



45 -DAY OPTIMIZE Cat & Kitten Plan



- **12 Key Optimization Indicators**
- **System support indicators**
- **Coat and Skin indicators**
- **Circulatory support indicators**
- **Resistance indicators**
- **Environment indicators**
- **Food & addictive restrictions**
- **Suggested Foods to eat**

Plan for:

This plan created by:

cell-wellbeing.com

The data in this personalized report was gathered from the hair strands and roots that you returned to us using the sealed alloy postal pack, within 7 days of plucking.

*None of these statements have been evaluated by your countries veterinarian association. This product is not intended to diagnose, treat, cure or prevent any disease or condition. It is intended to provide nutritional food information. The digital process does not provide reproducible indicators as it reflects the changing epigenetic environment at the quantum biological level. Nutritional Food Optimization should only be considered every 45 days. It is NOT recommended that a new Nutritional Food Plan be created within this period. The nutrition's listed would be best off without involving any processed food but it is your choice to add processed food when making a decision for your cat.



THE OPTIMIZE CAT & KITTEN WELLBEING PLAN

AN INTRODUCTION FROM A
PROFESSIONAL



Cats and Kittens require a balanced diet of Amino Acids, Minerals, Vitamins and Fatty Acids consumed from meat, fish and other animal products. Animal based nutrients are often easier to digest than plant-based protein and are more suited to a cat's digestive system. 10 specific amino acids are required in the natural foods fed to cats as they are not able to be fed on their as they are the building blocks for many important biologically active compounds and proteins. Arginine and Taurine amino acids drive many of the essential metabolic systems in a cat's body.

An unbalanced diet of other nutrients can also lead to a stressed wellness system in cats and kittens. Human food sources are often not appropriate for cats or kittens as their stomach processing is not the same as humans. Therefore a strict vegetarian Diet is not appropriate for cats as many plants do not have the required quantity of nutrients for cats. Likewise cats do not in the main require carbohydrates.

Water is also an important carrier of nutrients into the cats system.
It is therefore wise to have natural fresh water available for your cat to consume at all times.

Veterinarian Anett Weber

cell-wellbeing.com



OPTIMIZED NUTRITION IS THE KEY TO A KITTEN OR CATS WELLBEING

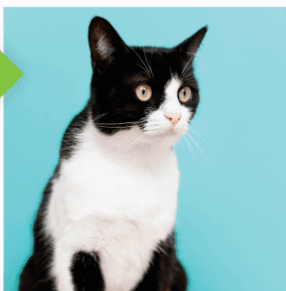
NUTRITIONAL FOOD SUPPORT & MAINTENANCE FOR CATS & KITTEN'S

- Improved wellbeing
- Boosted Stamina
- Optimized growth potential
- Optimized weight and shape
- Enhanced Skin, Coat and Fur
- Intestinal Fortitude

WHAT COULD BE STOPPING YOUR CAT FROM GETTING OPTIMIZED NUTRITION?

Nutrient Intake

Many soils are depleted of key nutrients. Fast growing plants from an inferior soil lack the nutritional value. So even a "healthy" diet may not provide you with enough nutrients.



Processed Foods

These foods have a very low nutritional value, known as empty calories or carbs. They could actually create a deficit of key nutrients for the body.



Convenience

We like convenience in foods but it comes at a cost the convenient options often have very low nutritional value compared to natural foods.



Lifestyles

A lifestyle with high stress levels deplete the body of many nutrients and when combined with other factors leave many cats malnourished of micro-nutrients.

THIS REPORT IS ONLY VALID FOR THE NEXT 45-DAYS

Your next Optimize Report date is:

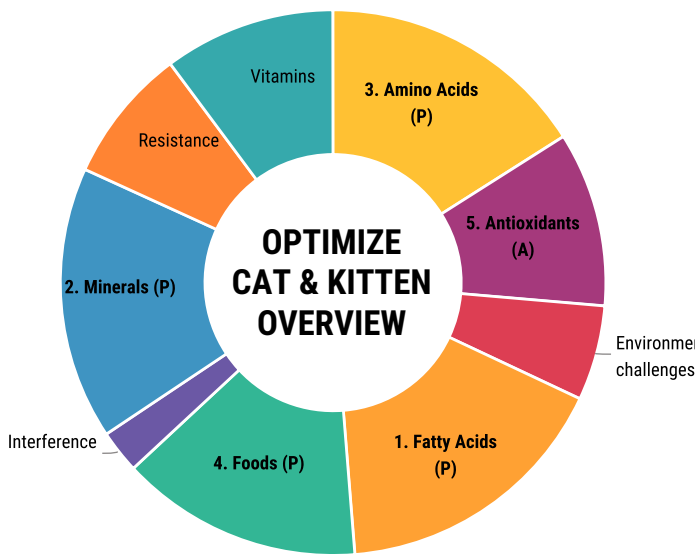
Book today with your provider at:

Phone:

Email:

With any regime change that supports wellness or performance it is most beneficial to follow a course of reports. Being optimized, means staying in alignment with your epigenetic environment and adjusting your food and nutrient intake to meet your changing needs over time. We recommend that you do this every 45-days, as this is a natural cycle the body follows. Don't miss out and book your next report now based on the above date.

KEY OPTIMIZATION OVERVIEW



Foods to Avoid Summary	
Carrot	Venison
Parsnip	Apple
Mulberry	Celery
Pork	Banana
Cauliflower	Strawberry

For full food avoid indicators see table on page 10.

Additives to Avoid Summary	
E 132 Indigo carmine	E 640 Glycine and its sodium salts
E 628 Dipotassium guanylate, Guanylate	E 262 Sodium acetate, salt of acetic acid
E 953 Isomalt	E 263 Calcium acetate, salt of acetic acid
E 406 Agar	E 1413 Phosphatised di-starch p. (modified starch)
E 302 Calcium L-ascorbate (Ascorbic acid)	E 401 Sodium alginate, Alginate

For further information on food additives see page 11.

Category	Indicator	Information
Fatty Acids	Arachidonic Acid - 6 (AA). Docosahexaenoic Acid - 3 (DHA)	For full results see the chart on page 14. For food sources refer to page 29.
Minerals	Iron. Boron. Silicon. Selenium	For full results see the chart on page 16. For food sources refer to page 29.
Amino Acids	Aspartic Acid. Cysteine. Tryptophan. Ornithine	For full results see the chart on page 12. For food sources refer to page 29.
Foods	Please refer to the foods tables on page 29 and 30 of the plan.	For full results see the chart on page 29.
Antioxidants	Anthocyanidins. Vitamin E. Co-Enzyme Q10. Phytoestrogen	For full results see the chart on page 18. For food sources refer to page 29.
Additives to Avoid	Please refer to the food additives table and link on page 11.	For full results see the chart on page 11.

