

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 in your pet's diet or environment. By making adjustments to their food consumption and surroundings, 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:

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

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. Please note that 5Strands does not make recommendations on detox protocols and or products.

Food

LEVEL 3	■	Dairy - Cheese (american)	--	■	Food Dye - Blue #1
--	■	Dairy - Cheese (cheddar)	LEVEL 3	■	Food Dye - Blue #2
LEVEL 2	■	Dairy - Cheese (cottage)	--	■	Food Dye - Caramel Color
LEVEL 2	■	Dairy - Cheese (swiss)	--	■	Food Dye - Red #40
--	■	Dairy - Milk (cow)	--	■	Food Dye - Yellow #5
LEVEL 1	■	Dairy - Yogurt (plain Greek)	--	■	Food Dye - Yellow #6
LEVEL 3	■	Dairy - Yogurt (plain)	LEVEL 1	■	Fruit - Blueberries
--	■	Fat - Almond Oil	LEVEL 3	■	Fruit - Cranberries
--	■	Fat - Beef Fat	--	■	Grain - Barley
LEVEL 3	■	Fat - Canola Oil	--	■	Grain - Brewers Rice
LEVEL 3	■	Fat - Chicken Fat	LEVEL 2	■	Grain - Casava Root Flour
--	■	Fat - Coconut Oil	LEVEL 2	■	Grain - Corn Gluten Meal
LEVEL 3	■	Fat - Cod Liver Oil	--	■	Grain - Corn Meal
--	■	Fat - Herring Oil	--	■	Grain - Flaxseed
LEVEL 1	■	Fat - Olive Oil	--	■	Grain - Ground Yellow Corn
--	■	Fat - Pork Fat	LEVEL 3	■	Grain - Millet
--	■	Fat - Salmon Oil	--	■	Grain - Oat
LEVEL 3	■	Fat - Sardine Oil	--	■	Grain - Oat Groats
--	■	Fat - Sesame Oil	--	■	Grain - Pearled Barley
LEVEL 3	■	Fat - Soybean Oil	LEVEL 2	■	Grain - Quinoa
--	■	Fat - Sunflower Oil	LEVEL 3	■	Grain - Quinoa Powder
LEVEL 2	■	Fat - Vegetable Oil	LEVEL 3	■	Grain - Rice (brown)

Food

LEVEL 2	■	Grain - Rice (white)	--	■	Misc - Dried Egg Product
LEVEL 2	■	Grain - Rice (wild)	--	■	Misc - Flaxseed Meal
LEVEL 2	■	Grain - Rice Bran	--	■	Misc - Gelatin
LEVEL 3	■	Grain - Rice Flour	LEVEL 1	■	Misc - Hemp
LEVEL 2	■	Grain - Rye	LEVEL 1	■	Misc - Miscanthus Grass
LEVEL 2	■	Grain - Soy Flour	LEVEL 1	■	Misc - Pea Fiber
LEVEL 1	■	Grain - Soy Grits	LEVEL 1	■	Misc - Pea Flour
LEVEL 3	■	Grain - Wheat	LEVEL 2	■	Misc - Pea Starch
LEVEL 3	■	Grain - Wheat Flour	--	■	Misc - Potato Flour
LEVEL 2	■	Grain - Wheat Gluten	LEVEL 2	■	Misc - Potato Starch
--	■	Grain - Wheat Middlings	LEVEL 2	■	Misc - Powdered Cellulose
LEVEL 3	■	Grain - Whole Grain Sorghum	LEVEL 1	■	Misc - Psyllium Seed Husk
--	■	Misc - Alfalfa	--	■	Misc - Tapioca
LEVEL 2	■	Misc - Alfalfa (dehydrated)	LEVEL 1	■	Misc - Tapioca Starch
LEVEL 1	■	Misc - Alfalfa Powder	--	■	Misc - Vinegar (apple cider)
LEVEL 2	■	Misc - Apple Pomace	LEVEL 1	■	Misc - Yeast
LEVEL 2	■	Misc - Barley Grass	LEVEL 2	■	Misc - Yeast Culture
LEVEL 2	■	Misc - Bee Pollen	--	■	Misc - Yucca Schidigera Extract
--	■	Misc - Beet Pulp	--	■	Nuts - Almond
LEVEL 2	■	Misc - Brewers Yeast	--	■	Nuts - Brazil Nuts
LEVEL 1	■	Misc - Catnip	LEVEL 3	■	Nuts - Cashew Nuts
--	■	Misc - Chicory Root Extract	LEVEL 2	■	Nuts - Peanut Butter

