



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
<ul style="list-style-type: none"> • 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. 	<ul style="list-style-type: none"> • 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.

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.



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.

Food

LEVEL 3	■	Beverage - Apple Juice	LEVEL 2	■	Beverage - Tea (yerba mate)
LEVEL 1	■	Beverage - Beer	--	■	Beverage - Tequila
--	■	Beverage - Coffee (black)	--	■	Beverage - Vodka
LEVEL 3	■	Beverage - Cola	--	■	Beverage - Wine (red)
LEVEL 3	■	Beverage - Cranberry Juice	LEVEL 3	■	Beverage - Wine (white)
--	■	Beverage - Gin	LEVEL 3	■	Dairy - Buttermilk
LEVEL 2	■	Beverage - Milk (almond)	LEVEL 3	■	Dairy - Cheese (cheddar)
LEVEL 3	■	Beverage - Milk (cashew)	--	■	Dairy - Cheese (feta)
LEVEL 3	■	Beverage - Milk (coconut)	--	■	Dairy - Cheese (mozzarella)
LEVEL 3	■	Beverage - Milk (oat)	LEVEL 1	■	Dairy - Cheese (parmesan)
LEVEL 3	■	Beverage - Milk (soy)	LEVEL 2	■	Dairy - Cheese (swiss)
LEVEL 2	■	Beverage - Orange Juice	LEVEL 3	■	Dairy - Cream
LEVEL 1	■	Beverage - Pineapple Juice	LEVEL 2	■	Dairy - Cream Cheese
--	■	Beverage - Pomegranate Juice	LEVEL 1	■	Dairy - Lactose
--	■	Beverage - Rum	LEVEL 1	■	Dairy - Milk (cow)
LEVEL 1	■	Beverage - Tea (black)	LEVEL 2	■	Dairy - Milk (goat)
LEVEL 3	■	Beverage - Tea (chamomile)	--	■	Fat - Avocado Oil
LEVEL 1	■	Beverage - Tea (earl grey)	LEVEL 3	■	Fat - Butter
LEVEL 2	■	Beverage - Tea (green)	LEVEL 3	■	Fat - Canola Oil
LEVEL 1	■	Beverage - Tea (jasmine)	--	■	Fat - Coconut Oil
LEVEL 1	■	Beverage - Tea (oolong)	LEVEL 1	■	Fat - Cod Liver Oil
LEVEL 3	■	Beverage - Tea (rooibos)	--	■	Fat - Corn Oil

Food

LEVEL 3	■	Fat - Olive Oil	LEVEL 1	■	Fruit - Kiwis
LEVEL 1	■	Fat - Sunflower Oil	--	■	Fruit - Lemons
LEVEL 1	■	Fruit - Apple (fuji)	LEVEL 1	■	Fruit - Lime
--	■	Fruit - Apple (gala)	LEVEL 3	■	Fruit - Olives (black)
--	■	Fruit - Apple (golden delicious)	--	■	Fruit - Olives (green)
LEVEL 1	■	Fruit - Apple (honey crisp)	--	■	Fruit - Oranges
--	■	Fruit - Apple (jazz)	--	■	Fruit - Peaches
LEVEL 2	■	Fruit - Apple (pink lady)	LEVEL 1	■	Fruit - Pears
--	■	Fruit - Apricots	--	■	Fruit - Pineapples
--	■	Fruit - Bananas	LEVEL 3	■	Fruit - Pomegranates
--	■	Fruit - Blackberries	--	■	Fruit - Raisins
LEVEL 2	■	Fruit - Blueberries	LEVEL 1	■	Fruit - Raspberries
LEVEL 2	■	Fruit - Cherries	--	■	Fruit - Strawberries
--	■	Fruit - Coconut	LEVEL 3	■	Fruit - Tomatoes (cooked)
LEVEL 3	■	Fruit - Cranberries	LEVEL 1	■	Fruit - Tomatoes (raw)
LEVEL 1	■	Fruit - Dates	LEVEL 3	■	Fruit - Watermelons
--	■	Fruit - Figs	LEVEL 3	■	Grain - Barley
LEVEL 2	■	Fruit - Grapefruit (pink)	LEVEL 2	■	Grain - Buckwheat
LEVEL 3	■	Fruit - Grapefruit (white)	LEVEL 1	■	Grain - Corn Flour (maize)
LEVEL 2	■	Fruit - Grapes (red)	--	■	Grain - Couscous
--	■	Fruit - Grapes (white)	LEVEL 2	■	Grain - Farro
LEVEL 3	■	Fruit - Honeydew Melon	--	■	Grain - Flaxseed

