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Healthy Powder

Popular Veterinarian and author Dr Pitcairn is also an advocate of brewers yeast in the raw diet. He suggests making his 'Healthy Powder,' which should be added to every raw meal:

Recipe for Healthy Powder:

2 cups brewers yeast (contains 1:4 Ca:P)
1 cup lecithin granules (contains 1:4 Ca:P)
¼ cup kelp powder (contains 2.6:1 Ca:P)
4 tbsp calcium (based on 1tbsp = 4500mg)
1000mg Vitamin C

My addition:

½ cup ground sunflower seeds

Dosage:

Cats 1 to 2 tsp/day Dogs up to 2 tablespoons/day

**As Dr Pitcairn does not recommend feeding raw meaty bones to cats and dogs, all of his diet recipes including this supplement powder contain some form of calcium. Not an advocate of raw bones, Dr Pitcairn suggests, "*You may let your pet gnaw on bones occasionally as a snack, not as a major part of the diet.*" (Pitcairn 2005)

The Phytogreen Supplement

A Phytogreen Supplement for Energy and a Healthy Digestive System

Ingredients:

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Place all of the ingredients together in a large bowl

½ cup green superfood powder (spirulina, chlorella, barley grass, wheat grass, alfalfa)

¼ cup kelp (do not have if you have a pet diagnosed with hyperthyroidism)

¼ cup powdered coconut

½ cup ground (powdered) seeds including sesame and sunflower seeds

¼ cup ground (for cats) or whole (for dogs) pumpkin seeds

¼ cup powdered probiotics

¼ cup colostrum powder

¼ cup lecithin granules

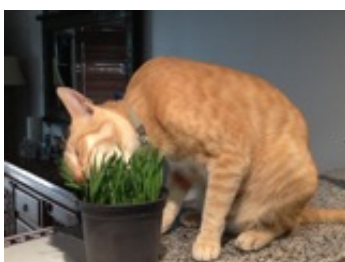
¼ cup powdered vitamin C (non acidic 'ester C')

½ cup brewers (or torula) yeast (do not add if your pet has yeast allergies)

¼ cup dried herbs including dandelion leaf, nettle, and parsley

¼ cup ground wheat germ or oat bran

30 ground digestive enzyme tablets (e.g.: Bromelain)



All of the ingredients need to be mixed well and stored in a sealed glass jar. It should also be kept refrigerated.

The seeds and digestive enzyme tablets are easily made into a powder using a coffee grinder.

This supplement mix provides approximately xxx heaped teaspoons.

Dosage:

Cats 1 tsp added to the food each day

Dogs: a 20 kg dog can be given 2 tsp a day

Or you can simply add 1-heaped teaspoon to every 150–200 grams of food.

What Dosage should I give?

Supplement	5kg Healthy Adult Cat	20kg Healthy Adult Dog
Alfalfa (herbal)	100mg	400mg

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Aloe Vera (herbal)	50mg	200mg
Apple cider vinegar (contains potassium)	½ tsp mixed in 10ml water or added to drinking water	1 tsp mixed in 50ml water or added to drinking water
Astragalus (herbal)	50mg	200mg
*Vitamin A	500iu	2000iu
Vitamin B6	10mg	50mg
B complex	10-20mg	50-75mg
Blackcurrant oil	250mg	500mg
Brewers yeast	¼ tsp	1 tsp
Vitamin C	250mg	500-1000mg
Calcium carbonate	300mg added to every 150g meat without bones	300mg added to every 150g meat without bones
L-Carnitine	250mg	500-750mg
*Cod liver oil (contains vitamins A & D)	1 tsp (contains approx 2500iu Vit A & 200iu Vit D)	1 tablespoon
CoQ10 enzyme	20mg	50mg
*Vitamin D	50-100iu	200-300iu
*Vitamin E	1-200iu	3-400iu
Echinacea (liquid form, herbal)	50ml	200ml
Evening primrose oil	500mg	2000mg
Eyebright (herbal)	50mg	200mg
Flaxseed oil	½ tsp	1 tsp
Aged Garlic Extract	100mg	400mg
Garlic	Odourless powder form:	Fresh: ¼ clove powder form:
Ginkgo biloba	10-20mg	50mg
Glucosamine & chondroitin	200mg	800mg
Grapeseed extract	10mg	50mg
Green powder (spirulina, wheatgrass, barleygrass, chlorella)	¼ tsp	1 teaspoon
Hawthorn berries (herbal)	50mg	200mg
Kelp	100mg	3-400mg
Lecithin granules	1 tsp	2 tsp
Lemon Balm (herbal)	20mg	50-80mg
L-lysine	50-250mg	250-500mg

