

Supplements and Nutrients

The following is a list of supplements, herbs, and other nutrients that I keep on hand for my cats. Many of these you may have already and use for yourself!

Colloidal Silver: <https://amzn.to/3eFXJWf>

Use on injuries/scrapes, in the eyes/nose, and can be added to food. Limit adding to food to times an "antibiotic" may be warranted.

Milk Thistle: <https://amzn.to/2RYMpe2>

Use in the days before and week after vaccinations to help support the liver and reduce reactions. Quarter capsule 2x/day. Also use after any possible toxic exposure - plants, chemicals, etc.

Lactoferrin: <https://amzn.to/3bvBu3e>

Immune supporting. Use a few days before/after vaccination to aid immune building. Use any time you wish to boost the immune system - also good for before/after surgery. A quarter capsule when little, up to 1/2 or a whole one when grown - closer to a year.

Spirulina: <https://amzn.to/2Knpll1>

Good for immune support, detox, and overall nutrients. High in protein and a good overall supplement. Some like to lick it straight or you can add sprinkles (think salt or pepper) to food.

Quercetin: <https://amzn.to/3eF9Vq9>

Upper respiratory and allergy support.

Probiotics: Homemade is ideal or use Plain LifeWay Kefir - a few teaspoons a day. Or this is a good capsule to mix a little with food: <https://amzn.to/2yumhkD>

Diatomaceous Earth: Most any food grade brand is good but we use this one: <https://amzn.to/2VKAaTH>

Add 1/4 tsp to each dish of food. If you remember, give double the dose at the full moon. Must be wet and mix well so it isn't inhaled. Prevents parasites.

If you would like to give a vitamin-type supplement, even just occasionally, the NuVet Plus powder is what I would recommend: https://www.nuvetlabs.com/order_new2/nuvet-plus-feline.asp