greens (mustard)	LEVEL 3	◻	Veg - Mushroom (turkey tail)
LEVEL 1	◻	Veg - Greens (turnip)	LEVEL 3	◻	Veg - Okra
LEVEL 2	◻	Veg - Horseradish	--	◻	Veg - Onions (cooked)
--	◻	Veg - Kale (cooked)	--	◻	Veg - Onions (raw)
LEVEL 2	◻	Veg - Kale (raw)	--	◻	Veg - Onions (scallions)
--	◻	Veg - Kohlrabi	--	◻	Veg - Parsnips
--	◻	Veg - Leek	--	◻	Veg - Peas (black eyed)
--	◻	Veg - Lentils	--	◻	Veg - Peas (field)
LEVEL 2	◻	Veg - Lettuce (arugula)	LEVEL 1	◻	Veg - Peas (garden)
--	◻	Veg - Lettuce (butter)	LEVEL 3	◻	Veg - Pepper (banana)
--	◻	Veg - Lettuce (chicory)	--	◻	Veg - Pepper (cherry)
LEVEL 2	◻	Veg - Lettuce (escarole)	--	◻	Veg - Pepper (habanero)
LEVEL 1	◻	Veg - Lettuce (green leaf)	--	◻	Veg - Pepper (jalapeno)
LEVEL 3	◻	Veg - Lettuce (iceberg)	LEVEL 3	◻	Veg - Pepper (pepperoncini)

Food

LEVEL 2	�yellow	Veg - Pepper (poblano)	LEVEL 3	red	Veg - Sauerkraut
--	gray	Veg - Pepper (serrano)	--	gray	Veg - Soy Bean
LEVEL 3	red	Veg - Pickle (bread & butter)	LEVEL 1	green	Veg - Spinach (cooked)
LEVEL 1	green	Veg - Pickle (dill)	LEVEL 2	yellow	Veg - Spinach (raw)
LEVEL 3	red	Veg - Potatoes (red)	--	gray	Veg - Squash (acorn)
LEVEL 3	red	Veg - Potatoes (sweet)	LEVEL 3	red	Veg - Squash (butternut)
LEVEL 2	yellow	Veg - Potatoes (white)	LEVEL 3	red	Veg - Squash (spaghetti)
LEVEL 3	red	Veg - Potatoes (yellow)	--	gray	Veg - Squash (yellow)
LEVEL 2	yellow	Veg - Pumpkin	LEVEL 2	yellow	Veg - Squash (zucchini)
LEVEL 1	green	Veg - Pumpkin Seed	LEVEL 2	yellow	Veg - Swiss Chard
LEVEL 1	green	Veg - Radicchio	LEVEL 1	green	Veg - Turnip
--	gray	Veg - Radish	LEVEL 2	yellow	Veg - Water Chestnut
LEVEL 1	green	Veg - Rhubarb	--	gray	Veg - Watercress
--	gray	Veg - Rutabaga	--	gray	Veg - Yuca (cassava)

Environmental

Level		Item	Level		Item
LEVEL 1	🟩	Acrylic Fabric	LEVEL 1	🟩	Cedar
--	⬜	Alder (Alnus glutinosa)	--	⬜	Chamomile (Matricaria chamomilla)
LEVEL 3	🟥	Apple Tree	LEVEL 1	🟩	Cherry tree
LEVEL 2	🟨	Ash (Frqxinus excelsior)	--	⬜	Chicken Droppings
--	⬜	Aspen (Populus tremula)	--	⬜	Chicken Feathers
LEVEL 3	🟥	Aster	LEVEL 3	🟥	Chrysanthemum (C. morifolium)
--	⬜	Baby's Breath	--	⬜	Clover (Triofolium spp.)
--	⬜	Bamboo	--	⬜	Colonial bent grass (Agrostis tenuis)
LEVEL 3	🟥	Barley (Hordeum vulgare)	LEVEL 3	🟥	Cotton
--	⬜	Bee	LEVEL 2	🟨	Cottonwood
LEVEL 1	🟩	Beech (Fagus silvatica)	LEVEL 2	🟨	Currant bush
LEVEL 1	🟩	Bermuda grass (Cynodon dactylon)	--	⬜	Cypress Tree
LEVEL 2	🟨	Birch	LEVEL 3	🟥	Dahlia (Dahlia hybrida)
--	⬜	Blue Spruce	--	⬜	Daisy
LEVEL 2	🟨	Bovines	LEVEL 3	🟥	Dandelion (Taraxum duplidens)
--	⬜	Box Elder	LEVEL 3	🟥	Dead nettle
--	⬜	Bradford Pear Tree	LEVEL 2	🟨	Deer Epithelium
LEVEL 3	🟥	Buckwheat	LEVEL 2	🟨	Dock (Rumex acetosa)
--	⬜	Buttercup (Ranculus spp.)	LEVEL 1	🟩	Dog Dander
--	⬜	Canaries	LEVEL 3	🟥	Dog Saliva
LEVEL 3	🟥	Cat Dander	LEVEL 2	🟨	Dogwood Cornus Nuttalli
LEVEL 1	🟩	Cat Saliva	LEVEL 2	🟨	Douglas Fir Tree