The Key Indicators Chart

The larger the segment in the chart the higher the epigenetic relevancy indicator, which means the item is more of a **Priority** for you to address. Lesser items are marked **Advisory** or **Consider** and no indication means low relevance. These are indicators of underlying issues, which you should consider addressing using the suggested nutritional food intake programs.

OPTIMIZE CAT AND KITTEN GUT SUPPORT INDICATORS



A Cats gut and intestinal system supports at least 80% of the cats entire functionality. Therefore their diet must be balanced as they do a wide verity of nutrients to survive, these include amino acids, fatty acids, carbohydrates, vitamins, minerals and water. The nutritional information below provides indicators of areas that may need your attention. The gut and intestinal tract are equally important to your cats brain and memory function as well as overall performance. Your cat's unique nutritional requirements will depend on their size and age.

Below are some of the pointers which may be of assistance to you in optimizing your pets gut performance. This is not a diagnostic assessment and should not be taken as such.

Vitamins Markers	Vitamin B2	Vitamin B5	Vitamin B6	0	17+ Total Value High Support
	Vitamin B9	Vitamin B9	Vitamin C		
	Vitamin D3	Vitamin K1			
Minerals Markers	Calcium	Chromium	Iron	2	12-16 Total Value Moderate Support
	Molybdenum	Magnesium	Manganese		
	Sodium	Selenium	Zinc		
Amino Acids Markers	Asparagine	Cysteine	Histidine	2	0-11 Total Value Maintenance Support
	Isoleucine	Leucine	Lysine		
	Methionine	Phenylalanine	Glutamine		
	Threonine	Tryptophan			
Fatty Acids Markers	Docosahexaenoic Acid - 3 (DHA)	Gamma Linoleic Acid - 6 (GLA)	Arachidonic Acid - 6 (AA)	2	
	Alpha-Linolenic Acid - 3 (ALA)	Eicosapentaenoic Acid - 3 (EPA)	Linoleic Acid - 6		
Antioxidants Markers	Zinc	Selenium	Vitamin C	1	
	Anthocyanidins	Sulforaphane			
Environmental Stressors	Toxic Metals	Chemicals and Hydrocarbons	Radiation	1	
Resistance Factors	Virus	Bacteria	Parasite	0	
	Fungus				
Total Value				8	

The above chart compares relevant data from the other pages. These are indicators of nutritional optimization only and not intended to be a diagnosis of any physical malfunction within any specific area. If you are concerned about the physical function of any of your Cat's wellness systems processes, you should seek the help of a qualified veterinarian.

YOUR CATS IMMUNITY SYSTEM SUPPORT INDICATORS



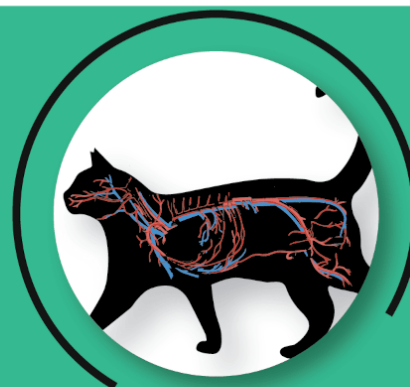
Every cats' immune system varies dramatically based on diet, environmental pollutants and metabolic stressors. The indicators on this page are intended to help fortify or balance your cat's individual immune system; Helping your cat construct a robust immune system can provide a happier, healthier life.

Every can is an individual and therefore their diets should be treated as being individual, in order to give them a long an happy life. Combining their diets with natural nutrients, exercise and masses of affection boosts the cats entire metabolic system. An effective immune system can assist in protecting your Cat from the worst effects of infection or environmental impacts. Boosting a cats immune systems plays a role in vitality and wellbeing. Please consider concentrating on correcting each of the sections below. This chart is not diagnostic please contact a veterinarian if in doubt.

Vitamins Markers	Vitamin B1	Vitamin B2	Vitamin B5	2	18+ Total Value High Support
	Vitamin B6	Vitamin B9	Vitamin B9		
	Vitamin B12	Vitamin B1			
Minerals Markers	Zinc	Selenium	Magnesium	2	
	Copper	Iron	Sulfur		
	Sodium	Chromium			
Amino Acids Markers	Isoleucine	Lysine	Glycine	2	13-17 Total Value Moderate Support
	Methionine	Serine	Cysteine		
	Tryptophan	Histidine	Glutamine		
	Asparagine				
Fatty Acids Markers	Docosahexaenoic Acid - 3 (DHA)	Gamma Linoleic Acid - 6 (GLA)	Arachidonic Acid - 6 (AA)	2	
	Alpha-Linolenic Acid - 3 (ALA)	Eicosapentaenoic Acid - 3 (EPA)			
Antioxidants Markers	Zinc	Selenium	Vitamin C	3	
	Co-Enzyme Q10	Vitamin E	Alpha Lipoic Acid		
	Superoxide Dismutase	Anthocyanidins	Carotenoids		
	Sulforaphane				
Environmental Stressors	EMF/ELFs	Chemicals and Hydrocarbons	Radiation	2	0-12 Total Value Maintenance Support
	Toxic Metals				
Resistance Factors	Virus	Bacteria	Parasite	1	
	Fungus	Moulds/Spores			
Total Value				14	

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OPTIMIZE CAT AND KITTEN CIRCULATORY SYSTEM



Poor circulation reduces the potential of your cats' system to transfer vitamins and oxygen to where they are needed. Your cats circulatory system is stimulated by the foods they consume and the environment they live in, these indicators can be viewed and then addressed by using the chart below. A cats Circulation can be supported by many nutrients and it's important to ensure that your cat receives this food balance daily. The chart below indicates which nutrients may be important to help optimize circulation. Remember that this is not a diagnosis of the condition or function of your cat's circulatory system. If in doubt, please consult a veterinarian

Vitamins Markers	Vitamin A1	Vitamin B2	Vitamin B3	0	19+ Total Value High Support
	Vitamin B5	Vitamin B6	Vitamin B9		
	Vitamin B12	Vitamin K1	Vitamin C		
	Vitamin D3	Vitamin E	Biotin		
Minerals Markers	Calcium	Chromium	Iodine	2	13-18 Total Value Moderate Support
	Iron	Magnesium	Potassium		
	Sodium	Selenium			
Amino Acids Markers	Arginine	Alanine	Valine	1	0-12 Total Value Maintenance Support
	Serine	Cysteine	Proline		
	Glutamine	Histidine	Lysine		
	Methionine				
Fatty Acids Markers	Docosahexaenoic Acid - 3 (DHA)	Gamma Linoleic Acid - 6 (GLA)	Linoleic Acid - 6	2	0-12 Total Value Maintenance Support
	Alpha-Linolenic Acid - 3 (ALA)	Arachidonic Acid - 6 (AA)	Eicosapentaenoic Acid - 3 (EPA)		
Antioxidants Markers	Anthocyanidins	Alpha Lipoic Acid	Zinc	3	0-12 Total Value Maintenance Support
	Co-Enzyme Q10	Vitamin C	Vitamin E		
	Carotenoids	Flavonoids	Selenium		
	Superoxide Dismutase				
Environmental Stressors	EMF/ELFs	Chemicals and Hydrocarbons	Radiation	2	0-12 Total Value Maintenance Support
	Toxic Metals				
Resistance Factors	Virus	Bacteria	Parasite	0	0-12 Total Value Maintenance Support
	Fungus				
				Total Value	10