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Milk thistle (herbal)	20mg	50-100mg
MSM	100mg	3-500mg depending on dog breed
Olive leaf extract (herbal)	30mg	100mg
Olive Oil	½ tsp	2 tsp
Probiotic	200 million	800 million
Psyllium husks	¼ tsp in 10ml water	1 tsp in 50ml water
Slippery Elm (herbal)	200mg	600mg
Stinging Nettle (herbal)	30mg	100mg
Taurine	50-100mg	200mg
Turmeric	50mg	200mg
Valerian (liquid form, herbal)	¼ ml	½ - 1ml
Amount of raw food each day (this can vary according to health, age, activity level)	Approx 100g food	300-600 grams

“What dosage should I give?”

*These are the basic guidelines, which vary considerably between pet nutritionists. The dosages given above are the average amounts based on a variety of individual animal nutritionists and veterinarians (you will find these referenced in the 'Links' page of this website). **Dosages are based on a healthy individual.** When a cat or dog is showing symptoms of sickness or has been diagnosed with a health problem, dosages of certain helpful supplements can change significantly. All of the supplements listed are in their powdered form unless otherwise stated.*

Supplement mix for cats and dogs

The supplement mix I recently made for my cats and dogs is based on advice from a variety of pet nutritional authors including, Dr. Billingham from, 'Give Your Dog a Bone,' and author of 'The Holistic Cat,' Jennifer Coscia. Dosage of supplements, vary considerably from one author to the next. I give my cats 1 flat teaspoon each of this supplement mix every day in their food. The vitamin C had to be added gradually due to the bitter taste and due my cats being super fussy. Over the time I've been learning and researching what to put into this supplement mix it has changed considerably. Due to my ongoing learning, this supplement mix will continue to change with new ingredients added, some taken out and the amounts will no doubt change. It is a work in progress.

Supplements



****Supplement mix: 1tsp=2grams***

6 grams brewers yeast
6 grams alfalfa powder
12 grams lecithin granules
6 grams kelp
60 grams ground sunflower seeds
12 grams Vitamin C
6 grams Vitamin B complex
3 grams spirulina
6 grams L-Lysine
1.8 grams MSM
1.2 grams odourless garlic

1 teaspoon of this supplement mix weighs approx 2 grams. As this mixture weighs in total 120 grams, it makes approximately 60 individual servings.

The brewers yeast is highly recommended by many pet nutritional authors. It contains most of the B vitamins (except B12). It contains 16 amino acids, 14 minerals including phosphorus, potassium, magnesium, calcium, iron and the antioxidant selenium and vitamins. However it can cause allergies with some animals. Brewers yeast is one of the richest, most concentrated forms of nutrients known. Torula yeast is similar, except it is lower in sodium, which may assist heart or kidney disease. Brewers yeast contains a high ratio of phosphorus to calcium (4:1), which is a consideration when giving this supplement to cats with renal disease.

Alfalfa powder contains vitamins, minerals, calcium and magnesium, beta-carotene, high amounts of B vitamins. It is a

natural antibiotic, reduces fluid retention, prevents kidney stones, improves urinary tract health, it is good for the intestines and has a detoxifying effect on the body.

Lecithin granules can be used for inflammation of the kidneys, to increase energy levels and brain function. It's a phospholipid (fats which cell membranes are made of), protects cells from oxidation, detoxifies, provides liver support, helps the body emulsify and absorb fats across the gut wall, improves the condition of the coat and improves digestion.

However, lecithin, like brewers yeast, is high in phosphorus and low in calcium. The ratio is 4:1. This is another supplement I am aware of due to the high phosphorus in relation to my cat's renal disease.

