



# **PREMIUM**

## **SENSITIVITY AND HEALTH TEST**

**FOR CATS AND DOGS**

**375 ESSENTIAL  
FOOD AND  
NON-FOOD ITEMS**



**EasyDNA®**

## Introduction

Welcome to your Comprehensive Pet Wellness and Sensitivity Report! This detailed analysis offers valuable insights into your pet's reactions to various substances, including foods, environmental factors, and more. Our aim is to empower you with the knowledge needed to optimize your pet's health and well-being.

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Understanding your pet's unique health profile is the first step toward a happier, healthier life. Whether adjustments to their diet, lifestyle, or supplements are necessary, this report serves as your roadmap to supporting your pet's optimal well-being.

Please review each section carefully and consider consulting with a veterinary professional to discuss the results and how best to implement these recommendations.

Your pet's journey to better health begins now!

Kind Regards,  
EASY DNA

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sample report

## Understanding Your Pet's Test Results

Each section of your Pet Wellness and Sensitivity Report uses a color-coded system to help you easily interpret your pet's results at a glance. Here's what each color indicates:

**Green:** This means the tested substances are within a healthy range and show no significant sensitivity. Items marked in green are considered well-tolerated by your pet's system, suggesting that they are balanced and generally safe to include in your pet's diet or environment.

**Yellow:** Signifies a mild to moderate sensitivity or imbalance. While not immediately concerning, items in yellow may require attention if symptoms are present or if there is a personal or family history of related issues. These items may warrant further monitoring or moderation in your diet or environment..

**Red:** Highlights items where a potential imbalance or significant sensitivity has been detected. Red indicates that these substances may be contributing to adverse health effects your pet could be experiencing..

Use this color-coding system as a guide to prioritize changes in your pet's diet, lifestyle, or environment. This information serves as a valuable starting point for supporting your pet's well-being. For the best results, consider consulting with your pet professional or pet nutritionist to develop a tailored plan based on these findings.

## Understanding the Difference: Food Allergy vs. Food Intolerance in Pets

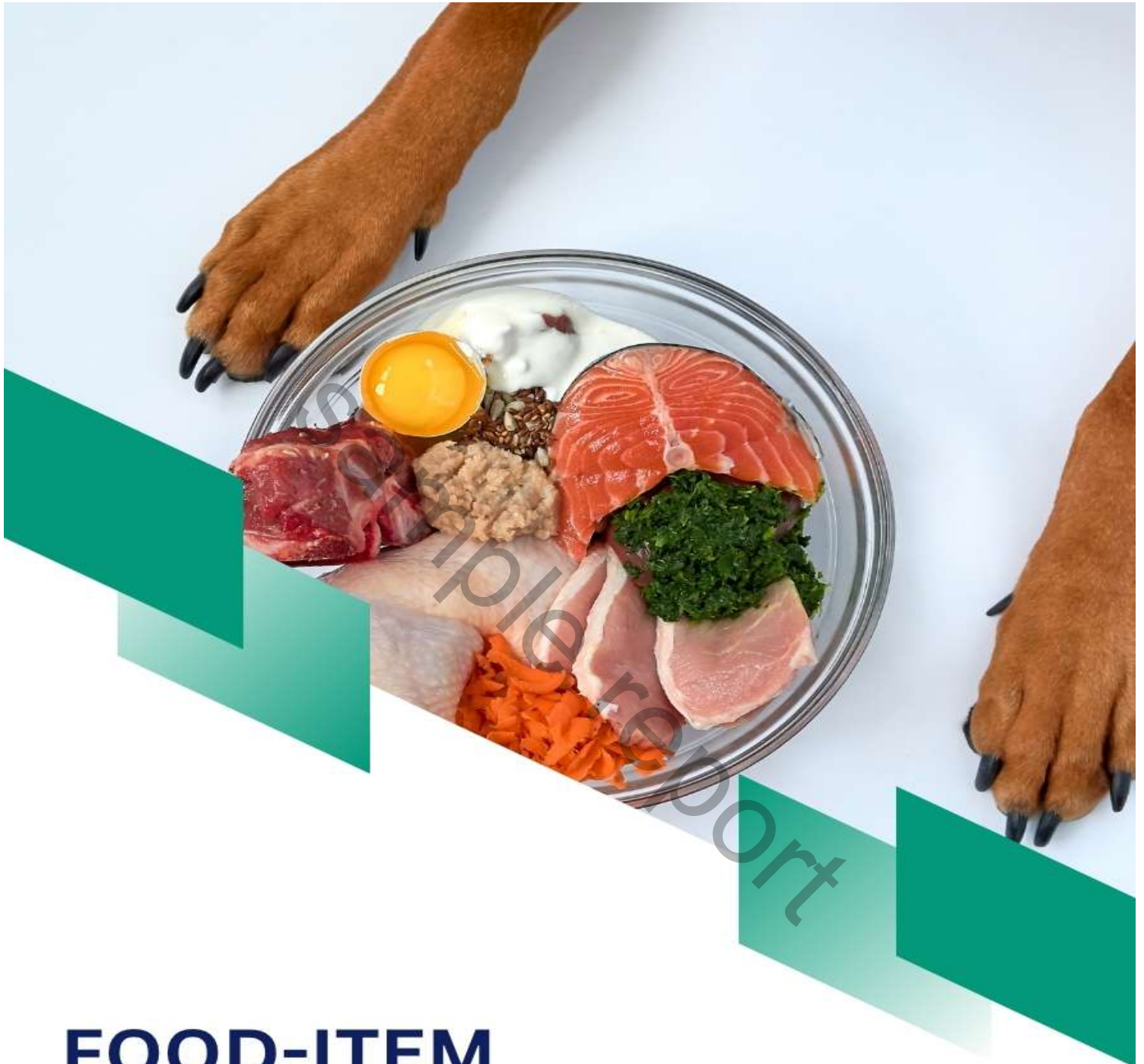
As you conclude this report, it's important to understand the difference between food allergies and food intolerances, as this document focuses specifically on food intolerance.

