



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 within your pet's nutrition plan. By making adjustments to their food consumption, 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.

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

- This food report is to be utilized as an outline for a 6-8 week **elimination plan**. Please note that after reviewing your pet's level 3 intolerance results, it may not be the protein or grain source that is causing your pet's symptoms. It could be all the additives and fillers that are in their processed pet food. You will need to decide if you will take them off processed pet food and cook for them instead or feed raw. If you choose not to do so, it may take longer to notice if there is any change in their symptoms. It can be very difficult to find a pet food that does not have all of the additives in it. If your lifestyle does not allow spending extra time a week to home cook for your pet or source raw, your best option may be to find a food with the least amount of the offending items.
- Once you have completed the 6-8 week elimination period and your pet's symptoms have subsided, you can now begin the reintroduction process.
- The **reintroduction** process is where you add back a once offending food item into their nutrition plan. You should only add back one food item at a time. If they consume the food item and do not experience any intolerance symptoms, then you can continue feeding it in moderation. If you feed the offending food item and notice a symptom, keep in mind that you can still continue to feed this food in the future, but you may deal with an undesirable symptom.
- If you have decided to cook for your pet, once you have completed the reintroduction process, you can then try transitioning back to processed pet foods and see how your pet does. It is always best to then feed them in rotation and moderation instead of the same kibble every day.

Please remember that we are testing for Intolerances which are non-immune system responses. Symptoms or reactions can take up to 48 hours or longer to appear. With 5Strands method of testing, you do not have to have ingested the food item for it to register as an intolerance.

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

Food

LEVEL 2	■	Dairy - Cheese (american)	--	■	Fat - Sunflower Oil
--	■	Dairy - Cheese (cheddar)	LEVEL 1	■	Fat - Vegetable Oil
--	■	Dairy - Cheese (cottage)	--	■	Food Dye - Blue #1
LEVEL 3	■	Dairy - Cheese (swiss)	LEVEL 2	■	Food Dye - Blue #2
LEVEL 3	■	Dairy - Milk (cow)	--	■	Food Dye - Caramel Color
LEVEL 2	■	Dairy - Milk (goat)	LEVEL 3	■	Food Dye - Red #40
LEVEL 3	■	Dairy - Yogurt (plain Greek)	--	■	Food Dye - Yellow #5
LEVEL 1	■	Dairy - Yogurt (plain)	LEVEL 2	■	Food Dye - Yellow #6
LEVEL 3	■	Fat - Almond Oil	LEVEL 1	■	Fruit - Apple
--	■	Fat - Beef Fat	--	■	Fruit - Bananas
LEVEL 1	■	Fat - Canola Oil	--	■	Fruit - Blueberries
LEVEL 3	■	Fat - Chicken Fat	LEVEL 2	■	Fruit - Cantaloupe
LEVEL 3	■	Fat - Coconut Oil	LEVEL 3	■	Fruit - Cranberries
LEVEL 3	■	Fat - Cod Liver Oil	--	■	Fruit - Figs
LEVEL 2	■	Fat - Hemp Seed Oil	--	■	Fruit - Honeydew Melon
LEVEL 3	■	Fat - Herring Oil	LEVEL 3	■	Fruit - Kiwis
--	■	Fat - Olive Oil	LEVEL 3	■	Fruit - Mango
--	■	Fat - Pork Fat	--	■	Fruit - Oranges
LEVEL 1	■	Fat - Salmon Oil	--	■	Fruit - Peaches
LEVEL 2	■	Fat - Sardine Oil	LEVEL 3	■	Fruit - Pears
LEVEL 3	■	Fat - Sesame Oil	LEVEL 1	■	Fruit - Pineapples
--	■	Fat - Soybean Oil	LEVEL 1	■	Fruit - Raspberries

