



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.

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.

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Nutrition

LEVEL 3	■	Vitamin A (retinyl palmitrate)	--	■	AA - Essential - Isoleucine
--	■	Vitamin B1 (thiamine)	--	■	AA - Essential - Leucine
LEVEL 3	■	Vitamin B10 (PABA)	--	■	AA - Essential - Lysine
--	■	Vitamin B11 (salicylic acid)	--	■	AA - Essential - Methionine
--	■	Vitamin B12 (cobalamin)	--	■	AA - Essential - Phenylalanine
LEVEL 3	■	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
--	■	Vitamin B5 (pantothenic acid)	LEVEL 3	■	AA - Non-essential - Arginine
--	■	Vitamin B6 (pyridoxine)	--	■	AA - Non-essential - Asparagine
--	■	Vitamin B7 (biotin)	--	■	AA - Non-essential - Aspartic Acid
LEVEL 2	■	Vitamin B8 (myo-inositol)	LEVEL 3	■	AA - Non-essential - Cysteine
LEVEL 1	■	Vitamin B9 (folic acid)	--	■	AA - Non-essential - Cystine
--	■	Vitamin C (ascorbic acid)	LEVEL 1	■	AA - Non-essential - Glutamic Acid
--	■	Vitamin Choline	--	■	AA - Non-essential - Glutamine
--	■	Vitamin D2 (ergocalciferol)	--	■	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
LEVEL 3	■	AA - Essential - Histidine	LEVEL 3	■	AA - Non-essential - Tyrosine

Nutrition

--	■	Element - Lithium	--	■	Misc - Bioflavonoids (anthoxanthins)
--	■	Essential Mineral - Calcium	--	■	Misc - Fluoride
--	■	Essential Mineral - Magnesium	--	■	Misc - Gamma Aminobutyric Acid (GABA)
--	■	Essential Mineral - Phosphorus	--	■	Misc - Glutathione
--	■	Essential Mineral - Potassium	LEVEL 1	■	Misc - Melatonin
LEVEL 1	■	Essential Mineral - Silica	--	■	Misc - S-Adenosyl-L-Methionine (SAME)
LEVEL 3	■	Essential Mineral - Sodium	--	■	Trace Mineral - Boron
LEVEL 1	■	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
LEVEL 1	■	Fatty Acid - Docosahexaenoic Acid (DHA omega 3)	LEVEL 3	■	Trace Mineral - Copper
--	■	Fatty Acid - Eicosapentaenoic Acid (EPA omega 3)	--	■	Trace Mineral - Germanium
--	■	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
LEVEL 3	■	Fatty Acid - Oleic Acid (omega 9)	--	■	Trace Mineral - Selenium
--	■	Ionic Mineral - Nickel	--	■	Trace Mineral - Silicon
--	■	Ionic Mineral - Strontium	--	■	Trace Mineral - Sulfur
--	■	Ionic Mineral - Vanadium			