

SUPPLEMENTS

Most nutraceuticals are actually whole food supplements and can usually be mixed in with food or a used as a treat. Herbal formulas can also be given in the same fashion. When mixing with the food, capsules can be opened and tablets can be crushed up (pill crushers can be found at most drug stores). If you add hot or warm water to bring food to room temperature, always add supplements AFTER the water has been thoroughly mixed. Heat will destroy the efficacy of many of the supplements.

If the supplement is to be given on an empty stomach, then a treat can still be used for ease of administration.

- Dog treat tips -- Cream cheese, butter, liverwurst (can use to cover capsule/pill)
- Cats treat tips -- same as above, plus varieties of meat baby food, tuna, canned mackerel, canned oysters, cooked shrimp, and Bonita flakes or dehydrated shrimp. (Japanese Markets)

Cats:

For most cats, supplements can be also mixed up with food or a treat. It is advisable to add one supplement at a time to see if there is going to be a taste aversion if you have a finicky cat. If that does not work, then supplements can also be mixed with chicken broth or tuna juice, oyster juice or just water and syringed orally for ease of administration.

Helpful Tip:

To streamline your life, we've found it's easiest to set up a week's worth of supplements in large **weekly vitamin/pill organizers** appropriately marked as to A.M. and P.M., or a cheaper route is to use **paper muffin cups** to separate the individual doses and stack them in a container. This works wonderfully for crushed pills and powders!

HOMEOPATHICS

MUST TO BE GIVEN 15 MINUTES AWAY FROM FOOD OR OTHER MEDICATIONS.

1. Tinctures are usually preserved with alcohol and for those that are sensitive to the flavor you can try one of the following techniques:
 - Put very hot water (NOT boiling) into a tablespoon and then immediately add the drops to the water, let sit a few minutes (this helps most of the alcohol evaporate without changing the remedy). Make sure the water is not too hot prior to administration to your pet. The dose can then be administered orally using the spoon for medium and big dogs or orally by syringe with small dogs or cats.
 - Put boiling water into a glass shot glass and let it sit for few minutes. Discard the water and add the drops to the hot glass. This also will effectively evaporate most of the alcohol. Usually 30-60 seconds is sufficient. Administer orally by syringe orally - diluting with water if necessary to increase the volume.
 - IF STATES "CAN BE COMBINED", you can actually mix together and give at the same time for ease of administration. SEPARATE FROM OTHER HOMEOPATHICS BY AT LEAST 5 MINUTES.

Pellets can be put directly in the cheek pouch at the side of the mouth. Pellets also can be added to water and allowed to sit for about 1 minute. The water can then be administered orally by syringe. The pellets only are a carrier for the tincture and only need to be in contact with the mucus membranes for about 30-60sec. They do not need to be swallowed, and do not need to be given at all if the tincture is transferred to the water. Homeopathics in general are not dosage dependent.