**Food Allergy:** A food allergy involves the immune system and can cause a rapid, potentially life-threatening reaction. Allergic responses can occur even if only a small amount of the allergen is consumed. Symptoms might include swelling, hives, vomiting, difficulty breathing, or severe reactions like anaphylaxis. These reactions are typically mediated by IgE antibodies, which the immune system mistakenly produces in response to a harmless substance. True food allergies in pets are less common but require immediate veterinary attention if suspected.

**Food Intolerance:** Food intolerance is generally less severe and often dose-dependent, meaning larger quantities of the offending food need to be consumed to trigger a reaction. Unlike allergies, food intolerances do not involve the immune system directly. They usually occur due to difficulties digesting certain substances, leading to symptoms such as gastrointestinal discomfort, bloating, excessive gas, diarrhea, or lethargy. These symptoms may take hours or even days to appear, making it challenging to pinpoint the exact cause.

This report highlights potential food intolerances to help you understand how specific foods may affect your pet's well-being. Identifying and addressing these intolerances can lead to improved digestion, comfort, and overall health for your pet.

If you suspect your pet has a food allergy, or if any items in this report trigger severe symptoms indicative of an allergic reaction, consult a veterinarian immediately for appropriate testing and tailored guidance.



# FOOD-ITEM SENSITIVITIES

**Food Items Protein**

● Alpaca	● Artificial Beef Flavour	● Artificial Duck Flavour	● Artificial Turkey Flavour
● Bacon	● Beef	● Buffalo	● Chicken
● Chicken Fat	● Chicken Gravy	● Chicken Heart	● Chicken Kidney
● Chicken Liver	● Chicken Meal	● Crocodile	● Duck
● Duck Blood	● Duck Intestines	● Goat	● Goose
● Goosefoot	● Ground Beef	● Ground Chicken	● Ground Duck
● Ground Lamb	● Ground Turkey	● Horse	● Kangaroo
● Lamb	● Lamb Heart	● Lamb Kidney	● Liver (Lamb)
● Liver (Ox)	● Liver (Pig)	● Moose Meat/Elk	● Ostrich
● Ox Heart	● Ox Kidney	● Pheasant	● Pig Ear
● Pig Heart	● Pig Kidney	● Pork	● Pork Sausage
● Rabbit	● Rawhide	● Tripe	● Turkey
● Venison	● Wild Boar		

























