



# 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 with one's environment. By making adjustments to one's lifestyle and environment, 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:  
Please note that every individual is different and symptoms may vary by level and severity.

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

## Environmental Intolerance Report

- Try to avoid exposure to the items to the **best of your abilities**. Spend your time and attention focusing on the level 3 items primarily.
- **Take into consideration** the clothing/fabrics you wear, materials 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** your exposure to these items will help you experience less 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.

*Remember that we are testing for Intolerances, which are non-IgE or immune system reactions.*

*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**

## Environmental

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

## Environmental

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

Environmental

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

## Environmental

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

## Environmental

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