Kelp contains lots of minerals, it benefits the kidneys and heart, it is antibacterial, contains Vitamins A,B,C,D,E,K, beta-carotene, biotin, folic acid and the minerals calcium, phosphorus, magnesium, sodium, iron, zinc and copper. Kelp contains protein, PABA, selenium, sulfur, iodine, it neutralise carcinogens, improves digestion, hair growth, glandular functions and lowers radiation toxicity. Kelp is very high in iodine necessary for the correct functioning of the thyroid gland (for growth and metabolism).

Sunflower seeds include Vitamin E (a primary fat soluble anti oxidant), B vitamins, selenium, manganese, they support the production of cortisol, which moderates the inflammatory response, regulates blood glucose and the blood pressure. Sunflower seeds are also thought to reduce asthma, prevent migraines and calm the nerves. They contain the minerals copper, selenium, tryptophan, and phosphorus. (Schultze 2008)

Vitamin C is a powerful antioxidant. It is required for bone synthesis, healthy joints, prevents bladder stones, strengthens the immune system, it is an antihistamine, contains anti-inflammatory properties, it prevents urinary tract infection, lowers joint pain, eliminates cystitis if taken in it's acidic form, lowers pH (so increases acidity), it is easily absorbed, reverses cancer, improves appetite, supports cortisol production and in high doses is a natural laxative.

Various forms of Vitamin C:

- Calcium ascorbate acidic (bitter tasting)
- Ascorbic acid very acidic (sour tasting)
- Sodium ascorbate non acidic (the most mild tasting)
- Rosehips a natural source of vitamin C from the seed pods of roses
- Ester C (non acidic) essential if your pet has any inflammation or a sensitive stomach

Non-acidic Ester C can also assist with gingivitis, the immune system, facilitating the destruction of harmful microbes. It can be mixed with a little live yoghurt for palatability.

Whilst cats and dogs can in fact produce their own vitamin C, they certainly benefit from having it added into the diet. This conclusion is from my own experience whilst taking care of sick pets and doing most of the healing with good food and supplements.

B Vitamins have a vast number of essential tasks in the body. They assist the skin, kidneys, brain, the immune system, growth, hair, digestion, mucous membranes, teeth, muscles, nerves, assists enzymes, production of red blood cells, cell growth and repair. Vitamin B12 lifts the energy as it speeds up fat and carbohydrate metabolism. Cats require more B vitamins especially when sick, stress depletes body of vitamin B.

Vitamin B6 is involved in more bodily functions than any other vitamin, a warrior on cancer, heart disease, prevention of kidney stones, treats asthma, arthritis, acts as a mild diuretic. In combination with L-lysine and vitamin C, it fights the herpes virus and aids in the absorption of L-Lysine and Vitamin C.

Spirulina is known to be one of the superfoods. It contains 8 essential amino acids, vitamins B12, and it is 70% protein. (Wolfe 2009)

L-Lysine is an amino acid, when taken with Vitamin C it relieves heart conditions, treats chronic herpes (when given long-term), it prevents bone loss, improves the immune system, aids in the production of antibodies, hormones and enzymes, it is also good for sneezing and watery eyes.

MSM (Methylsulfonylmethane) Depleted soil and cooking foods destroys sulfur. It is needed for the blood, amino acid formation, connective tissue skin nails it assists allergies inflammation

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connective tissue, skin, nails, it assists energies, inflammation, helps to correct pH, the manufacture of bile and insulin and activates the use of Vitamin C, biotin and thiamine. Assists heartburn, arthritis, muscle pain, cancer and respiratory infections.

I only use odourless garlic in my cat's food. If their food smells of garlic they won't touch it. Garlic provides protein, Vitamins A, B, C, calcium, magnesium, potassium, iron, selenium and amino acids. It is a natural antibiotic, controls internal parasites, it is an antioxidant, digestive aid, lowers blood pressure as it thins the blood, supports the immune system and is a great flea deterrent.

Oliver & Zucco's supplement mix (for cats & dogs)



This mix provides approximately 90-100 rounded teaspoons.

I use 1 rounded teaspoon of this mix for every 150-170 grams of raw meat, which is for both cats for 1 day.