**Food items - Dairy**

● A-lactalbumin	● B-lactoglobulin	● Casein	● Cheddar Cheese (Cows)
● Cottage Cheese	● Cream Cheese	● Edam	● Egg Shell
● Egg White	● Egg Yolk	● Feta	● Gouda
● Greek Yogurt	● Kefir	● Lactose	● Milk Fat
● Milk From Cows	● Milk From Goats	● Milk From Sheep	● Mozzarella (Buffalo)
● Natural Yoghurt	● Parmesan (Cows)	● Red Leicester	● Soybean Milk
● Yak Milk			





















**Food Items - Fruit**

 Acai Berry	 Apples	 Apricots	 Bananas
 Bilberries	 Blackberries	 Blueberries	 Cranberries
 Dates	 Dragon Fruit	 Elderberry	 Figs
 Galia Melon	 Guava	 Hawthorn Fruit	 Honeydew Melon
 Jujube Fruit	 Kiwis	 Lychee	 Mandarin
 Mango	 Oranges	 Papaya	 Peaches
 Pears	 Pineapple	 Raspberries	 Rosehip
 Strawberry	 Watermelon	 Waxberry Fruit	


### Food Items - Grains

 Amaranth	 Barley	 Bread - Wholemeal & Brown	 Bread, White Bread
 Buckwheat	 Bulgar Wheat	 Corn Meal	 Gluten
 Kamut	 Oat Flour	 Oats	 Pasta
 Quinoa	 Rice	 Rice Flour	 Rice-Brown
 Rye	 Seitan	 Spelt	 Tapioca
 Wheat	 Wheat, Whole Grain	 Yeast - Bakers	 Yeast - Brewers

### Food Items - Spices

 Anise	 Basil	 Cardamom	 Chamomile
 Cinnamon	 Coriander	 Cumin	 Dill
 Fennel	 Fenugreek	 Ginger	 Milk Thistle
 Mint	 Oregano	 Parsley	 Peppermint
 Rosemary	 Sage	 Thyme	 Turmeric

### Food Items - Nuts/Seeds

 Brazil Nuts	 Cashew Nuts	 chia seeds	 Coconut
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- |   |   |   |   |
|---|---|---|---|
|  Flaxseed         |  Hemp Seeds      |  Pine Nuts       |  Pumpkin Seeds |
|  Roasted Chestnut |  Roasted Peanuts |  Sunflower Seeds |   |

### Food Items - Oils

- |   |   |   |   |
|---|---|---|---|
|  Almond Oil           |  Chicken Oil |  Coconut Oil   |  Cod Liver Oil |
|  Evening Primrose Oil |  Fish Oil    |  Flax Seed Oil |  Krill Oil     |
|  Olive Oil            |  Palm Oil    |  Rapeseed Oil  |  Salmon Oil    |
|  Sea Blackthorn Oil   |  Sesame Oil  |   |   |

### Food Items - Seafood

- |  |   |   |  |
|--|---|---|--|
|  Abalone Shellfish     |  Algae           |  Anchovy       |  Blue Mussels           |
|  Catfish             |  Chub Mackerel |  Clams       |  Cod                  |
|  Crab                |  Crayfish      |  Cuttle Fish |  Green Lipped Mussels |
|  Haddock             |  Hake          |  Halibut     |  Herring              |
|  Laver Seaweed       |  Lobster       |  Mackerel    |  Octopus              |
|  Oyster              |  Pilchard      |  Plaice      |  Pollock              |
|  Prawns              |  Salmon        |  Scallops    |  Shrimp               |
|  Skate               |  Sole          |  Sprats      |  Squid                |
|  Tilapia             |  Trout         |  Tuna        |  Winkles              |
|  Yellow Croaker Fish |   |   |  |

### Food Items - Vegetables

- |  |   |  |   |
|--|---|--|---|
|  Asparagus         |  Aubergine |  Bamboo Shoots    |  Beans (Green)   |
|  Beans, Lima       |  Beets     |  Broccoli         |  Brussel Sprouts |
|  Butternut Squash  |  Cabbage   |  Capsicum (Green) |  Capsicum (Red)  |
|  Capsicum (Yellow) |  Carrots   |  Cauliflower      |  Chicory         |