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OPTIMIZE FUR, COAT & SKIN CONDITION

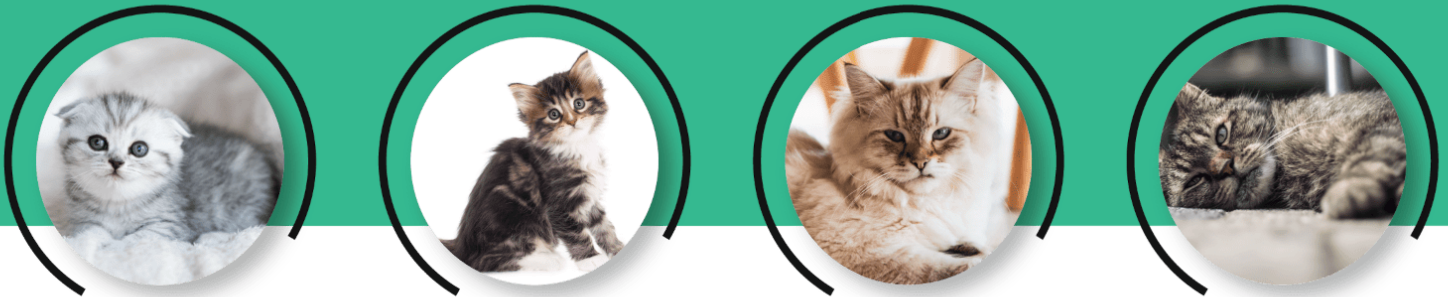


A cat's coat and skin condition, often reflect their diet and the environmental conditions they live in. Feeding your cat at least once a week with omegas found in natural Salmon, Sardines or other fish sources will assist their coat and skin. The table below will highlight a food plan for the next 45 days that you may consider. Most cats coat can also be made more desirable by daily grooming, and bathing your Cat or Kitten using a shampoo created for cats is another grooming exercise that can be conducted. This chart is not diagnostic please contact a veterinarian if in doubt.

Vitamins Markers	Vitamin A1	Vitamin B2	Vitamin B6	0	15+ Total Value High Support
	Vitamin B9	Vitamin C	Vitamin E		
	Biotin	Inositol			
Minerals Markers	Zinc	Copper	Selenium	2	15+ Total Value High Support
	Sulfur	Sodium	Silicon		
Amino Acids Markers	Isoleucine	Lysine	Leucine	1	10-14 Total Value Moderate Support
	Methionine	Phenylalanine	Threonine		
	Tryptophan	Valine	Arginine		
	Histidine				
Fatty Acids Markers	Docosahexaenoic Acid - 3 (DHA)	Gamma Linoleic Acid - 6 (GLA)		1	10-14 Total Value Moderate Support
Antioxidants Markers	Co-Enzyme Q10	Vitamin C	Vitamin E	3	10-14 Total Value Moderate Support
	Zinc	Selenium	Anthocyanidins		
Environmental Stressors	EMF/ELFs	Chemicals and Hydrocarbons	Radiation	3	0-9 Total Value Maintenance Support
	Toxic Metals				
Resistance Factors	Virus	Bacteria	Parasite	0	0-9 Total Value Maintenance Support
	Fungus				
Total Value				10	

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OPTIMIZE KITTEN GROWTH INDICATORS



A cats balanced nutritional diet is essential to maintain or build growth. Growing Kitties, or cats falling behind in growth need a balanced nutritional diet to feed their body and energy needs. It is therefore important for concerned pet owners to understand the role that certain foods play in the development of their cats. Nutrition is important at every age. All Kitten's and cats require proper nutrients to stay healthy and strong.

In order to grow up to enjoy a robust and balanced life. Below are the nutritional markers which can directly assist growth. This chart is not diagnostic please contact a veterinarian if in doubt.

Vitamins Markers	Vitamin B2	Vitamin C	Vitamin E	1	16+ Total Value High Support	
	Betaine					
Minerals Markers	Zinc	Copper	Selenium	1		
	Sulfur	Magnesium	Calcium			
	Sodium					
Amino Acids Markers	Isoleucine	Lysine	Leucine	3		11-15 Total Value Moderate Support
	Methionine	Phenylalanine	Threonine			
	Tryptophan	Valine	Arginine			
	Histidine	Cysteine	Glutamine			
	Betaine					
Fatty Acids Markers	Docosahexaenoic Acid - 3 (DHA)	Gamma Linoleic Acid - 6 (GLA)	Arachidonic Acid - 6 (AA)	2		
	Alpha-Linolenic Acid - 3 (ALA)	Eicosapentaenoic Acid - 3 (EPA)				
Antioxidants Markers	Zinc	Selenium	Vitamin C	2		
	Anthocyanidins	Sulforaphane	Anthocyanidins			
	Superoxide Dismutase	Alpha Lipoic Acid				
Environmental Stressors	EMF/ELFs	Chemicals and Hydrocarbons	Radiation	2		0-10 Total Value Maintenance Support
	Toxic Metals					
Resistance Factors	Virus	Bacteria	Parasite	0		
	Fungus					
Total Value				11		

The above chart compares relevant data from the other pages. These are indicators of nutritional optimization only and not intended to be a diagnosis of any physical malfunction within any specific area. If you are concerned about the physical function of any of your Cat's wellness systems processes, you should seek the help of a qualified veterinarian.

FOOD RESTRICTIONS

ABOUT FOOD RESTRICTIONS

There are meals which your Cat may be ingesting which display NO physical symptoms and symptoms and signs of being a problem – however which won't assist the frame's needs, as they take in greater power to digest than the frame receives in return. This places stress at the complete device and those meals are best restrained withinside the brief time period and as much as 45 days.

There are many unique ranges at which meals can impact a cat's health from the intense to the very mild, however all have the capacity to have an effect on the animal's wellness processes.

ENERGY FLOW

When the cat's gut struggleless against some food's ingestion, the body will end up using energy from another source in the body to digest and liberate key nutrients.

This process leads to a compensation process, which will leave another function unable to complete properly – this does not support the overall function. So, it is important not to provide foods which stress the overall status of the body.



Foods Restrictions	
Carrot	Venison
Parsnip	Apple
Mulberry	Celery
Pork	Banana
Cauliflower	Strawberry

The food indicators list is from the epigenetic relevancy indicators and NOT a physical intolerance or allergy. Please continue to avoid foods that you know physically affect you. Please restrict these foods for a 45 day period.