If there is no bone with the meat then I also add 300mg calcium carbonate powder to balance phosphorus and calcium.

The general rule, is that for every 150 grams of meat, add 300mg of calcium carbonate powder.

Equipment required:

- A coffee grinder to powder some of the ingredients

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- A coffee grinder to powder some of the ingredients

- A large dark coloured glass jar that has an airtight seal.
- A large mixing bowl for the ingredients.
- Kitchen scales (grams)

The ingredients:

9 grams Vitamin B Complex

9 grams Alfalfa powder

90 grams crushed organic sunflower seeds (use a coffee grinder)

9 grams Lecithin granules

36 grams Vitamin C powder

9 grams spirulina powder (or mixed phytochemicals)

4.5 grams Vitamin B6

4.5 grams Vitamin B12

10 grams L-lysine

18 grams MSM powder

70,000iu Vitamin A* (average for cats is 500iu daily)

50 grams colostrum powder

90 tablets Digestive enzymes (eg: bromelain)

90 capsules Probiotics (can be added separately)

18 grams Aloe Vera powder

7000iu Vitamin D* (50-150iu daily for cats)

18 grams Freeze-dried liver (ground up) to improve taste of supplement mix

Supplements

9 grams Taurine (naturally only found in raw meat, cats cannot synthesize this essential amino acid, therefore it has to be obtained from the diet)

18 grams Calcium carbonate (to balance high phosphate in liver and lecithin)

Mix the ingredients really well and place into a dark glass jar with an airtight seal. It should be kept refrigerated.

As all cat owners know how incredibly fussy their feline friends can be, add this supplement mix slowly to the food, build up to ½ rounded teaspoon a day over 1-2 weeks.

Other supplements, which are incredibly beneficial but have not been added to this mix (due to their being a liquid) are:

- Fish oil (salmon oil, cod liver oil) 1 capsule or 1ml per day for the adult cat.
- Vitamin E, dosage is 100iu daily for an adult cat
- Borage seed oil or evening primrose oil or flaxseed oil. 1 capsule or 2ml daily.

Most of the ingredients I use are purchased from a health food shop (human grade). However, the freeze-dried liver is sourced from Pet Barn (Australia). The colostrum powder is from 'Green Pet' (order online), Australia.

Information about the ingredients I have included in my supplement mix:

Alfalfa is 20% protein and 15% fiber; plus it contains 16 amino acids, 13 trace minerals and 13 vitamins. Alfalfa Powder is a whole food supplement highly valued for its nutrition. It is high in calcium and potassium. Alfalfa has antibacterial, antioxidant and antifungal properties.



Most cats usually like sunflower seeds. They contain an array of nutrients including vitamins E, B1 and B5 and minerals such as manganese, magnesium, copper, phosphorous, folate and selenium. They are also packed with protein.

Lecithin is used for inflammation of the kidneys, to increase energy levels and brain function. It is a phospholipid protecting cells from oxidation; it detoxifies, provides liver support, helps the body emulsify and absorb fats across the gut wall, improves condition of the coat and improves digestion. Dosage: Adult cat maximum ½ tsp daily.

The **probiotics**, if they are of a good quality should be purchased already refrigerated from a health shop or pharmacy. In my opinion, probiotics and digestive enzymes are an essential addition to any diet including our own! Together they promote a healthy gut flora, better digestion and absorption of nutrients into the blood and as a result, a much improved overall healthy internal environment. Maintaining the health of the digestive tract cannot be emphasized enough, its truly essential for the prevention of disease. My advice is that when you add these supplements to your pets diet; add them to your own too.

***Vitamins A, D, E and K** are fat soluble vitamins, which means that excess amounts of these supplements will not be simply lost in the urine (like B vitamins) but held in the body. It's important not to over dose on these vitamins. Excess Vitamin D for example can lead to hyperglycemia. I have added vitamin A as it improves vision, fur, skin, eyes, gums, intestines, bone metabolism, DNA transcription (part of cell division), immunity, embryo development, it mobilises iron (so reducing anemia), it assists in soft mucous tissue, cancer and arthritis.