- |  |   |  |  |
|--|---|--|--|
| <input checked="" type="checkbox"/> Courgette    | <input checked="" type="checkbox"/> Edamame Beans | <input checked="" type="checkbox"/> Endive     | <input checked="" type="checkbox"/> Kale         |
| <input checked="" type="checkbox"/> Kidney Beans | <input checked="" type="checkbox"/> Lentils       | <input checked="" type="checkbox"/> Okra       | <input checked="" type="checkbox"/> Parsnip      |
| <input type="checkbox"/> Peas                    | <input checked="" type="checkbox"/> Potato        | <input checked="" type="checkbox"/> Pumpkin    | <input type="checkbox"/> Runner Beans            |
| <input checked="" type="checkbox"/> Soya Bean    | <input checked="" type="checkbox"/> Swede         | <input checked="" type="checkbox"/> Sweet Corn | <input checked="" type="checkbox"/> Sweet Potato |
| <input checked="" type="checkbox"/> Turnip       | <input checked="" type="checkbox"/> Yams          | <input checked="" type="checkbox"/> Zucchini   |  |

### Food Items - Vegetables (raw)

- |   |   |  |  |
|---|---|--|--|
| <input checked="" type="checkbox"/> Beans (Green)     | <input checked="" type="checkbox"/> Broccoli    | <input checked="" type="checkbox"/> Capsicum (Green) | <input checked="" type="checkbox"/> Capsicum (Red) |
| <input checked="" type="checkbox"/> Capsicum (Yellow) | <input checked="" type="checkbox"/> Cauliflower | <input checked="" type="checkbox"/> Celery           | <input checked="" type="checkbox"/> Chicory        |
| <input checked="" type="checkbox"/> Courgette         | <input checked="" type="checkbox"/> Cucumber    | <input type="checkbox"/> Edamame Beans               | <input checked="" type="checkbox"/> Endive         |
| <input checked="" type="checkbox"/> Okra              | <input checked="" type="checkbox"/> Radish      | <input checked="" type="checkbox"/> Zucchini         |  |

### Food Items - Sweeteners

- |   |   |   |   |
|---|---|---|---|
| <input checked="" type="checkbox"/> Beet pulp | <input checked="" type="checkbox"/> Guar Guar Gum | <input checked="" type="checkbox"/> Honey | <input checked="" type="checkbox"/> Maple Syrup |
| <input checked="" type="checkbox"/> Molasses  |   |   |   |

## The Importance of an Elimination Diet for Your Pet.

Implementing an elimination diet is one of the most effective ways to manage food intolerances identified through your pet's sensitivity test. By systematically removing and reintroducing specific foods, you can pinpoint the exact ingredients that may be causing discomfort or adverse reactions in your pet. This process not only helps confirm the test findings but also provides valuable insights into your pet's unique dietary needs.

An elimination diet works by initially removing all potential trigger foods identified in the test results. After a period of time, you reintroduce each food one at a time while carefully monitoring your pet's response. This method allows you to observe any physical or behavioral changes, such as digestive issues, skin irritations, or changes in energy levels, which may indicate intolerance.

### Benefits of an Elimination Diet:

- **Tailored Nutrition** Helps you create a customized diet that supports your pet's overall health and well-being.
- **Symptom Relief** Reduces or eliminates symptoms like gastrointestinal distress, itching, and lethargy, improving your pet's comfort and quality of life.
- **Long-term Health** Helps you create a customized diet that supports your pet's overall health and well-being.

Consistency and patience are key to a successful elimination diet. Keeping a detailed journal of your pet's symptoms, diet changes, and reactions will help you and your veterinarian or pet nutritionist make informed decisions.

By following an elimination diet, you're taking an active role in promoting your pet's health, ensuring they receive the best possible nutrition tailored to their specific needs. This thoughtful approach paves the way for a happier, healthier life for your furry companion.



# NON-FOOD AND ENVIRONMENTAL SENSITIVITIES

In addition to food sensitivities, this report includes a detailed analysis of non-food items that may affect your pet's health and well-being. Pets can encounter various environmental substances—such as pollen, household cleaners, fabrics, or grooming products—that may trigger sensitivities. Identifying these potential irritants can help you create a safer and more comfortable environment for your pet.

