

# VITAMIN AND MINERAL SUPPLEMENT RECOMMENDATIONS

All of the supplements recommended in our book's recipes can be purchased online at sites such as iherb.com or Amazon.com. In addition, many local vitamin stores will have these supplements. The Kirkland multivitamin can be purchased at Costco's online or physical stores.

To achieve the best results, consult with an experienced veterinarian regarding what supplements are best for your pet. If your veterinarian is unfamiliar with natural medicine, please review your pet's supplements with them anyway. Medicine is a collaborative effort and there is no benefit in keeping secrets.

## A NOTE ON DOSES

When sourcing your own supplements, there will be occasions when the dose recommended in the recipe does not exactly match what you are able to purchase. Not to worry. The supplement dosing in the recipes has some wiggle room. For example, if a recipe calls for 250 mg choline and you purchased 300 mg capsules, it is fine. Try to get as close to the recommended doses as possible. Ultimately, however, even alterations of 20% above (or 10% below) the recommended amount will be fine.

*Be cautious—do not make dosing mistakes by factors of 10! For example, if the recipe calls for 400 IU of Vitamin D, do not use 4000 IU instead.*

## SUPPLEMENTS AND RECOMMENDED BRANDS

In an effort to make your life easier, the best brands of supplements to use in these recipes have been listed below. However, there may be instances where the specific brands are not available. When sourcing supplements on your own, do your research to choose the highest-quality products from the most reputable manufacturer. Remember, small differences in the quantity or chemical makeup of a supplement can have a large impact on nutrition and safety.

When using human supplements or raw herbs, be sure to seek veterinary advice on dosing and preparation. Supplements that are specifically formulated for pets are generally regarded as safe. Products containing the seal of the National Animal Supplement Council (NASC) can be relied upon to be of high quality. The NASC is a private organization that monitors supplements for animals. Supplement manufacturers voluntarily submit their products to the NASC for evaluation of both ingredient quality and accuracy of labeling.

The following is an alphabetical listing of every supplement indicated for the recipes.

- Bone meal powder: KAL bone meal powder
- Calcium carbonate: NOW vegetarian calcium carbonate powder, or an equal amount of ground eggshells
- Calcium phosphate: Freeda calcium phosphate powder
- Choline: Solgar 350 mg capsule, Nature's Way 500 mg tablets

- Citramins: This is a proprietary product made by Thorne Research. You may substitute any mineral supplement that contains 15 mg iron and 900 mcg copper.
- Copper: TwinLab copper 2 mg capsule, Carlson chelated copper 5 mg capsule
- Dicalcium phosphate: UPCO or Freeda dicalcium phosphate
- Folic acid: NOW Foods 800 mcg tablets
- Iron bisglycinate: NOW Foods 18 mg capsule
- Kelp tablets: NOW Foods kelp (325 mcg iodine per dose), Nature's Way kelp caps (300 mcg iodine per dose), Country Life Norwegian kelp (225 mcg iodine per dose), Solgar North Atlantic kelp tablets (225 mcg iodine per dose)
- L-arginine: NOW Foods L-arginine 1,000 mg tablet
- L-carnitine: NOW Foods L-carnitine powder
- L-tryptophan: NOW Foods L-tryptophan 500 mg capsule
- Magnesium citrate: NOW Foods magnesium citrate powder
- Manganese: TwinLab manganese 10 mg tablet
- Methionine: Solgar methionine 500 mg capsule, Solaray 500 mg capsule
- Multivitamin: Kirkland Signature Multi Vitamins & Minerals. If you choose to source an alternative multivitamin, check the label for the "% daily value" for each vitamin and mineral. Choose one that offers no more than 100 percent of the requirement for vitamin D (400 IU) and iron (18 mg). Avoid brands with very high doses of any vitamin or mineral; most values should be close to 100 percent.
- Omega-3 fish oil: Be sure to source a highly reputable brand due to concerns for contaminants in fish oil. Generally, 1,000 mg is equivalent to one capsule or ¼ teaspoon of liquid fish oil.
- Pantothenic acid: NOW Foods pantothenic acid 500 mg capsule
- Potassium chloride: NOW Foods calcium chloride powder
- Psyllium powder: Metamucil capsules are equivalent to 1 teaspoon of psyllium husks
- Riboflavin 5' phosphate: Thorne riboflavin 5' phosphate 36.5 mg capsule
- Salt, iodized: Any brand of iodized salt is acceptable.
- Selenium: NOW Foods selenium 200 mcg capsule
- Taurine: NOW Foods taurine powder
- Vitamin A: Dry vitamin A 10,000 IU capsule ("Dry" refers to the vitamin in powdered rather than in an oil base. In this case, dry vitamin A has been chosen for its better absorption.)
- Vitamin B1 (thiamine): NOW Foods 100 mg tablets
- Vitamin B12: Solgar 1,000 mcg capsule
- Vitamin B50 complex: NOW Foods B50 Complex (If you choose to source your own brand, match the NOW Foods B50 Complex blend of 50 mg B1, 50 mg B2, 50 mg B3, 50 mg B6, 400 mcg folate, 50 mcg B12, 50 mcg biotin, 50 mg pantothenic acid, 25 mg PABA, 25 mg choline, 25 mg inositol.)
- Vitamin C, buffered: Nature's Way buffered vitamin C 500 mg capsules
- Vitamin D3 (cholecalciferol): Jarrow Formulas vitamin D3 1,000 IU softgels
- Vitamin E: Any reputable brand for vitamin E is acceptable.
- Zinc citrate: TwinLab (30 mg) capsules