Environmental

--	⬜	Downy Birch (Betula Verrico)	LEVEL 2	🟨	Hop (Humulus lupulus)
LEVEL 3	🟥	Duck feathers	LEVEL 3	🟥	Hornbeam (Carpinus betulus)
--	⬜	Elder (Sambucus nigra)	--	⬜	Horse chestnut (Aesculus hippocastanum)
LEVEL 1	🟩	Elm (Ulmus glabra)	--	⬜	Horses
--	⬜	European beech	LEVEL 2	🟨	House Dust Mite
LEVEL 3	🟥	European lime (Tilia europea)	LEVEL 3	🟥	Hyacinth (Endymion non scriptus)
LEVEL 2	🟨	False acacia (Robinia pseudacacia)	--	⬜	Japanese Millet
LEVEL 1	🟩	Ferret Epithelium	LEVEL 3	🟥	Jasmine (Philadelphus spp.)
--	⬜	Fireweed/Great willow herb (Epilobium angustifolium)	--	⬜	Juniper Bush
LEVEL 2	🟨	Fleece	LEVEL 3	🟥	Kammgras (Cynosurus cristatus)
LEVEL 1	🟩	Fox Epithelium	--	⬜	Kentucky bluegrass (Poa pratensis)
--	⬜	Fungus	LEVEL 1	🟩	Laburnum (Laburnum anagyroides)
LEVEL 3	🟥	Goats	--	⬜	Larch (Larix decidua)
--	⬜	Golden hamsters	LEVEL 1	🟩	Latex
LEVEL 1	🟩	Goldenrod (Solidago virgaurea)	LEVEL 3	🟥	Leather
LEVEL 3	🟥	Goose feathers	LEVEL 3	🟥	Lilac (Syringa vulgaris)
--	⬜	Guinea pigs	--	⬜	Linen
LEVEL 3	🟥	Gumball Tree	--	⬜	Lupine (Lupinus polyphyllus)
--	⬜	Hawthorn (Crataegus spp.)	--	⬜	Maize (Zea mays)
--	⬜	Hazel (Corylus avellana)	--	⬜	Maple (Acer sepp.)
--	⬜	Hemp	--	⬜	Marguerite (Leucanthemum vulgare)
LEVEL 3	🟥	Hickory	LEVEL 1	🟩	Meadow fescue (Festuca pratensis)