Food

LEVEL 1	■	Grain - Gluten	LEVEL 3	■	Nuts - Pine Nuts
LEVEL 2	■	Grain - Millet	LEVEL 2	■	Nuts - Walnuts
LEVEL 2	■	Grain - Oat	LEVEL 1	■	Protein - Alpha-Lactalbumin
LEVEL 1	■	Grain - Quinoa	LEVEL 2	■	Protein - Bacon
--	■	Grain - Rice (brown)	LEVEL 2	■	Protein - Beef
LEVEL 1	■	Grain - Rice (white)	LEVEL 2	■	Protein - Beta-Lactoglobulin
LEVEL 2	■	Grain - Rice (wild)	--	■	Protein - Bison
--	■	Grain - Rye	LEVEL 1	■	Protein - Chicken
LEVEL 2	■	Grain - Wheat	--	■	Protein - Duck
LEVEL 1	■	Misc - Soy Sauce	--	■	Protein - Egg White
--	■	Misc - Tapioca	--	■	Protein - Egg Yolk
LEVEL 2	■	Misc - Vinegar (clear)	LEVEL 2	■	Protein - Goose
LEVEL 3	■	Misc - Vinegar (malt)	LEVEL 1	■	Protein - Lamb
LEVEL 3	■	Nuts - Almond	--	■	Protein - Liver (beef)
LEVEL 3	■	Nuts - Brazil Nuts	LEVEL 1	■	Protein - Liver (chicken)
--	■	Nuts - Cashew Nuts	--	■	Protein - Pork
--	■	Nuts - Chestnuts	LEVEL 1	■	Protein - Rabbit
--	■	Nuts - Hazelnuts	--	■	Protein - Soy
LEVEL 3	■	Nuts - Macadamia Nuts	LEVEL 3	■	Protein - Tofu
--	■	Nuts - Peanut Butter	LEVEL 3	■	Protein - Turkey
--	■	Nuts - Peanuts	--	■	Protein - Veal
LEVEL 1	■	Nuts - Pecans	--	■	Protein - Venison

Food

LEVEL 2	■	Seafood - Clams	--	■	Spice - Bay Leaf
--	■	Seafood - Cod	LEVEL 2	■	Spice - Caraway
--	■	Seafood - Crayfish	LEVEL 3	■	Spice - Cardamom
--	■	Seafood - Eel	--	■	Spice - Cinnamon
--	■	Seafood - Flounder	--	■	Spice - Cloves
LEVEL 2	■	Seafood - Haddock	LEVEL 1	■	Spice - Cumin
--	■	Seafood - Halibut	--	■	Spice - Dill
--	■	Seafood - Lobster	LEVEL 1	■	Spice - Ginger
LEVEL 3	■	Seafood - Mackerel	LEVEL 2	■	Spice - Mint
--	■	Seafood - Mahi-mahi	--	■	Spice - Nutmeg
LEVEL 1	■	Seafood - Oyster	LEVEL 3	■	Spice - Paprika
LEVEL 1	■	Seafood - Pollock	--	■	Spice - Parsley
LEVEL 3	■	Seafood - Salmon	LEVEL 1	■	Spice - Pepper (black)
LEVEL 2	■	Seafood - Sardine	LEVEL 1	■	Spice - Pepper (red/ cayenne)
LEVEL 3	■	Seafood - Shrimp	--	■	Spice - Rosemary
--	■	Seafood - Snapper	LEVEL 1	■	Spice - Sage
LEVEL 2	■	Seafood - Sole	--	■	Spice - Salt (table)
LEVEL 2	■	Seafood - Tilapia	--	■	Spice - Sesame
--	■	Seafood - Trout	--	■	Spice - Thyme
LEVEL 3	■	Seafood - Tuna	--	■	Spice - Turmeric
LEVEL 1	■	Spice - Aniseed	--	■	Sweetener - Agave
--	■	Spice - Basil	--	■	Sweetener - Honey