Understanding your pet's reactions to non-food items allows you to make informed choices about their surroundings and daily care. This section aims to highlight any detected sensitivities, offering guidance to minimize exposure and reduce potential symptoms like itching, respiratory issues, or behavioural changes.

### Non-Food/Environmental

● Alder	● Algae	● American Beech	● American Tree Moss (Climacium Americanum)
● Aspen (Populus Tremula)	● Aspergillus Fumigatus	● Aspergillus Niger	● Aster
● Barley Plant	● Bee Pollen	● Beech Tree	● Bermuda Grass
● Birch Pollen	● Box Elder	● Bracken	● Brome Grass
● Buttercup Flower	● Canary Grass	● Casuarina Pine	● Cedar
● Chamomile	● Cladosproium Herbarum	● Clover	● Common haircap (Polytrichum commune)
● Common Reed	● Common Silver Birch	● Common tamarisk moss (Thuidium tamariscinum)	● Cotton Crop
● Cotton Seed	● Cotton Wool	● Cushion Moss (Leucobryum glaucum)	● Daisy
● Dandelion	● Douglas Fir	● Downy Birch (Betula Verrico)	● Dust
● Elder Plant	● Elm	● English Plantain	● Eucalyptus
● European Beech	● False Acacia (Robinia Pseudacacia)	● False Oat Grass	● Firebush
● Giant Ragweed	● Goldenrod (Solidago Virgaurea)	● Hawthorn Tree	● Hazel Tree

<div></div> Hop (Humulus Lupulus)	<div></div> Hornbeam	<div></div> Horse Chestnut Plant	<div></div> Italian Cypress Tree
<div></div> Japanese Beech	<div></div> Japanese Cedar	<div></div> Juniper Bush	<div></div> Kammgras (Cynosurus Cristatus)
<div></div> Laburnum	<div></div> Larch	<div></div> Leather	<div></div> Lilac (Syringa Vulgaris)
<div></div> Linden Tree	<div></div> Maple Tree	<div></div> Meadow Fescue (Festuca Pratensis)	<div></div> Meadow Fox Tail Grass
<div></div> Meadow Grass	<div></div> MINT	<div></div> Mood Moss (Dicranum scoparium)	<div></div> Mountain Juniper
<div></div> Nettle	<div></div> Nylon	<div></div> Oak (Quercus Robur)	<div></div> Ordinary moss (Brachythecium rutabulum)
<div></div> Perennial Ryegrass (Lolium Perenne)	<div></div> Pine	<div></div> Poplar Tree	<div></div> Rapeseed
<div></div> Rose Plant	<div></div> Rye Grass	<div></div> Salt Grass	<div></div> Scotch heather
<div></div> Seaweed	<div></div> Springy Turf Moss (Rhytidiadelphus squarrosus)	<div></div> Spruce (Picea Abies)	<div></div> Stinging Nettle
<div></div> Storage Mite	<div></div> Sunflower	<div></div> Swan's-neck thyme moss (Mnium hornum)	<div></div> Thistle Plant
<div></div> Timothy Grass	<div></div> Tousled Treasure (Callicladium haldanianum)	<div></div> White Pine	<div></div> Wild Oat (Avena Fatua)
<div></div> Wild Rye Grass	<div></div> Willow Tree	<div></div> Wool	