Environmental

Level		Item	Level		Item
LEVEL 2	🟨	Meadow fox tail (Alopecurus prat.)	LEVEL 2	🟨	Pine (Pinus spp.)
--	⬜	Melde (Artiplex spp.)	LEVEL 1	🟩	Pine, Scottish (Pinus sylvestris)
--	⬜	Mice	--	⬜	Plane tree (Platanus acerifolia)
LEVEL 3	🟥	Mistletoe	LEVEL 1	🟩	Plantain (Plantago major)
--	⬜	Mold I	LEVEL 2	🟨	Polyester
--	⬜	Mold II	LEVEL 1	🟩	Polyethylene
LEVEL 2	🟨	Mosquito	--	⬜	Polyethylene Terephthalate
LEVEL 1	🟩	Mountain Cedar	--	⬜	Polypropylene
--	⬜	Mugwort (Artemisia vulgaris)	LEVEL 1	🟩	Polystyrene
LEVEL 2	🟨	Mulberry	LEVEL 3	🟥	Polyvinyl Chloride
LEVEL 1	🟩	Narcissus (Narcissus spp.)	LEVEL 2	🟨	Poplar (Populus spp.)
--	⬜	New Belgian Aster (aster novi belgii)	--	⬜	Primrose (Primulus)
LEVEL 3	🟥	Nylon	LEVEL 3	🟥	Privet (Ligustrum spp.)
--	⬜	Oak (Quercus robur)	--	⬜	Quackgrass or Couch grass (Agropyron repens)
--	⬜	Oats (Avena sativa)	LEVEL 1	🟩	Rabbits
--	⬜	Orchard grass or Cocksfoot grass (Dactylis glomerata)	--	⬜	Ragweed (Ambrosia elatior)
--	⬜	Palm Trees	--	⬜	Rape (Brassica napus)
LEVEL 2	🟨	Parrot Feathers	LEVEL 1	🟩	Rats
LEVEL 2	🟨	Pear tree	LEVEL 1	🟩	Rayon
LEVEL 3	🟥	Perennial ryegrass (Lolium perenne)	--	⬜	Red fescue (Festuca rubra)
LEVEL 1	🟩	Pigeons	LEVEL 3	🟥	Ribwort (Plantago lanceolata)
LEVEL 2	🟨	Pigweed (Chenopodium album)	LEVEL 1	🟩	Rose (Rosa spp.)

Environmental

--	⬜	Rubber	LEVEL 1	🟩	Velvet grass (Holcus lanatus)
--	⬜	Ryegrass	LEVEL 3	🟥	Violets
--	⬜	Sagebrush	--	⬜	Wallflower (Cheiranthus cheiri)
--	⬜	Sawgrass	LEVEL 1	🟩	Walnut (Juglans regia)
LEVEL 3	🟥	Scotch heather (Calluna vulgaris)	LEVEL 2	🟨	Wasp
--	⬜	Sequoia	LEVEL 2	🟨	Water reed (Phragmites communis)
--	⬜	Silk	LEVEL 2	🟨	Wheat (Triticum aestivum)
--	⬜	Spandex	LEVEL 3	🟥	Wild oat (Avena fatua)
LEVEL 3	🟥	Spelt	LEVEL 1	🟩	Willow (Salix vitellina)
LEVEL 1	🟩	Spruce (Picea abies)	--	⬜	Wool
--	⬜	St. Augustine Grass	--	⬜	Wormwood (Artemisia absinthium)
LEVEL 3	🟥	Stinging nettle (Urtica dioica)	LEVEL 2	🟨	Zoysia Grass
LEVEL 1	🟩	Sunflower Heliantjus Annus	--	⬜	E 1201 Polyvinylpyrrolidon
LEVEL 3	🟥	Sweet vernal grass (Anthoxanthum odoratum)	--	⬜	E 1202 Polyvinyl polypyrrolidone
LEVEL 1	🟩	Tamarisk (Myrica sp.)	--	⬜	E 212 Potassium benzoate, benzoic acid
LEVEL 1	🟩	Tansy ragwort (Senecio jacobaea)	LEVEL 3	🟥	E 216 Propyl-para-hydroxybenzoate (PHB Ester)
LEVEL 3	🟥	Thistle	LEVEL 3	🟥	E 230 Biphenyl, Diphenyl
--	⬜	Timothy Grass Pollen	LEVEL 1	🟩	E 231 Orthophenylphenol
--	⬜	Tobacco Smoke	--	⬜	E 232 Sodium orthophenylphenate, Orthophenylphenol
LEVEL 2	🟨	Trespe (Bromus mollis)	--	⬜	E 235 Natamycine
LEVEL 3	🟥	Tulip (Tulipa spp.)	LEVEL 3	🟥	E 284 Boric acid
--	⬜	Velvet	--	⬜	E 285 Sodium tetraborate, Boric acid