Food

--	■	Sweetener - Maple Syrup	LEVEL 3	■	Veg - Cauliflower (raw)
--	■	Sweetener - Molasses	--	■	Veg - Cauliflower (cooked)
LEVEL 1	■	Sweetener - Sugar (brown)	--	■	Veg - Celery (cooked)
LEVEL 1	■	Sweetener - Sugar (cane)	LEVEL 3	■	Veg - Celery (raw)
--	■	Sweetener - Sugar (white)	LEVEL 2	■	Veg - Corn
LEVEL 1	■	Veg - Artichoke	LEVEL 1	■	Veg - Cucumber
LEVEL 2	■	Veg - Asparagus	--	■	Veg - Garlic (cooked)
LEVEL 1	■	Veg - Aubergine (eggplant)	LEVEL 1	■	Veg - Garlic (raw)
LEVEL 2	■	Veg - Beans (broad)	--	■	Veg - Leek
--	■	Veg - Beans (green)	LEVEL 2	■	Veg - Lentils
LEVEL 1	■	Veg - Beans (lima)	LEVEL 1	■	Veg - Lettuce (butter)
LEVEL 2	■	Veg - Beans (red kidney)	LEVEL 3	■	Veg - Lettuce (chicory)
--	■	Veg - Beets	--	■	Veg - Lettuce (escarole)
LEVEL 3	■	Veg - Bell Pepper (green) (cooked)	LEVEL 2	■	Veg - Lettuce (iceburg)
LEVEL 1	■	Veg - Bell Pepper (green) (raw)	LEVEL 1	■	Veg - Lettuce (romaine)
LEVEL 2	■	Veg - Brussel Sprouts	LEVEL 1	■	Veg - Mushroom (button)
--	■	Veg - Cabbage (red) (cooked)	--	■	Veg - Mushroom (chestnut)
--	■	Veg - Cabbage (red) (raw)	--	■	Veg - Mushroom (oyster)
LEVEL 3	■	Veg - Cabbage (white) (cooked)	--	■	Veg - Mushroom (portabella)
LEVEL 2	■	Veg - Cabbage (white) (raw)	LEVEL 2	■	Veg - Mushroom (shiitake)
--	■	Veg - Carrots (cooked)	LEVEL 2	■	Veg - Onions (cooked)
LEVEL 1	■	Veg - Carrots (raw)	--	■	Veg - Onions (raw)

Food

LEVEL 1	■	Veg - Peas (field)	--	■	Veg - Soy Bean
--	■	Veg - Peas (garden)	--	■	Veg - Spinach (cooked)
--	■	Veg - Pepper (habanero)	--	■	Veg - Spinach (raw)
LEVEL 2	■	Veg - Pepper (jalapeno)	--	■	Veg - Squash (butternut)
LEVEL 3	■	Veg - Pepper (pepperoncini)	LEVEL 1	■	Veg - Squash (yellow)
--	■	Veg - Potatoes (sweet)	LEVEL 3	■	Veg - Squash (zucchini)
LEVEL 3	■	Veg - Potatoes (white)	LEVEL 3	■	Veg - Turnip
LEVEL 1	■	Veg - Pumpkin	LEVEL 3	■	Veg - Yuca (cassava)
LEVEL 1	■	Veg - Radish			

