



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

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|--------------------------------------|---|
| 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 their body at a cellular level. |
| Insignificant Response (grey) | These items did not meet the threshold that is set for a response. |

Environmental Intolerance Report

- 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.

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

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

Environmental

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

Environmental

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