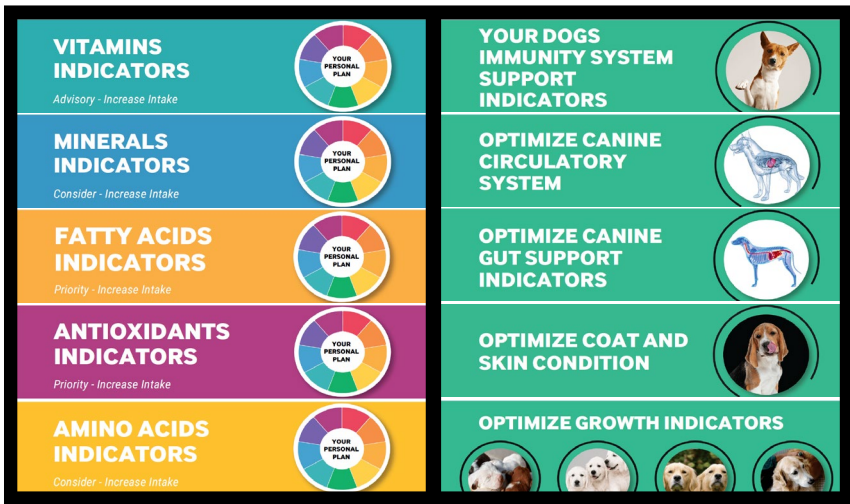


# Find out **WHY** AND HOW TO **HELP**

Learn what deficiencies your four-legged family members have and how it is affecting their health.

## Introduction

Our Hair Follicle report shows you which indicators need optimization. The nutritional related indicators listed show deficiencies in each of the categories shows in the diagram and which systems are affected. The report will also show indicators such as Resistance, Environmental and Interference that highlight which toxins are a priority.



Each category has its own page that highlights the priorities and how they relate to your pet's health.

The report will give you food recommendations to optimize the priorities highlighted. Reboot Self Care offers a custom supplement solution which is made to address all priorities in each report.

Optimize Indicator (STEP 5 - Nutrition)	Suggested Food Sources Day 1-60 (introduce as many foods as you can, at least 2 for each indicator)
Isoleucine	Eggs, pigs, chicken -no bones, fresh haddock, pheasant, rabbit, fresh salmon, beef, fresh trout, turkey
Phenylalanine	Cheese, eggs, beef, lamb, pork, chicken, barley, wheat, nuts (almond, walnuts, hazelnut), seeds (pumpkin, sunflower, sesame)
Arginine	Eggs, fresh salmon, mussels, shellfish - in moderation, fresh haddock, pheasant, fresh sardines, beef, lamb
Proline	Eggs, chicken -no bones, fresh cod roe - raw, lamb, goose, beef liver, shellfish - in moderation, beef, spirulina
Inositol	Turkey, liver from all animals, kidneys from all animals, heart from all animals, cod, mackerel, halibut, plaice, eggs
Vitamin B5	Fresh trout, fresh salmon, fresh sole, liver from all animals, kidneys from all animals, heart from all animals, eggs, rabbit
Docosahexaenoic Acid - 3 (DHA)	Fresh salmon, fresh herring, fresh mackerel, anchovies, eggs, cod liver oil, seaweed
Alpha-Linolenic Acid - 3 (ALA)	Flaxseed oil (always cold pressed and in moderations), fresh salmon, beef, lamb, seaweed
Magnesium	Mussels, shellfish - in moderation, eggs, fresh salmon, fresh sardines, pork, chicken -no bones, rabbit, lamb, fresh fish, rabbit
Molybdenum	Liver and kidney from all animals, mussels, shellfish - in moderation, fresh fish, chicken -no bones