Food

LEVEL 2	■	Fruit - Strawberries	LEVEL 3	■	Grain - Wheat Gluten
LEVEL 3	■	Fruit - Tomato Pomace	LEVEL 3	■	Grain - Wheat Middlings
LEVEL 2	■	Fruit - Watermelons	LEVEL 2	■	Grain - Whole Grain Sorghum
LEVEL 1	■	Grain - Barley	LEVEL 3	■	Misc - Alfalfa
--	■	Grain - Brewers Rice	LEVEL 1	■	Misc - Alfalfa (dehydrated)
--	■	Grain - Corn Meal	--	■	Misc - Barley Grass
--	■	Grain - Flaxseed	--	■	Misc - Bee Pollen
LEVEL 3	■	Grain - Ground Yellow Corn	--	■	Misc - Brewers Yeast
LEVEL 1	■	Grain - Millet	--	■	Misc - Catnip
LEVEL 3	■	Grain - Oat	LEVEL 2	■	Misc - Chia Seeds
--	■	Grain - Oat Groats	LEVEL 3	■	Misc - Chlorella
LEVEL 3	■	Grain - Pearled Barley	LEVEL 2	■	Misc - Gelatin
--	■	Grain - Quinoa	--	■	Misc - Hemp
LEVEL 2	■	Grain - Quinoa Powder	LEVEL 2	■	Misc - Kelp
LEVEL 3	■	Grain - Rice (brown)	LEVEL 1	■	Misc - Lactobacillus Acidophilus
LEVEL 1	■	Grain - Rice (white)	--	■	Misc - Pea Fiber
LEVEL 2	■	Grain - Rice Bran	LEVEL 1	■	Misc - Potato Flour
LEVEL 2	■	Grain - Rice Flour	LEVEL 2	■	Misc - Potato Starch
LEVEL 3	■	Grain - Rye	LEVEL 1	■	Misc - Powdered Cellulose
LEVEL 3	■	Grain - Soy Flour	LEVEL 2	■	Misc - Psyllium Seed Husk
LEVEL 2	■	Grain - Soy Grits	LEVEL 1	■	Misc - Spirulina
--	■	Grain - Wheat Flour	LEVEL 1	■	Misc - Tapioca

Food

LEVEL 2	■	Misc - Tapioca Starch	LEVEL 2	■	Protein - Beef Meal
--	■	Misc - Vinegar (apple cider)	LEVEL 3	■	Protein - Beef Tallow
LEVEL 2	■	Misc - Yeast	LEVEL 1	■	Protein - Bison
--	■	Misc - Yeast Culture	LEVEL 2	■	Protein - Bison Meal
LEVEL 3	■	Misc - Yucca Schidigera Extract	--	■	Protein - Bone Meal
LEVEL 2	■	Nuts - Almond	--	■	Protein - Canola Meal
--	■	Nuts - Cashew Nuts	LEVEL 2	■	Protein - Chicken
LEVEL 2	■	Nuts - Peanut Butter	--	■	Protein - Chicken Broth
--	■	Nuts - Peanuts	LEVEL 1	■	Protein - Chicken By Product
--	■	Nuts - Sunflower Seeds	LEVEL 1	■	Protein - Chicken Heart
LEVEL 2	■	Protein - Alfalfa Meal Concentrate	LEVEL 3	■	Protein - Chicken Liver
--	■	Protein - Alfalfa Nutrient Concentrate	LEVEL 1	■	Protein - Chicken Meal
--	■	Protein - Alligator	--	■	Protein - Duck
--	■	Protein - Alligator Meal	LEVEL 1	■	Protein - Duck Gizzard
LEVEL 1	■	Protein - Bacon	--	■	Protein - Duck Liver
LEVEL 3	■	Protein - Beef	LEVEL 1	■	Protein - Duck Meal
LEVEL 3	■	Protein - Beef Broth	LEVEL 3	■	Protein - Egg White (chicken)
LEVEL 2	■	Protein - Beef Heart	LEVEL 2	■	Protein - Egg White (duck)
LEVEL 2	■	Protein - Beef Hide	--	■	Protein - Egg White (quail)
--	■	Protein - Beef Jerky	LEVEL 1	■	Protein - Egg Yolk (chicken)
--	■	Protein - Beef Kidney	LEVEL 1	■	Protein - Egg Yolk (duck)
LEVEL 2	■	Protein - Beef Liver	--	■	Protein - Egg Yolk (quail)