Environmental

LEVEL 2	🟨	E 290 Carbon dioxide, carbonic acid	--	⬜	E 554 Aluminium Sodium silicate
--	⬜	E 385 Calcium sodium ethylene diamine tetra-acetate (EDTA)	LEVEL 2	🟨	E 559 Aluminium silicate (Kaolin)
LEVEL 3	🟥	E 413 Tragacanth	LEVEL 2	🟨	E 575 Glucono-delta-lactone
--	⬜	E 491 Sorbitan monostearate	LEVEL 3	🟥	E 576 Sodium gluconate
LEVEL 1	🟩	E 504 Magnesium carbonate, M.-hydrogen carbonate	LEVEL 1	🟩	E 900 Dimethylpolysiloxane
LEVEL 2	🟨	E 516 Calcium sulphate	LEVEL 2	🟨	E 914 Polyethylene wax oxidates
LEVEL 1	🟩	E 528 Magnesium hydroxide	LEVEL 1	🟩	E 939 Helium
LEVEL 2	🟨	E 536 Potassium ferrocyanide	LEVEL 2	🟨	E 941 Nitrogen
LEVEL 1	🟩	E 551 Silicon dioxide (silica)	--	⬜	E 942 Di-nitrogen monoxide
LEVEL 3	🟥	E 553 a Magnesium silicate, Magnesium trisilicate	LEVEL 1	🟩	E 999 Quillaja extract
--	⬜	E 553 b Talc			

Nutrition

LEVEL 2	🟧	Vitamin A (retinyl palmitrate)	--	⬜	AA - Essential - Isoleucine
--	⬜	Vitamin B1 (thiamine)	--	⬜	AA - Essential - Leucine
--	⬜	Vitamin B10 (PABA)	--	⬜	AA - Essential - Lysine
--	⬜	Vitamin B11 (salicylic acid)	--	⬜	AA - Essential - Methionine
--	⬜	Vitamin B12 (cobalamin)	--	⬜	AA - Essential - Phenylalanine
--	⬜	Vitamin B13 (orotic acid)	--	⬜	AA - Essential - Threonine
--	⬜	Vitamin B2 (riboflavin)	--	⬜	AA - Essential - Tryptophane
--	⬜	Vitamin B3 (niacin)	--	⬜	AA - Essential - Valine
--	⬜	Vitamin B4 (adenine)	--	⬜	AA - Non-essential - Alanine
LEVEL 1	🟩	Vitamin B5 (pantothenic acid)	--	⬜	AA - Non-essential - Arginine
--	⬜	Vitamin B6 (pyridoxine)	LEVEL 2	🟧	AA - Non-essential - Asparagine
--	⬜	Vitamin B7 (biotin)	LEVEL 3	🟥	AA - Non-essential - Aspartic Acid
--	⬜	Vitamin B8 (myo-inositol)	--	⬜	AA - Non-essential - Cysteine
--	⬜	Vitamin B9 (folic acid)	LEVEL 2	🟧	AA - Non-essential - Cystine
--	⬜	Vitamin C (ascorbic acid)	--	⬜	AA - Non-essential - Glutamic Acid
--	⬜	Vitamin Choline	LEVEL 1	🟩	AA - Non-essential - Glutamine
--	⬜	Vitamin D2 (ergocalciferol)	LEVEL 2	🟧	AA - Non-essential - Glycine
--	⬜	Vitamin D3 (cholecalciferol)	--	⬜	AA - Non-essential - Ornithine
--	⬜	Vitamin E (alpha-tocopherol)	--	⬜	AA - Non-essential - Proline
--	⬜	Vitamin K1 (phylloquinone)	--	⬜	AA - Non-essential - Serine
--	⬜	Vitamin K2 (menaquinone)	--	⬜	AA - Non-essential - Taurine
--	⬜	AA - Essential - Histidine	--	⬜	AA - Non-essential - Tyrosine