Any indication in this report of an underlying food restriction does not relate to physical food allergies. For allergy advice, seek professional veterinarian. **If you know they are ALLERGIC to foods, you must always avoid them.** Please refer to Food Restrictions page.

FOOD ADDITIVE AVOIDANCE

Priority - Avoidance Recommended



Food Additives Indicators

E 132 Indigo carmine	E 640 Glycine and its sodium salts
E 628 Dipotassium guanylate, Guanylate	E 262 Sodium acetate, salt of acetic acid
E 953 Isomalt	E 263 Calcium acetate, salt of acetic acid
E 406 Agar	E 1413 Phosphatised di-starch p. (modified starch)
E 302 Calcium L-ascorbate (Ascorbic acid)	E 401 Sodium alginate, Alginate

The best choices will always lead to optimized wellness. Natural, unprocessed, home-cooked food always is best.

Therefore, the proper understanding of how food additives affect wellness is crucial in reaching your Cat's wellness goals. Here are some of the important food additive avoidances that we recommend. You must know that beyond reading labels on products, you must understand and be able to choose the best resources for an optimal wellness.

HERE ARE SOME OF THE FOOD ADDITIVE AVOIDANCES WE SUGGEST:

1. High fructose corn syrup (HFCS): It has been implicated in affecting poor cardiovascular response, poor blood sugar management and body fat gain. Unfortunately, it is found in many popular foods, energy drinks and energy bars.
2. Aspartame: An unsafe however very popular food additive, considered to be an "excitotoxin", regular use of this substance may distort the brain's cellular function and affect neurotransmitters. At the minimal this substance may lead to poor focus, cloudy cognitive function and brain fog that will adversely affect a peak wellness state.
3. Hydrolyzed protein: This is a high allergenic protein resource that may cause drastic rises in blood sugar. It may increase your desire to eat more or possibly binge, it may contribute to a higher caloric intake, by increasing or spiking the blood sugar level and your hunger response immediately after the intake of any product containing hydrolyzed protein.
4. Monosodium glutamate: This is a hydrolyzed protein, it is in many energy bars and protein supplements, such as whey protein isolates or textured proteins and pre-prepared foods. This is utilized to fool the tongue into thinking these bars and shakes have a better taste profile than they may have.
5. Artificial colors: They may cause false involuntary physical responses and hyperactivity. These artificial colorings are found in many sports, energy and protein drinks and everyday foods. As well as nutrition and energy bars and many consumable sports and fitness supplements.

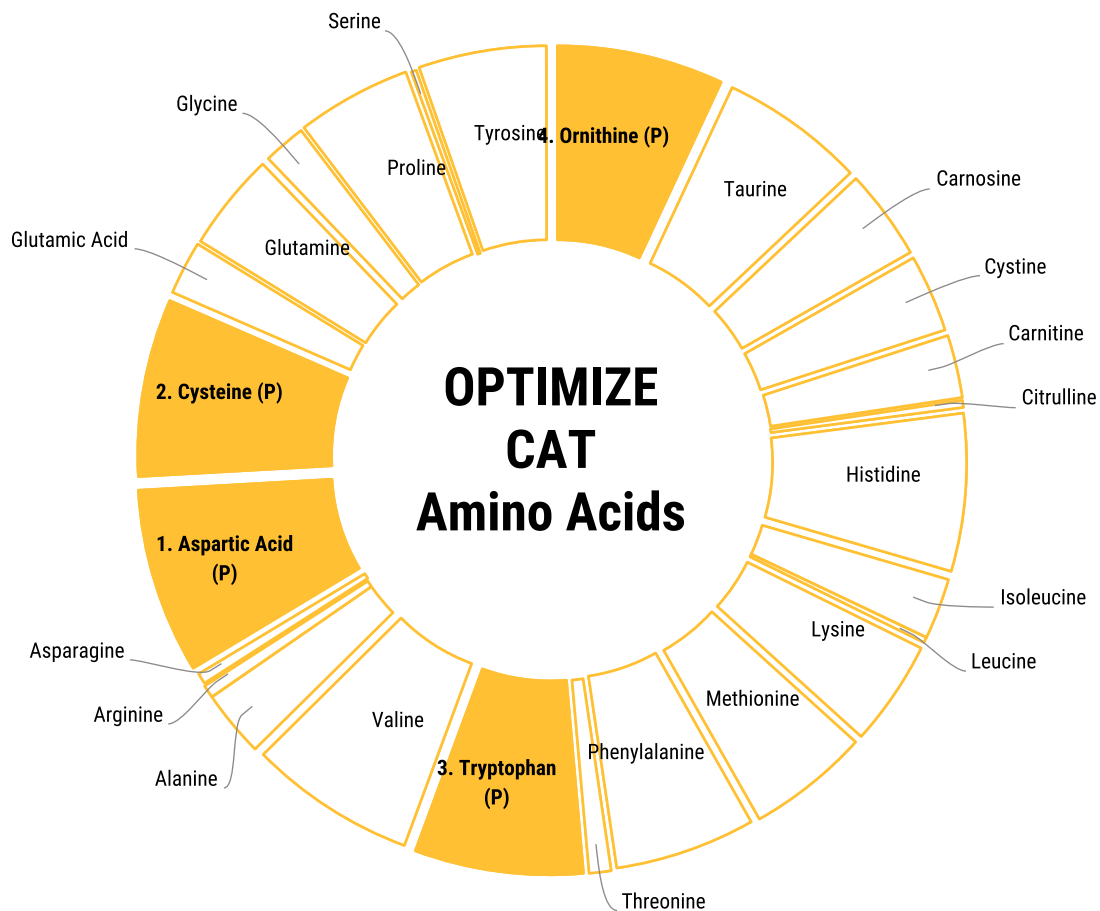
In conclusion the best way to achieve optimized wellness is to avoid these unhealthy ingredients, as well as all of the additive indicators that appear in your personalize plan and listed above. This is just the tip of the iceberg and designed to bring to your attention, the issue of processed foods. Please note: Always read your food labels.

This information has been provided so you may understand and be able to navigate food additives, so you may achieve optimized wellness in the best health. Please consult your countries own animal food husbandry recommendations.

An indication in the overview chart of any underlying issues and/or the matching of any symptoms on this page are not a physical diagnosis of deficiency or associated illness. Always seek professional veterinarian advice when making nutritional and dietary changes for your cat.

AMINO ACIDS INDICATORS

Priority - Increase Intake



Category Indicator Chart

The above chart provides you with an overview of the Amino Acid indicators, which are specific to you. If this category is marked with a (Priority, Advisory or Consider) then these are items which you might wish to address through your Cat's nutritional food regime.