Food

LEVEL 3	■	Protein - Elk	--	■	Protein - Soy Protein Concentrate
--	■	Protein - Goat	--	■	Protein - Soy Protein Isolate
--	■	Protein - Goose	LEVEL 2	■	Protein - Soybean Meal
LEVEL 1	■	Protein - Kangaroo	--	■	Protein - Turkey
LEVEL 3	■	Protein - Lamb	LEVEL 1	■	Protein - Turkey Broth
LEVEL 2	■	Protein - Lamb Meal	LEVEL 2	■	Protein - Turkey Gizzard
LEVEL 3	■	Protein - Pea Protein	LEVEL 2	■	Protein - Turkey Heart
--	■	Protein - Pheasant	--	■	Protein - Turkey Liver
--	■	Protein - Pheasant Gizzard	LEVEL 1	■	Protein - Turkey Meal
--	■	Protein - Pheasant Heart	--	■	Protein - Veal
--	■	Protein - Pheasant Liver	--	■	Protein - Venison
LEVEL 1	■	Protein - Pork	LEVEL 2	■	Protein - Venison Meal
LEVEL 2	■	Protein - Pork Heart	LEVEL 2	■	Seafood - Anchovy
--	■	Protein - Pork Kidney	LEVEL 3	■	Seafood - Anchovy Meal
--	■	Protein - Pork Liver	--	■	Seafood - Catfish
--	■	Protein - Pork Meal	--	■	Seafood - Catfish Meal
--	■	Protein - Pork Skins	--	■	Seafood - Crab
LEVEL 3	■	Protein - Quail	--	■	Seafood - Fish Broth
LEVEL 3	■	Protein - Rabbit	--	■	Seafood - Fish Meal
--	■	Protein - Rabbit Heart	--	■	Seafood - Halibut
LEVEL 1	■	Protein - Rabbit Liver	LEVEL 2	■	Seafood - Herring
--	■	Protein - Rabbit Meal	--	■	Seafood - Herring Meal

Food

LEVEL 2	■	Seafood - Lobster	LEVEL 2	■	Spice - Parsley
--	■	Seafood - Mackerel	LEVEL 2	■	Spice - Parsley Flakes
--	■	Seafood - Menhaden Fish Meal	LEVEL 2	■	Spice - Rosemary
--	■	Seafood - Mussels	--	■	Spice - Rosemary Extract
LEVEL 1	■	Seafood - Ocean Fish Meal	LEVEL 2	■	Spice - Sage
--	■	Seafood - Oyster	LEVEL 3	■	Spice - Thyme
LEVEL 1	■	Seafood - Salmon	--	■	Spice - Turmeric
LEVEL 1	■	Seafood - Salmon Meal	--	■	Sweetener - High Fructose Corn Syrup
LEVEL 3	■	Seafood - Sardine	LEVEL 3	■	Sweetener - Honey
LEVEL 2	■	Seafood - Sardine Meal	--	■	Sweetener - Sucrose
--	■	Seafood - Sea Bass	LEVEL 3	■	Sweetener - Sugar (brown)
--	■	Seafood - Shrimp	--	■	Synthetic Additive - Agar Gum
LEVEL 3	■	Seafood - Sole	LEVEL 3	■	Synthetic Additive - Ascorbic Acid
LEVEL 2	■	Seafood - Tilapia	LEVEL 3	■	Synthetic Additive - Biotin
LEVEL 2	■	Seafood - Trout	LEVEL 3	■	Synthetic Additive - Calcium Carbonate
LEVEL 3	■	Seafood - Tuna	LEVEL 3	■	Synthetic Additive - Calcium Chloride
LEVEL 2	■	Seafood - Whitefish Meal	LEVEL 3	■	Synthetic Additive - Calcium Iodate
LEVEL 1	■	Spice - Basil	LEVEL 2	■	Synthetic Additive - Calcium Pantothenate
LEVEL 2	■	Spice - Cilantro	--	■	Synthetic Additive - Calcium Sulfate
LEVEL 1	■	Spice - Fenugreek Seed	LEVEL 1	■	Synthetic Additive - Carnitine
LEVEL 2	■	Spice - Ginger	--	■	Synthetic Additive - Carrageenan
LEVEL 1	■	Spice - Oregano Powder	--	■	Synthetic Additive - Choline Chloride