Nutrition

LEVEL 2	🟫	Element - Lithium	--	⬜	Misc - Bioflavonoids (anthoxanthins)
--	⬜	Essential Mineral - Calcium	--	⬜	Misc - Fluoride
LEVEL 1	🟩	Essential Mineral - Magnesium	LEVEL 1	🟩	Misc - Gamma Aminobutyric Acid (GABA)
LEVEL 2	🟫	Essential Mineral - Phosphorus	--	⬜	Misc - Glutathione
--	⬜	Essential Mineral - Potassium	--	⬜	Misc - Melatonin
--	⬜	Essential Mineral - Silica	--	⬜	Misc - S-Adenosyl-L-Methionine (SAMe)
--	⬜	Essential Mineral - Sodium	--	⬜	Trace Mineral - Boron
--	⬜	Essential Mineral - Zinc Orotate	--	⬜	Trace Mineral - Chloride
--	⬜	Fatty Acid - Alpha-linolenic Acid (omega 3)	LEVEL 3	🟥	Trace Mineral - Chromium
--	⬜	Fatty Acid - Arachidonic Acid (omega 6)	--	⬜	Trace Mineral - Cobalt
--	⬜	Fatty Acid - Docosahexaenoic Acid (DHA omega 3)	LEVEL 3	🟥	Trace Mineral - Copper
--	⬜	Fatty Acid - Eicosapentaenoic Acid (EPA omega 3)	--	⬜	Trace Mineral - Germanium
LEVEL 1	🟩	Fatty Acid - Erucic Acid (omega 9)	--	⬜	Trace Mineral - Iodine (aqueous)
--	⬜	Fatty Acid - Gamma-linolenic Acid (GLA omega 6)	--	⬜	Trace Mineral - Iron
--	⬜	Fatty Acid - Lecithin	--	⬜	Trace Mineral - Manganese
--	⬜	Fatty Acid - Linoleic Acid (omega 6)	--	⬜	Trace Mineral - Molybdenum
--	⬜	Fatty Acid - Oleic Acid (omega 9)	--	⬜	Trace Mineral - Selenium
--	⬜	Ionic Mineral - Nickel	--	⬜	Trace Mineral - Silicon
--	⬜	Ionic Mineral - Strontium	LEVEL 1	🟩	Trace Mineral - Sulfur
--	⬜	Ionic Mineral - Vanadium			

Metals/ Minerals

--	⬜	Aluminium	LEVEL 2	🟨	Holmium
--	⬜	Antimony	--	⬜	Iron
--	⬜	Arsenic	--	⬜	Lead
--	⬜	Barium	--	⬜	Lithium
--	⬜	Beryllium	--	⬜	Lutetium
--	⬜	Bismuth	--	⬜	Magnesium
--	⬜	Boron	--	⬜	Manganese
LEVEL 2	🟨	Bromine	--	⬜	Mercury
LEVEL 1	🟩	Cadmium	--	⬜	Molybdenum
LEVEL 3	🟥	Caesium	LEVEL 2	🟨	Neodymium
--	⬜	Cerium	--	⬜	Nickel
--	⬜	Chromium	--	⬜	Niobium
LEVEL 2	🟨	Cobalt	--	⬜	Osmium
--	⬜	Copper	LEVEL 3	🟥	Palladium
--	⬜	Dysprosium	LEVEL 1	🟩	Phosphorus
LEVEL 1	🟩	Erbium	--	⬜	Platinum
--	⬜	Europium	--	⬜	Polonium
--	⬜	Gadolinium	LEVEL 1	🟩	Praseodymium
--	⬜	Gallium	LEVEL 1	🟩	Radium
LEVEL 3	🟥	Germanium	--	⬜	Rhenium
--	⬜	Gold	--	⬜	Rhodium
--	⬜	Hafnium	--	⬜	Rubidium

Metals/ Minerals

LEVEL 1	🟩	Ruthenium	--	⬜	Thulium
--	⬜	Samarium	LEVEL 3	🟥	Tin
LEVEL 2	🟨	Scandium	--	⬜	Titanium
--	⬜	Selenium	LEVEL 2	🟨	Tungsten
--	⬜	Silver	--	⬜	Uranium
LEVEL 2	🟨	Strontium	--	⬜	Vanadium
--	⬜	Tantalum	--	⬜	Zinc
--	⬜	Thallium	--	⬜	Zirconium