I add this mainly because most of the meat I use has been frozen and freezing meat destroys most of the vitamin A

Vitamin C is so incredibly important for bone synthesis, healthy joints, a strong immune system, the prevention of bladder stones and urinary tract infections, it is a powerful antioxidant, an antihistamine, an anti-inflammatory, can lower joint pain, eliminates cystitis (if taken in acidic form), it lowers pH, it is easily absorbed, it reverses cancer and improves the appetite, it also supports cortisol production.

Vitamin C is actually synthesized in the cat and dog, however I strongly recommend that vitamin C is also included in the diet to boost health and vitality.

Forms of Vitamin C:

- Calcium ascorbate acidic (bitter tasting)
- Ascorbic acid very acidic (sour tasting)
- Sodium ascorbate non acidic (the most mild tasting)
- Rosehips a natural source of vitamin C from the seed pods of roses
- Ester C non acidic form of Vitamin C

Phytogreens include barley grass, wheat grass, chlorella, spirulina, alfalfa, kelp and aloe vera. These incredible photosynthesizing organisms are truly gifts from nature. They are rich in chlorophyll, amino acids, minerals, vitamins, proteins and enzymes. Being extremely beneficial to all aspects of health, they are an essential addition to our pets diet and to our own!

Whilst there are many excellent sources of phytogreens that can be bought from a health shop in powdered form, the one I personally recommend is 'Green Super Food' by 'Amazing Grass.' Most of the ingredients are organic. It is a truly wonderful product for our health and by adding it to your pet's food they will benefit immensely too. When the cost is an issue, remember how much you will be saving in Vet bills over the years!



For this particular supplement mix there is a large emphasis on the **B vitamins**, in particular B6 and B12. In times of sickness or stress B vitamins are used and depleted very quickly in the body. Extra vitamin B can stimulate appetite, act as a mild diuretic (to cleanse toxins from the body), aid in the absorption of L-lysine and Vitamin C whilst lifting energy levels.

L-lysine has been added to assist in the prevention of upper respiratory infections and it certainly helps the immune system. Dosage for a cat that is showing symptoms of a respiratory infection is up to 500mg a day.

MSM is a sulfur based supplement which assists in amino acid formation, required for connective tissue, skin, nails, treatment of allergies, inflammation, pH control, the manufacture of bile and insulin, it activates the use of Vitamin C, biotin, thiamine, helps with the production of bile and insulin, reduces heartburn, arthritis, muscle pain, and respiratory infections. I would say this is definitely a good addition to the mix. Cat dosage is 50-100g per 10lb body weight/day.

Colostrum is not an essential addition however it is of great support to the immune system especially for kittens, the elderly cat and in times when the body's defense mechanisms have been compromised.

Aloe Vera when used internally is an antibacterial, antiviral and antifungal and is excellent for allergies, arthritis, colitis, constipation, diarrhea, irritable bowel disease, hairballs, indigestion, infections, liver and kidney ailments.

Kidney assistance for Cats

There are several diets that I have tried and tested on my cat Oliver. The cooked diets have failed, as he prefers raw, however I do believe there is a place for cooked foods especially when faced with a sick cat that has a loss of appetite. Author of 'The Holistic Cat, advises that whatever the diet, there are several additions that should be incorporated into the diet to assist the renal failure.



Oliver having his blood pressure checked

They include:

- Lots of greens, including peas, red clover, spirulina, barley and wheat grass, sea greens (to boost immune system, supply vitamins, minerals, antioxidants, enzymes and amino acids whilst detoxifying the body.)

- Dandelion leaves (which act as a natural diuretic assisting to flush the kidneys) I sprinkle an 1/8 of a capsule into his food or make a weak dandelion tea twice a week which I put into his drinking water

DRINKING WATER.