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AMINO ACIDS



ABOUT AMINO ACIDS

Amino acids are the single units that shape proteins while they're chained together. Their series decide the protein's shape and function. The amino acids are divided in groups, the important and non-important ones. It is important to your Cat as it can't be synthesized with the aid of using themselves.

Amino acids are key factors to constructing tissue structures, enzymes, cells, antibodies and a lot more. From head to toe, they're figuring out components of whatever that bureaucracy your Cat's body. If sure amino acids are lacking, there's no manner to finish the wished components or restore them. So, a carbohydrate and fat-decreased nutrients this is protein-wealthy is one of the best methods to enhance the health.



For more information refer to page 34

HOW AMINO ACIDS SUPPORT Optimize cats

Many processes in the body are supported by amino acids, in order to function at their optimum level. Amino acids are a key part in the enzyme processes and the protein building which your Cat's body needs for everyday maintenance. Your Cat needs a wide variety of amino acids to help support and maintain the myriad of underlying mechanisms which will in turn support optimized Wellness.

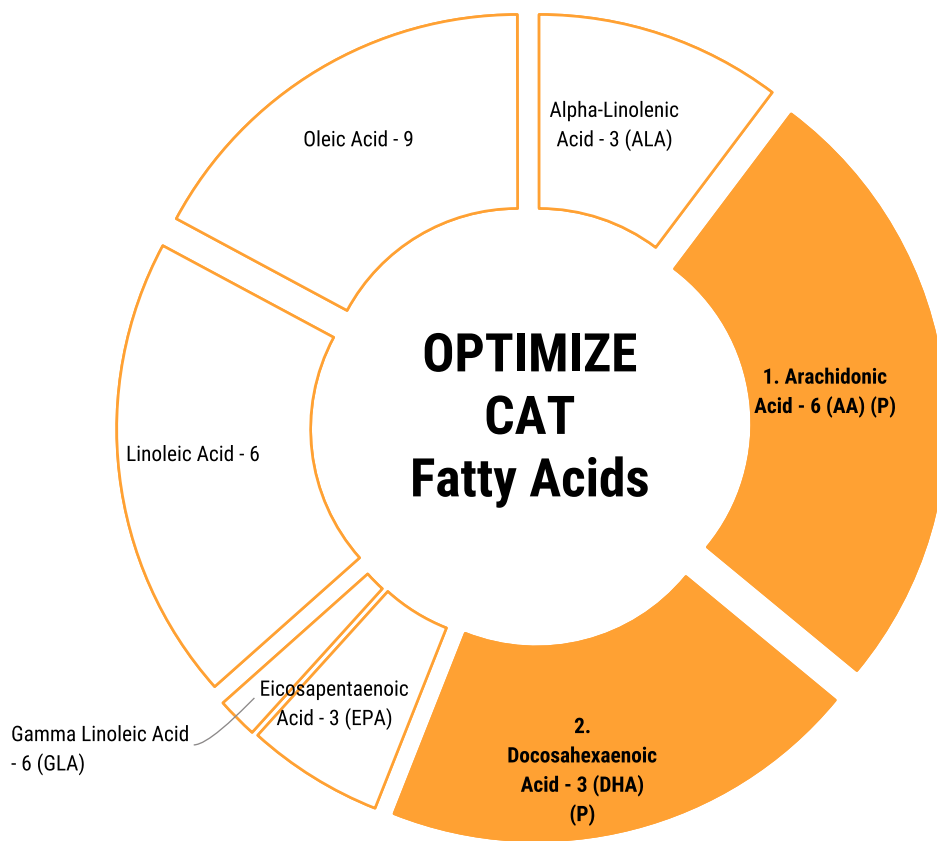
AMINO ACID SUPPORT FOODS

- Beets
- Sweet Potatoes
- Broccoli
- Green Leafy Vegetables
- Grains
- Poultry
- Red Meat
- Wheat germ oil
- Liver
- Probiotics

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FATTY ACIDS INDICATORS

Priority - Increase Intake



Category Indicator Chart

The above chart provides you with an overview of the EFA indicators, which are specific to your cats. If this category is marked with a (Priority, Advisory or Consider) then these are items which you might wish to address through your Cat's nutritional food regime.

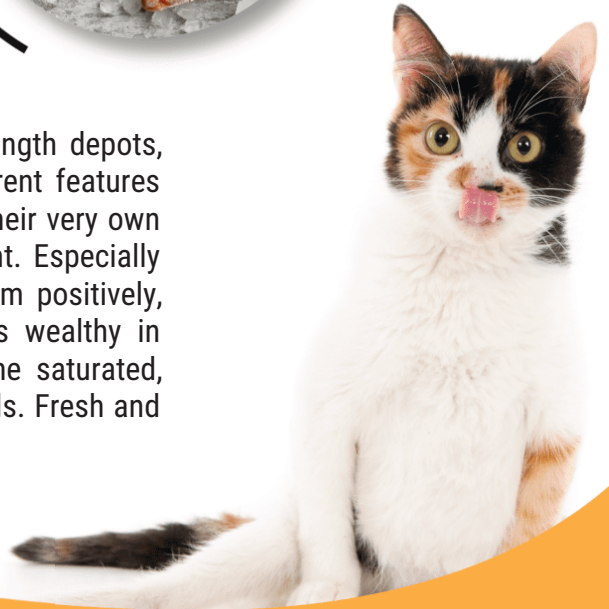
An indication in the overview chart of any underlying issues and/or the matching of any symptoms on this page are not a physical diagnosis of deficiency or associated illness. Always seek professional veterinarian advice when making nutritional and dietary changes for your cat.

FATTY ACIDS



ABOUT FATTY ACIDS

Fatty acids are found in such a lot of places, as both strength depots, strength carriers, production components and lots of different features more. They are a very vital as cats can't produce them on their very own and may be useful for supple skins, boom and development. Especially the groups of unsaturated fatty acids affect our metabolism positively, famous out of those is the Omega-3-Group. Eating meals wealthy in unsaturated fatty acids is an herbal counter-stability to the saturated, processed fatty acids contained in fast-meals and fried meals. Fresh and unsaturated is the direction to take.



For more information refer to page 35

HOW FATTY ACIDS SUPPORT Optimize cats

Many processes in your Cat's body require EFAs in order to function at their optimum level. EFAs are a key part in supporting the cell membranes, brain and nervous system of the body. Other regulatory processes require EFAs and they have protective qualities. Your Cat needs a wide daily intake of EFAs to help support and maintain the myriad of underlying mechanisms which will in turn support optimized Wellness.