Food

--	■	Nuts - Peanuts	LEVEL 3	■	Protein - Beef Hide
LEVEL 1	■	Nuts - Pistachios	--	■	Protein - Beef Jerky
LEVEL 2	■	Probiotic - Bifidobacterium breve	LEVEL 1	■	Protein - Beef Kidney
LEVEL 2	■	Probiotic - Bifidobacterium infantis	LEVEL 3	■	Protein - Beef Liver
--	■	Probiotic - Bifidobacterium lactis	--	■	Protein - Beef Meal
LEVEL 1	■	Probiotic - Dried Aspergillus oryzae Fermentation Prod.	LEVEL 1	■	Protein - Beef Tallow
--	■	Probiotic - Dried Bacillus licheniformis Fermentation Prod.	LEVEL 3	■	Protein - Bison Meal
--	■	Probiotic - Dried Bacillus subtilis Fermentation Prod.	LEVEL 2	■	Protein - Bone Meal
--	■	Probiotic - Dried Bifidobacterium bifidum fermentation Prod.	LEVEL 1	■	Protein - Canola Meal
--	■	Probiotic - Dried Enterococcus faecium fermentation Prod.	LEVEL 2	■	Protein - Chicken
LEVEL 1	■	Probiotic - Dried Lactobacillus bulgaricus fermentation Prod.	LEVEL 3	■	Protein - Chicken Broth
--	■	Probiotic - Dried Lactobacillus plantarum fermentation Prod.	LEVEL 2	■	Protein - Chicken By Product
LEVEL 2	■	Probiotic - Dried Rhizopus oryzae Fermentation Prod.	--	■	Protein - Chicken Heart
--	■	Probiotic - Dried Trichoderma reesei Fermentation Prod.	--	■	Protein - Chicken Liver
--	■	Probiotic - Streptococcus thermophilus fermentation Prod.	--	■	Protein - Chicken Meal
LEVEL 3	■	Protein - Alfalfa Meal Concentrate	--	■	Protein - Coconut Meal
--	■	Protein - Alfalfa Nutrient Concentrate	--	■	Protein - Duck
--	■	Protein - Alligator Meal	LEVEL 1	■	Protein - Duck Gizzard
LEVEL 1	■	Protein - Bacon	--	■	Protein - Duck Meal
LEVEL 2	■	Protein - Beef	LEVEL 1	■	Protein - Egg White (chicken)
LEVEL 1	■	Protein - Beef Broth	LEVEL 2	■	Protein - Egg White (duck)
LEVEL 1	■	Protein - Beef Heart	--	■	Protein - Egg White (quail)

Food

LEVEL 1	■	Protein - Egg Yolk (chicken)		LEVEL 2	■	Protein - Venison Meal
--	■	Protein - Egg Yolk (duck)		LEVEL 3	■	Protein - Water Buffalo
LEVEL 1	■	Protein - Egg Yolk (quail)		LEVEL 3	■	Seafood - Anchovy
--	■	Protein - Kangaroo		--	■	Seafood - Anchovy Meal
LEVEL 3	■	Protein - Lamb		--	■	Seafood - Catfish Meal
LEVEL 1	■	Protein - Lamb Meal		LEVEL 1	■	Seafood - Fish Broth
--	■	Protein - Pea Protein		--	■	Seafood - Fish Meal
--	■	Protein - Pheasant		--	■	Seafood - Halibut
LEVEL 1	■	Protein - Pheasant Gizzard		LEVEL 1	■	Seafood - Herring
LEVEL 1	■	Protein - Pheasant Heart		LEVEL 2	■	Seafood - Herring Meal
LEVEL 2	■	Protein - Pheasant Liver		LEVEL 1	■	Seafood - Lobster
LEVEL 1	■	Protein - Pork		--	■	Seafood - Mackerel
LEVEL 2	■	Protein - Pork Meal		LEVEL 2	■	Seafood - Menhaden Fish Meal
LEVEL 1	■	Protein - Pork Skins		LEVEL 2	■	Seafood - Mussels
LEVEL 3	■	Protein - Potato Protein		LEVEL 2	■	Seafood - Ocean Fish Meal
LEVEL 3	■	Protein - Quail		--	■	Seafood - Oyster
--	■	Protein - Rabbit Meal		LEVEL 2	■	Seafood - Salmon
--	■	Protein - Soy Protein Concentrate		LEVEL 3	■	Seafood - Salmon Meal
LEVEL 2	■	Protein - Soy Protein Isolate		--	■	Seafood - Sardine
LEVEL 2	■	Protein - Soybean Meal		--	■	Seafood - Sardine Meal
LEVEL 2	■	Protein - Turkey		LEVEL 3	■	Seafood - Sea Bass
LEVEL 2	■	Protein - Turkey Meal		LEVEL 3	■	Seafood - Sole