Food

--	■	Synthetic Additive - Citric Acid	--	■	Synthetic Additive - Zinc Sulfate
--	■	Synthetic Additive - Copper Sulfate	--	■	Synthetic Additive - E 306 Natural Tocopherols (vitamin E)
LEVEL 1	■	Synthetic Additive - Dicalcium Phosphate	--	■	Synthetic Additive - E 307 Alpha-Tocopherol
LEVEL 1	■	Synthetic Additive - Ferrous Sulfate	LEVEL 1	■	Synthetic Additive - E 308 Synthetic Gamma-Tocopherol (tocopherol)
--	■	Synthetic Additive - Folic Acid	LEVEL 1	■	Synthetic Additive - E 309 Synthetic Delta-Tocopherol
--	■	Synthetic Additive - Glucosamine Hydrochloride	LEVEL 1	■	Veg - Asparagus
LEVEL 2	■	Synthetic Additive - Guar Gum	LEVEL 2	■	Veg - Beans (black)
--	■	Synthetic Additive - Inositol	--	■	Veg - Beans (chickpea)
--	■	Synthetic Additive - Inulin	LEVEL 2	■	Veg - Beans (green)
--	■	Synthetic Additive - Lecithins	LEVEL 3	■	Veg - Beets
--	■	Synthetic Additive - Manganese Proteinate	--	■	Veg - Bok Choy
--	■	Synthetic Additive - Manganese Sulfate	LEVEL 1	■	Veg - Broccoli
--	■	Synthetic Additive - Niacin	LEVEL 1	■	Veg - Brussels Sprouts
LEVEL 1	■	Synthetic Additive - Omega 3 Fatty Acid	--	■	Veg - Cabbage
LEVEL 2	■	Synthetic Additive - Phosphoric Acid	LEVEL 3	■	Veg - Carrots
--	■	Synthetic Additive - Potassium Chloride	LEVEL 1	■	Veg - Cauliflower
LEVEL 3	■	Synthetic Additive - Pyridoxine Hydrochloride	--	■	Veg - Celery
LEVEL 3	■	Synthetic Additive - Riboflavin	LEVEL 3	■	Veg - Chicory Root
--	■	Synthetic Additive - Sodium Chloride	LEVEL 2	■	Veg - Chicory Root Extract
LEVEL 1	■	Synthetic Additive - Sodium Selenate	--	■	Veg - Corn
LEVEL 3	■	Synthetic Additive - Soy Lecithin	--	■	Veg - Cucumber
LEVEL 1	■	Synthetic Additive - Taurine	--	■	Veg - Dandelion Greens

Food					
LEVEL 2	■	Veg - Greens (collard)	LEVEL 3	■	Veg - Pumpkin
LEVEL 3	■	Veg - Lentils	LEVEL 2	■	Veg - Spinach
--	■	Veg - Peas	LEVEL 2	■	Veg - Squash (butternut)
--	■	Veg - Potato (yellow)	--	■	Veg - Squash (zucchini)
--	■	Veg - Potatoes (sweet)	LEVEL 3	■	Veg - Yam
LEVEL 3	■	Veg - Potatoes (white)			