FATTY ACID SUPPORT FOODS

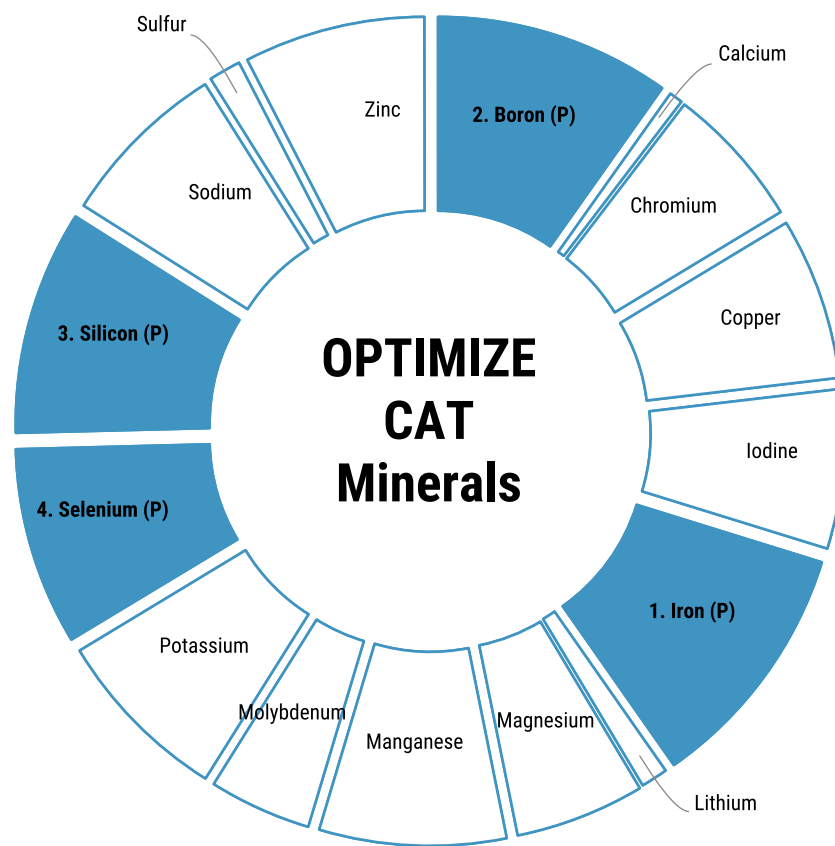
- Salmon
- Fish oil
- Sardines
- Shell Fish
- Lean meat
- Herring
- Green leafy vegetables
- Primrose oil
- Tofu

**There are many other foods but these are some of the common examples.*

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MINERALS INDICATORS

Priority - Increase Intake



Category Indicator Chart

The above chart provides you with an overview of the mineral indicators, which are specific to your cat. If this category is marked with a (Priority, Advisory or Consider) then these are items which you might wish to address through your Cat's nutritional food regime.

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MINERALS



ABOUT MINERALS

Minerals are key to a cats wellbeing. For instance, the active facilities of enzymes regularly rely upon an unprecedented detail to be the catalyst. Electrical signaling, ion exchanges over membranes, blood stress law and a myriad of different approaches take region thru the presence or characteristic of minerals. By offering the ingredients containing minerals, many capabilities in your cat's frame can take region in an optimum way, from catching unfastened radicals (Selenium) to insulin characteristic (Chromium), from an intact molecular membrane potential (Sodium and Potassium), power manufacturing and effect (Manganese and Magnesium) – we depend on many factors to be to be had and re-supplied. So, offering the ideal meals minerals assists in tuning their frame.

For more information refer to page 36

HOW MINERALS SUPPORT Optimize cats

Many processes and structures in your Cat's body require minerals in order to function at their optimum level. Minerals are a key part in the enzyme functionality which are the drivers behind all of the body's metabolic processes. They also play a role in structure, muscle action and nerve transmission. Your Cat needs a wide variety of minerals to help support and maintain the myriad of underlying mechanisms, which will in turn support optimized wellness.

MINERAL SUPPORT FOODS

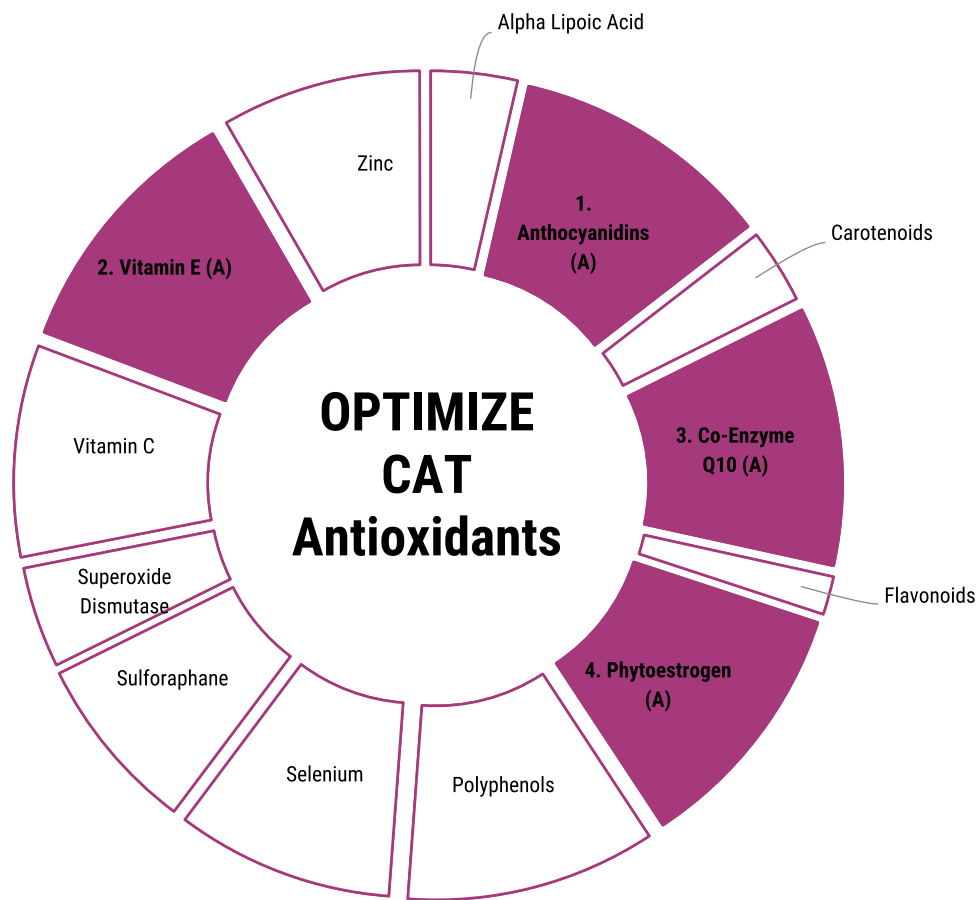
- Green Leafy Vegetables
- Tofu
- Legumes
- Fish
- Poultry
- Broccoli
- Shellfish
- Red Meats
- Bones
- Kidneys
- Kale
- Kelp
- Eggs
- Peas
- Cauliflower

**There are many other foods but these are some of the common examples.*

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ANTIOXIDANTS INDICATORS

Advisory - Increase Intake



Category Indicator Chart

The above chart provides you with an overview of the Antioxidant indicators, which are specific to your cat. If this category is marked with a (Priority, Advisory or Consider) then these are items which you might wish to address through your Cat's nutritional food regime.