Environmental

LEVEL 1	■	Alder (<i>Alnus glutinosa</i>)	LEVEL 3	■	Cotton
LEVEL 1	■	Apple Tree	--	■	Currant bush
LEVEL 3	■	Ash (<i>Fraxinus excelsior</i>)	--	■	Dahlia (<i>Dahlia hybrida</i>)
LEVEL 1	■	Aspen (<i>Populus tremula</i>)	LEVEL 3	■	Dandelion (<i>Taraxum duplidens</i>)
--	■	Aster	--	■	Dead nettle
--	■	Barley (<i>Hordeum vulgare</i>)	--	■	Deer Epithelium
LEVEL 1	■	Bee	LEVEL 3	■	Dock (<i>Rumex acetosa</i>)
LEVEL 2	■	Beech (<i>Fagus silvatica</i>)	LEVEL 2	■	Dog Dander
LEVEL 3	■	Bermuda grass (<i>Cynodon dactylon</i>)	LEVEL 2	■	Dog Saliva
LEVEL 1	■	Birch	LEVEL 2	■	Downy Birch
LEVEL 2	■	Bovines	LEVEL 1	■	Duck feathers
--	■	Buckwheat	--	■	Elder (<i>Sambucus nigra</i>)
--	■	Buttercup (<i>Ranunculus spp.</i>)	LEVEL 1	■	Elm (<i>Ulmus glabra</i>)
LEVEL 2	■	Canaries	LEVEL 3	■	European beech
--	■	Cat Dander	--	■	European lime (<i>Tilia europea</i>)
LEVEL 2	■	Cat Saliva	LEVEL 1	■	False acacia (<i>Robinia pseudacacia</i>)
--	■	Chamomile (<i>Matricaria chamomilla</i>)	--	■	Ferret
--	■	Cherry tree	--	■	Fireweed/Great willow herb (<i>Epilobium angustifolium</i>)
LEVEL 2	■	Chicken Droppings	--	■	Fungus
LEVEL 2	■	Chicken Feathers	LEVEL 2	■	Goats
LEVEL 3	■	Chrysanthemum (<i>C. morifolium</i>)	LEVEL 2	■	Golden hamsters
--	■	Clover (<i>Trifolium spp.</i>)	LEVEL 2	■	Goldenrod (<i>Solidago virgaurea</i>)

Environmental

LEVEL 3	■	Goose feathers	LEVEL 2	■	Marguerite (<i>Leucanthemum vulgare</i>)
--	■	Guinea pigs	LEVEL 3	■	Meadow fescue (<i>Festuca pratensis</i>)
--	■	Hawthorn (<i>Crataegus</i> spp.)	LEVEL 3	■	Meadow fox tail (<i>Alopecurus prat.</i>)
LEVEL 3	■	Hazel (<i>Corylus avellana</i>)	LEVEL 3	■	Melde (<i>Artiplex</i> spp.)
LEVEL 2	■	Hop (<i>Humulus lupulus</i>)	LEVEL 1	■	Mice
LEVEL 2	■	Hornbeam (<i>Carpinus betulus</i>)	LEVEL 3	■	Mistletoe
LEVEL 1	■	Horse chestnut (<i>Aesculus hippocastanum</i>)	LEVEL 1	■	Mosquito
--	■	Horses	LEVEL 2	■	Mugwort (<i>Artemisia vulgaris</i>)
--	■	House Dust Mite	--	■	Mulberry
--	■	Hyacinth (<i>Endymion non scriptus</i>)	LEVEL 1	■	Narcissus (<i>Narcissus</i> spp.)
--	■	Japanese Cedar	LEVEL 2	■	New Belgian Aster (<i>aster novi belgii</i>)
--	■	Japanese Millet	LEVEL 3	■	Nylon
--	■	Jasmine (<i>Philadelphus</i> spp.)	LEVEL 3	■	Oak (<i>Quercus robur</i>)
--	■	Juniper Bush	--	■	Oats (<i>Avena sativa</i>)
LEVEL 2	■	Kammgras (<i>Cynosurus cristatus</i>)	LEVEL 3	■	Orchard grass or Cocksfoot grass (<i>Dactylis glomerata</i>)
LEVEL 3	■	Kentucky bluegrass (<i>Poa pratensis</i>)	LEVEL 3	■	Parrot Feathers
LEVEL 2	■	Laburnum (<i>Laburnum anagyroides</i>)	--	■	Pear tree
--	■	Larch (<i>Larix decidua</i>)	LEVEL 2	■	Perennial ryegrass (<i>Lolium perenne</i>)
--	■	Leather	LEVEL 1	■	Pigeons
--	■	Lilac (<i>Syringa vulgaris</i>)	LEVEL 1	■	Pigweed (<i>Chenopodium album</i>)
--	■	Lupine (<i>Lupinus polyphyllus</i>)	--	■	Pine (<i>Pinus</i> spp.)
LEVEL 3	■	Maize (<i>Zea mays</i>)	LEVEL 2	■	Pine, Scottish (<i>Pinus sylvestris</i>)