Food

--	■	Seafood - Trout	--	■	Synthetic Additive - Calcium Chloride
LEVEL 1	■	Seafood - Tuna	LEVEL 3	■	Synthetic Additive - Calcium Iodate
--	■	Seafood - Whitefish Meal	LEVEL 1	■	Synthetic Additive - Calcium Pantothenate
--	■	Spice - Basil	--	■	Synthetic Additive - Calcium Sulfate
LEVEL 1	■	Spice - Cilantro	LEVEL 3	■	Synthetic Additive - Carnitine
LEVEL 2	■	Spice - Fenugreek Seed	--	■	Synthetic Additive - Carrageenan
LEVEL 1	■	Spice - Ginger	LEVEL 1	■	Synthetic Additive - Choline Chloride
LEVEL 3	■	Spice - Oregano Powder	LEVEL 2	■	Synthetic Additive - Citric Acid
--	■	Spice - Parsley	--	■	Synthetic Additive - Copper Sulfate
LEVEL 1	■	Spice - Parsley Flakes	--	■	Synthetic Additive - Dicalcium Phosphate
LEVEL 1	■	Spice - Rosemary	LEVEL 1	■	Synthetic Additive - Ferrous Sulfate
--	■	Spice - Rosemary Powder	--	■	Synthetic Additive - Folic Acid
--	■	Spice - Sage	--	■	Synthetic Additive - Glucosamine Hydrochloride
LEVEL 1	■	Spice - Sage Powder	LEVEL 3	■	Synthetic Additive - Guar Gum
LEVEL 3	■	Spice - Thyme	LEVEL 1	■	Synthetic Additive - Inositol
--	■	Sweetener - High Fructose Corn Syrup	--	■	Synthetic Additive - Inulin
--	■	Sweetener - Sucrose	--	■	Synthetic Additive - Lecithins
LEVEL 2	■	Sweetener - Sugar (brown)	LEVEL 3	■	Synthetic Additive - Manganese Proteinate
LEVEL 3	■	Synthetic Additive - Agar Gum	LEVEL 2	■	Synthetic Additive - Manganese Sulfate
--	■	Synthetic Additive - Ascorbic Acid	LEVEL 1	■	Synthetic Additive - Niacin
--	■	Synthetic Additive - Biotin	--	■	Synthetic Additive - Omega 3 Fatty Acid
LEVEL 3	■	Synthetic Additive - Calcium Carbonate	LEVEL 2	■	Synthetic Additive - Phosphoric Acid

Food

LEVEL 1	■	Synthetic Additive - Potassium Chloride	--	■	Veg - Celery (cooked)
LEVEL 1	■	Synthetic Additive - Pyridoxine Hydrochloride	LEVEL 1	■	Veg - Chicory Root (cooked)
LEVEL 1	■	Synthetic Additive - Riboflavin	LEVEL 2	■	Veg - Corn (cooked)
LEVEL 3	■	Synthetic Additive - Sodium Chloride	LEVEL 1	■	Veg - Lentils (cooked)
LEVEL 3	■	Synthetic Additive - Sodium Selenate	LEVEL 2	■	Veg - Mushroom (button) (cooked)
LEVEL 1	■	Synthetic Additive - Soy Lecithin	LEVEL 1	■	Veg - Mushroom (chaga) (cooked)
--	■	Synthetic Additive - Taurine	--	■	Veg - Mushroom (cordyceps) (cooked)
--	■	Synthetic Additive - Zinc Sulfate	--	■	Veg - Mushroom (cremini) (cooked)
--	■	Synthetic Additive - E 306 Natural Tocopherols	LEVEL 1	■	Veg - Mushroom (enoki) (cooked)
LEVEL 3	■	Synthetic Additive - E 307 Alpha-Tocopherol	LEVEL 2	■	Veg - Mushroom (lion's mane) (cooked)
LEVEL 2	■	Synthetic Additive - E 308 Synthetic Gamma-Tocopherol	LEVEL 3	■	Veg - Mushroom (maitake) (cooked)
LEVEL 3	■	Synthetic Additive - E 309 Synthetic Delta-Tocopherol	LEVEL 1	■	Veg - Mushroom (oyster) (cooked)
--	■	Veg - Asparagus (cooked)	--	■	Veg - Mushroom (porcini) (cooked)
LEVEL 1	■	Veg - Beans (black) (cooked)	--	■	Veg - Mushroom (portabella) (cooked)
LEVEL 1	■	Veg - Beans (chickpea)	--	■	Veg - Mushroom (reishi) (cooked)
LEVEL 3	■	Veg - Beans (green) (cooked)	--	■	Veg - Mushroom (shiitake) (cooked)
LEVEL 2	■	Veg - Beets (cooked)	--	■	Veg - Mushroom (shimeji) (cooked)
--	■	Veg - Broccoli (cooked)	--	■	Veg - Mushroom (truffle) (cooked)
LEVEL 1	■	Veg - Brussels Sprouts (cooked)	LEVEL 2	■	Veg - Mushroom (turkey tail) (cooked)
LEVEL 3	■	Veg - Cabbage (cooked)	LEVEL 1	■	Veg - Peas (green) (cooked)
LEVEL 2	■	Veg - Carrots (cooked)	LEVEL 2	■	Veg - Potato (sweet) (cooked)
--	■	Veg - Cauliflower (cooked)	--	■	Veg - Potato (white) (cooked)

Food

LEVEL 2	■	Veg - Potato (yellow) (cooked)		LEVEL 2	■	Veg - Squash (butternut) (cooked)
LEVEL 3	■	Veg - Pumpkin (cooked)		LEVEL 1	■	Veg - Squash (zucchini) (cooked)
LEVEL 1	■	Veg - Spinach (cooked)		--	■	Veg - Yam (cooked)

Environmental

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

Environmental

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

Environmental

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