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ANTIOXIDANTS



ABOUT ANTIOXIDANTS

Antioxidants are materials which could guard cells to your Cat's frame from unfastened radical damage. This can arise from publicity to sure chemicals, strain withinside the metabolism, EMF's and radiation. They additionally assist the frame's personal detoxing systems. Antioxidants supply electrons to the locations and molecules wherein they're wanted and missing. After donating their greater electron, they come to be dysfunctional and want to get replaced by new ones. Vitamin C is the maximum distinguished member of the group, however there are others that still both donate or assist to switch electrons to fill the deficiency. Food's wealthy in antioxidants have constantly been known as supportive, even earlier than this reason become recognized.



For more information refer to page 37

HOW ANTIOXIDANTS SUPPORT Optimize cats

Our Cat's bodies produce a lot of electron-depleted, free oxygen ions and other by-products, which can lead to oxidative stress. Anti-oxidants are a key part in the processes which supports the body to deal with these issues. Your Cat needs a wide variety of antioxidants to help support their body to deal with oxidation and which will in turn support optimized wellness.

ANTIOXIDANT SUPPORT FOODS

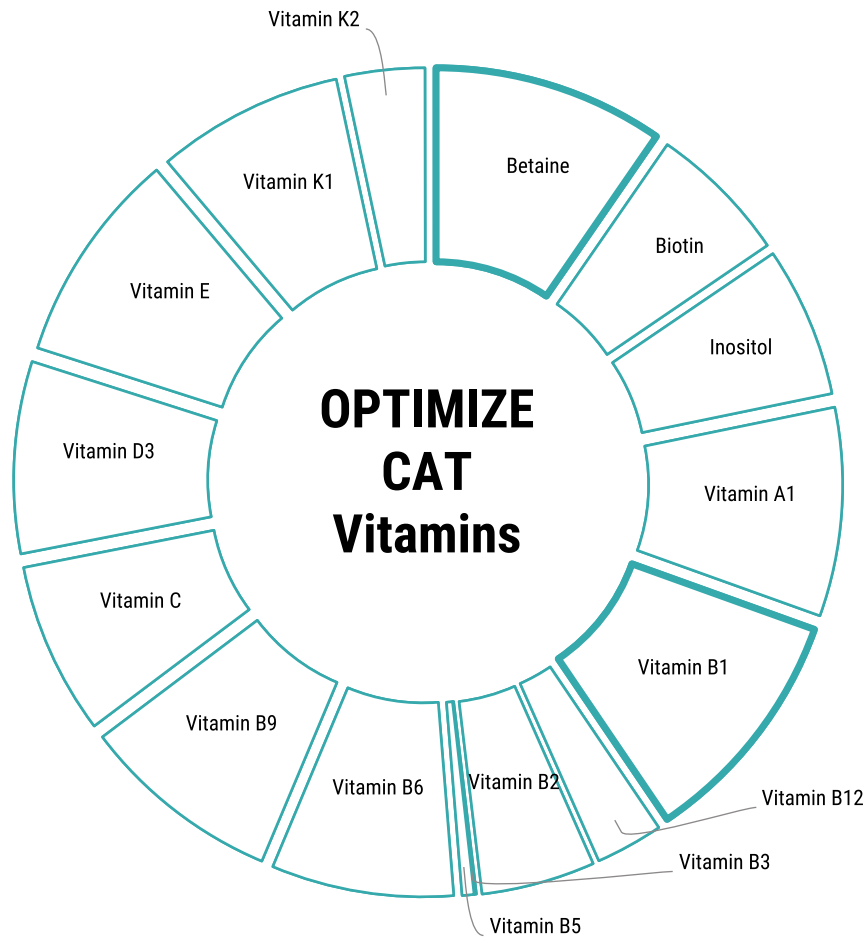
- Peppers
- Blueberries
- Cranberries
- Strawberries
- Green beans
- Spinach
- Broccoli
- Cooked yellow squash
- Carrots
- Salmon
- Sweet potatoes
- Kelp
- Kale

**There are many other foods but these are some of the common examples.*

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VITAMINS INDICATORS

Consider - Increase Intake



Category Indicator Chart

The above chart provides you with an overview of the Vitamin indicators, which are specific to your cat. If this category is marked with a (Priority, Advisory or Consider) then these are items which you might wish to address through your Cat's nutritional food regime.

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VITAMINS



ABOUT VITAMINS

Vitamins play very essential position in assisting your Cat's typical health. For biochemical processes, they're permitting or contributing factors, providers and helpers. Many metabolic steps are handiest viable with their presence or use. When diet deficiencies occur, the symptoms and symptoms may be very discrete or indirect, such as bad pores and skin coats, nighttime blindness, muscle groups weakens, vulnerable bones, chronic kidney disease, a boom in infections and inflammatory bowel disease.

Vitamins are important, due to the fact Cat only can synthesize a few nutrients via way of means of themselves. They want to be furnished via way of means of a few important nutrients. By consciously deciding on nutrients and including supportive meals businesses wealthy in nutrients, you assist to optimize the quantity and form of nutrients wished for Your Cat's wellbeing.

For more information refer to page 38

HOW VITAMINS SUPPORT Optimize cats

Many processes in the Cat's body require a variety of vitamins in order to function at their optimum level. Vitamins are a key part in the enzyme functionality, which are the drivers behind all of your Cat's body metabolic processes. Your Cat need a wide variety of vitamins to help support and maintain the myriad of underlying mechanisms, which will in turn support optimized wellness.

The best source of vitamins your cats can get is from the foods they eat, where the vitamins are present with other nutrients which work synergistically to support your Cat's wellness.