## **Conclusion: Understanding Your Pet's Intolerance Test Results**

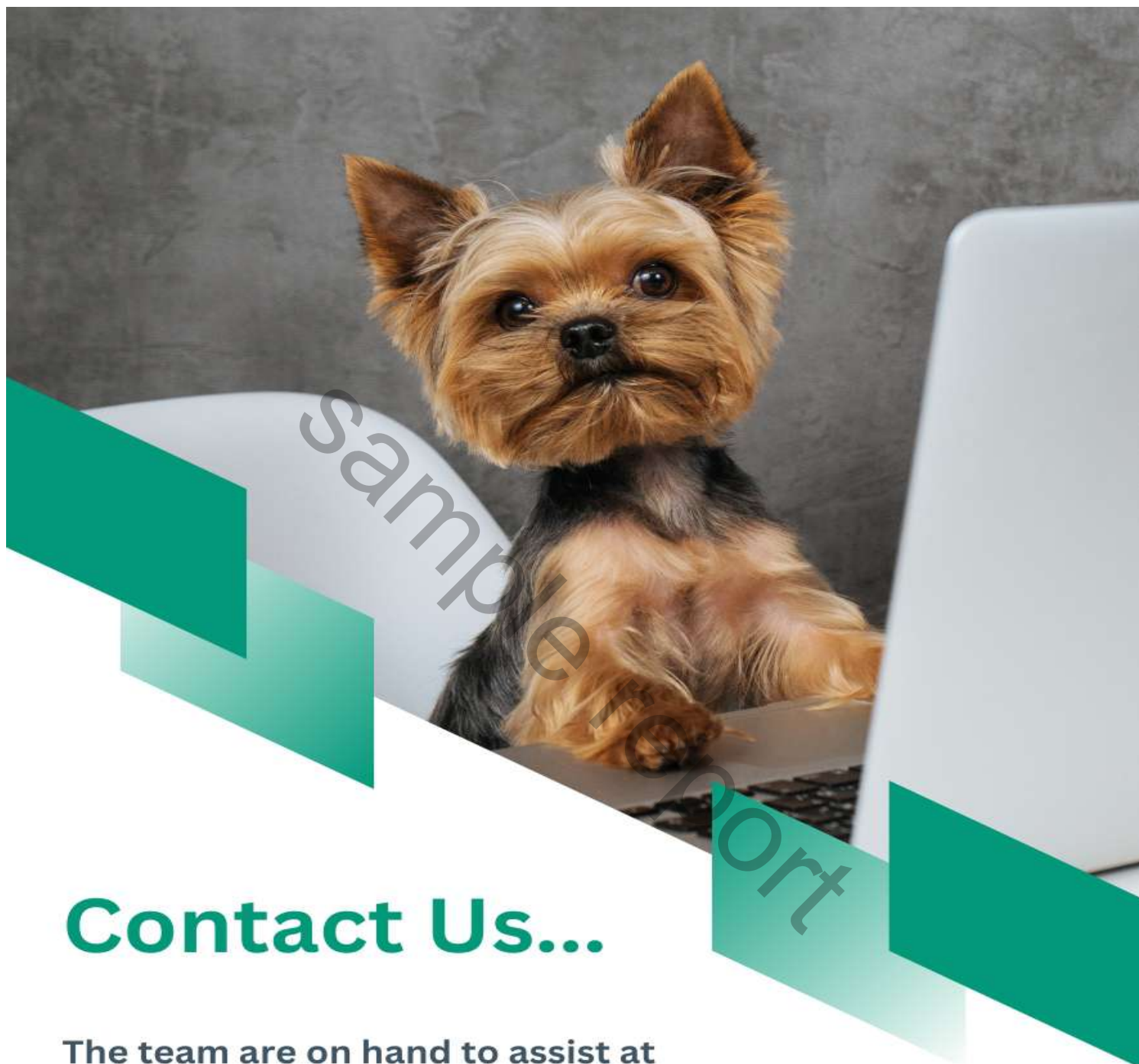
Your pet's intolerance test findings provide valuable insights into their unique health profile, helping you identify potential triggers that could be affecting their well-being. By addressing both food and non-food sensitivities highlighted in this report, you can take proactive steps to improve your pet's comfort, vitality, and overall health.

Implementing dietary adjustments, considering an elimination diet, and minimizing exposure to identified non-food irritants are crucial steps in managing sensitivities. These changes can lead to noticeable improvements, such as better digestion, healthier skin, increased energy levels, and a happier demeanor.

Remember, each pet is unique, and their responses to different substances vary. Consistent monitoring and working closely with a veterinarian or pet nutritionist will help you fine-tune their care plan and ensure the best outcomes.

By understanding and addressing these sensitivities, you're not only enhancing your pet's quality of life but also strengthening the bond you share. This report is a valuable tool on your journey toward supporting your pet's optimal health and well-being.





## Contact Us...

The team are on hand to assist at

**[info@easydna.com](mailto:info@easydna.com)**