- Probiotics (increase absorption of essential nutrients, kill harmful bacteria in the gut, maintain healthy gut flora) ½ capsule a day mixed into food.
- Vitamin B6 (rids the body of excess water whilst assisting to balance sodium and potassium, 5–10mg/day)
- B complex (to replace those B vitamins lost in urine) 50–100mg a day which also boosts appetite.
- Vitamin C (boosts the immune system, keeps urine acidic, destroys any bacteria and as its water soluble it needs to be replaced) (Pitcairn et al 2005) I add 500mg every day to my cat's food.
- Cranberry (acidifies urine, destroys bacterial build up in the urinary tract) My cat doesn't like the taste of this
- Lecithin granules (assists to reduce inflammation of the kidneys and tissue repair. Dosage for an adult cat is ½ tsp/day)
- Pots of fresh wheatgrass to chew on (Coscia 2009)
- Kelp (high in minerals, benefits kidneys) 1/8 tsp mixed into food.
- Fresh parsley (a natural diuretic providing relief for the kidneys, high in vitamin C) (Brown 2006) Fresh parsley can be finely chopped and mixed in food or bought as a powder and sprinkled into food.
- Omega 3 such as salmon oil. (reduces inflammation and improve blood flow) 500mg capsule/day
- Omega 6 such as borage seed oil, evening primrose oil, blackcurrant oil. (Messonnier 2001) 500mg capsule/day
- Vitamin A supplement 1000iu/day (acts as a lubricant for the kidneys) (Goldstein 1999) I give my cat several raw egg yolks a week which provides lots of vitamin A
- Alfalfa (a very nutritious super green nutrient) I sprinkle an 1/8

capsule into food each day.

The above list consists of excellent nutrients I have tried and tested with huge success on my own cat with Renal Disease. However, even these nutrients do not replace any Veterinary medication your pet may also need. Please be sure to incorporate these supplements with veterinary assistance rather than in replacement of.

My cat is stronger and has a greater quality of life because of his diet and supplements. However his blood pressure still has to be maintained with veterinary medicine.

Oils for a Beautiful Coat for Cats and Dogs

141g olive oil or soybean oil

28g cod liver oil or salmon oil (for Omega 3)

28g wheat germ oil (rich in vitamin E and antioxidants)

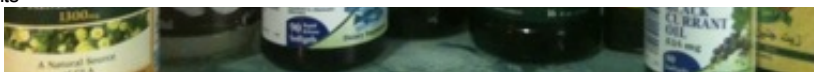
28g flaxseed oil (mostly omega 6 as the omega 3 is not useable for cats)

1tsp garlic powder (not all cats like the taste of garlic, use odourless garlic)

½ tsp dried rosemary (soothes digestion, relieves gas)

The oil mix should be stored in a dark, airtight, glass container in the refrigerator. Flaxseed oil is very volatile and breaks down more quickly than the other oils; therefore the oil mix should be used according to the expiry date of the flaxseed. The author suggests that the oil mix should be used within two months. (Brown 2006)





I personally prefer to keep oils separate, in particular flaxseed oil which spoils easily. Rather than wheat germ oil which my pets dislike the taste of, I prefer to use coconut oil. In place of flaxseed oil, I use borage seed oil or blackcurrant oil.

Immune Boosting Formula for Cats

According to author of, 'The Holistic Cat,' digestive enzymes can assist health even in the healthiest of raw diets. Coscia recommends that cat owners should mix together several ingredients including digestive enzymes into what she calls an:

Immune Boosting Formula

- 1,500mg Bromelain (extracted from pineapples, contains protease to breakdown proteins, bromelain also reduces inflammation in the body)
- 3,000mg Vitamin C (important antioxidant and immune system booster)
- 7500mg L-Lysine (an amino acid which aids in the production of antibodies, hormones and enzymes)
- 200mg Vitamin B6 (aids the absorption of L-lysine and vitamin C)
- 750mg *odorless* garlic (odorless as most cats don't like the taste, it assists the immune system)
- ¼ cup ground flaxseed (has anti-inflammatory properties and aids digestion)

The mixture should be kept in a dark, glass, airtight container in the fridge. It provides 30 daily doses of cat supplement powder (Coscia 2009)

Vita Mineral Mix for Cats & Dogs

Author of "The Whole Pet Diet," recommends a Vita Mineral Mix of which a spoonful can be added to a cooked (or raw) meal before serving. The recipe for this mix is:

Vita Mineral Mix

- 1 ½ cups Brewers Yeast
- ¼ cup Kelp powder
- 1 cup Lecithin granules

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2 cups wheat bran
2 cups calcium lactate

This mixture should be placed into an airtight glass jar and stored in the fridge. (Brown 2006)