Environmental

LEVEL 3	■	Plane tree (<i>Platanus acerifolia</i>)	--	■	Stinging nettle (<i>Urtica dioica</i>)
--	■	Plantain (<i>Plantago major</i>)	--	■	Tamarisk (<i>Myrica</i> sp.)
LEVEL 2	■	Poplar (<i>Populus</i> spp.)	LEVEL 3	■	Tansy ragwort (<i>Senecio jacobaea</i>)
LEVEL 3	■	Primrose (<i>Primulus</i>)	--	■	Thistle
LEVEL 1	■	Privet (<i>Ligustrum</i> spp.)	--	■	Timothy Grass Pollen
--	■	Quackgrass or Couch grass (<i>Agropyron repens</i>)	--	■	Tobacco Smoke
LEVEL 2	■	Rabbits	--	■	Trespe (<i>Bromus mollis</i>)
LEVEL 1	■	Ragweed (<i>Ambrosia elatior</i>)	LEVEL 1	■	Tulip (<i>Tulipa</i> spp.)
LEVEL 3	■	Rape (<i>Brassica napus</i>)	--	■	Velvet grass (<i>Holcus lanatus</i>)
LEVEL 3	■	Rats	--	■	Wallflower (<i>Cheiranthus cheiri</i>)
LEVEL 1	■	Red fescue (<i>Festuca rubra</i>)	LEVEL 3	■	Walnut (<i>Juglans regia</i>)
LEVEL 2	■	Ribwort (<i>Plantago lanceolata</i>)	--	■	Wasp
LEVEL 2	■	Rose (<i>Rosa</i> spp.)	LEVEL 1	■	Water reed (<i>Phragmites communis</i>)
LEVEL 3	■	Rubber	LEVEL 2	■	Wheat (<i>Triticum aestivum</i>)
--	■	Rye	LEVEL 2	■	Wild oat (<i>Avena fatua</i>)
LEVEL 3	■	Scotch heather (<i>Calluna vulgaris</i>)	LEVEL 2	■	Willow (<i>Salix vitellina</i>)
LEVEL 1	■	Silk	--	■	Wool
LEVEL 3	■	Spelt	LEVEL 3	■	Wormwood (<i>Artemisia absinthium</i>)
--	■	Spruce (<i>Picea abies</i>)			

Nutrition

LEVEL 2	■	Vitamin A (retinyl palmitrate)	--	■	AA - Essential - Isoleucine
--	■	Vitamin B1 (thiamine)	--	■	AA - Essential - Leucine
LEVEL 2	■	Vitamin B10 (PABA)	LEVEL 2	■	AA - Essential - Lysine
LEVEL 3	■	Vitamin B11 (salicylic acid)	--	■	AA - Essential - Methionine
LEVEL 1	■	Vitamin B12 (cobalamin)	LEVEL 3	■	AA - Essential - Phenylalanine
--	■	Vitamin B13 (orotic acid)	LEVEL 2	■	AA - Essential - Threonine
--	■	Vitamin B2 (riboflavin)	--	■	AA - Essential - Tryptophane
LEVEL 2	■	Vitamin B3 (niacin)	--	■	AA - Essential - Valine
--	■	Vitamin B4 (adenine)	LEVEL 2	■	AA - Non-essential - Alanine
LEVEL 2	■	Vitamin B5 (pantothenic acid)	LEVEL 3	■	AA - Non-essential - Arginine
--	■	Vitamin B6 (pyridoxine)	LEVEL 3	■	AA - Non-essential - Asparagine
--	■	Vitamin B7 (biotin)	--	■	AA - Non-essential - Aspartic Acid
--	■	Vitamin B8 (myo-inositol)	--	■	AA - Non-essential - Cysteine
--	■	Vitamin B9 (folic acid)	--	■	AA - Non-essential - Cystine
--	■	Vitamin C (ascorbic acid)	--	■	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
--	■	AA - Essential - Histidine	LEVEL 2	■	AA - Non-essential - Tyrosine

Nutrition

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