

***Info shared by Pitbull SA.***

***Manjaro APBT kennel.***

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## ***About supplements.***

The choice of whether or not to add supplements is an individual one.

Looking at copper deficiency.

Green blend

Commercial multi vitamin & mineral supplement.

Trace minerals.

Organic apple cider vinegar

Nutritional or brewer's yeast

Dark molasses also supply trace minerals.

Other fresh food supplements;

Raw honey

Ginger (especially good for digestion)

Garlic

Healthy dogs fed a wide variety of species appropriate food and fresh foods in appropriate proportions might have no need of supplements, though they may still benefit from them regardless of the diet.

The less variety you feed, the more necessary supplements become.

Even diets that contains a wide variety of foods in appropriate proportions may be short on certain nutrients.

*{See articles on supplements on [www.pitbullsa.co.za](http://www.pitbullsa.co.za)}*

Most commonly Vitamins;

Vitamins.

Minerals.

Zinc.

Calcium.

Magnesium.

Potassium.

Selenium.

Iodine.

Cooked diets are more likely to need supplements, **since cooking destroys or reduces some nutrients.**

Minerals are tricky to supplement, as they can be dangerous at excessive levels, or if they are not balanced properly with other minerals

**Looking at copper deficiency.**

For example, **zinc binds with copper**, so if you give a supplement long term that includes zinc but not copper in proper proportions (10:1), eventually this can lead to a copper deficiency.

**Green blend.**

Minerals are most safely supplemented in whole food form.

Green blends that contain foods such as **kelp, spirulina, Irish moss, fenugreek seed, and alfalfa** are an excellent source of trace minerals.

**Note!** ... that it is important not to give too much kelp, as it is high in iodine and too much can suppress the thyroid.)

It's best to give kelp in very small amounts -- ¼ teaspoon or less for a large dog.

### **Commercial supplements.**

Another option is to give a complete multi-vitamin and mineral supplement made for dogs. {See *commercial vitamins & minerals blends* on [www.pitbullsa.co.za](http://www.pitbullsa.co.za)

If using one-a-day products made to meet minimum daily requirements for humans, such as Centrum for adults under 50, you can give the full adult human dose to dogs weighing 25kg or more, half the human dose for dogs weighing 15kg, and one-quarter the human dose to dogs weighing 5 kg.

Larger dogs would get proportionately higher doses.

If the human product you are using is designed to be high in vitamins and minerals, then base the dosage on the size of your dog compared to a person, where a dog weighing 30kg, for example, would get half the human dose.

Very small dogs require products made for dogs in order to get the dosage right.

**Note!** >> Reduce the amount of added calcium if the amount in the supplement is significant.

**Note!** >> Don't use children's products that contain xylitol, which is toxic to dogs!

### **Looking at trace minerals.**

**Organic apple cider vinegar**

**Nutritional or brewer's yeast**

**Dark molasses also supply trace minerals.**

**Other fresh food supplements** that may provide benefits include;

**Raw local honey**

**Ginger** (especially good for digestion)

**Garlic** - fresh crushed (no more than one-half of a small clove per 10kg of body weight daily, as more can cause anemia;

{See article on garlic for dogs on [www.pitbullsa.co.za](http://www.pitbullsa.co.za)