VITAMIN SUPPORT FOODS

- Kale
- Carrot
- Lentils
- Livers
- Sweet potatoes
- Pumpkins
- Chicken
- Salmon
- Fish oil
- Eggs

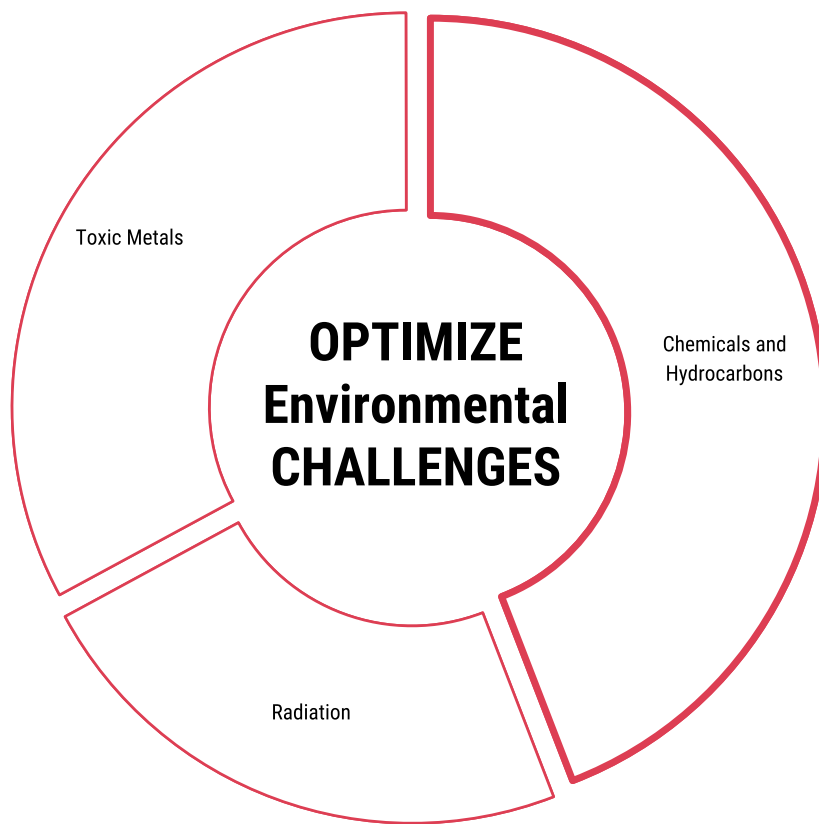
**There are many other foods but these are some of the common examples.*

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ENVIRONMENTAL CHALLENGE INDICATORS

Consider - Reduce Load



Category Indicator Chart

The above chart provides you with an overview of the Toxin indicators, which are specific to your cats. If this category is marked with a (Priority, Advisory or Consider) then these are items which you might wish to address through your Cat's nutritional food regime.

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ENVIRONMENTAL CHALLENGES



ABOUT CLEANSING FOODS

Our surroundings has modified dramatically because the industrial revolution and one in all the largest modifications have come approximately in the region of synthetic elements. We can collect many impacts which aren't properly tolerated via way of means of your Cat's frame and which we need to dispose of thru their body's natural removal procedures.

However, those procedures had been not designed to deal with the quantity and range which they are now required to. This requires more assist out of your diet. Toxic metals, radiation and chemicals can have an effect on your Cat's bodies in dramatic ways, and their body immune to the impact of those environmental impacts. While the proper detrimental impact is on our Cat's overall health, figuring out and using the frame of those impacts is critical and need to be suggested via way of means of a medical practitioner



BALANCING ENVIRONMENTAL EXPOSURES

The body has systems which are designed to help it cleanse itself of accumulated waste. Certain foods can support the systems which carry out this function and ensure that they do not get over burdened. Your Cat's have organs and systems which can assist with your help. Your Cat needs a wide variety of foods to help support and maintain the myriad of underlying cleansing mechanisms which will in turn support optimized Wellness.

CLEANSING SUPPORT FOODS

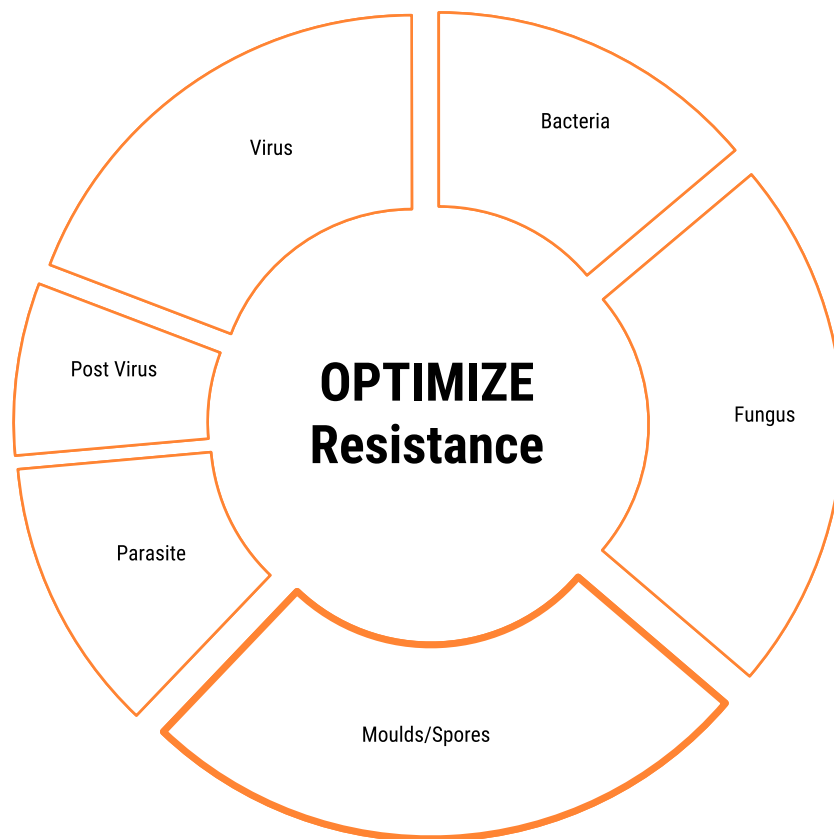
- Beets
- Sweet Potatoes
- Broccoli
- Green Leafy Vegetables
- Grains
- Poultry
- Red Meat
- Wheat germ oil
- Liver
- Probiotics

If there are foods recommended for you, see the tables on page 30.

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RESISTANCE INDICATORS

Consider - Reduce Load



Category Indicator Chart

The above chart provides you with an overview of the Microbiology indicators, which are specific to your cat. If this category is marked with a (Priority, Advisory or Consider) then these are items which you might wish to address through your Cat's nutritional food regime.

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RESISTANCE FOODS

ABOUT RESISTANCE FOODS

On a day-by-day basis your cats our bodies come below assault by air- and water-borne micro-organisms. These can weaken their cap potential to shield themselves and can additionally end result in generalized infection. Whereas within side the intestine, some micro-organisms are welcomed to help on your Cat's digestive and protection functions.

Your Cat have herbal procedures which can be designed to allow them to resist those assaults and there are numerous ingredients that could support their herbal cap potential to shield towards those invaders. A professional scientific practitioner can deal with or alleviate those issues. Nevertheless, strengthening their natural resistance and optimizing our immunity system can help in fighting those foreign invaders.



KEEPING OUR RESISTANCE STRONG

Your Cat's body has an entire system dedicated to naturally resisting outside invaders and providing good protection to their cells and organs.

This system requires a good overall and balanced nutritional intake to support it and help maintain all aspects of defence. There are other certain foods which can actively boost the system and help the body produce more elements which can resist invaders.

RESISTANCE SUPPORT FOODS

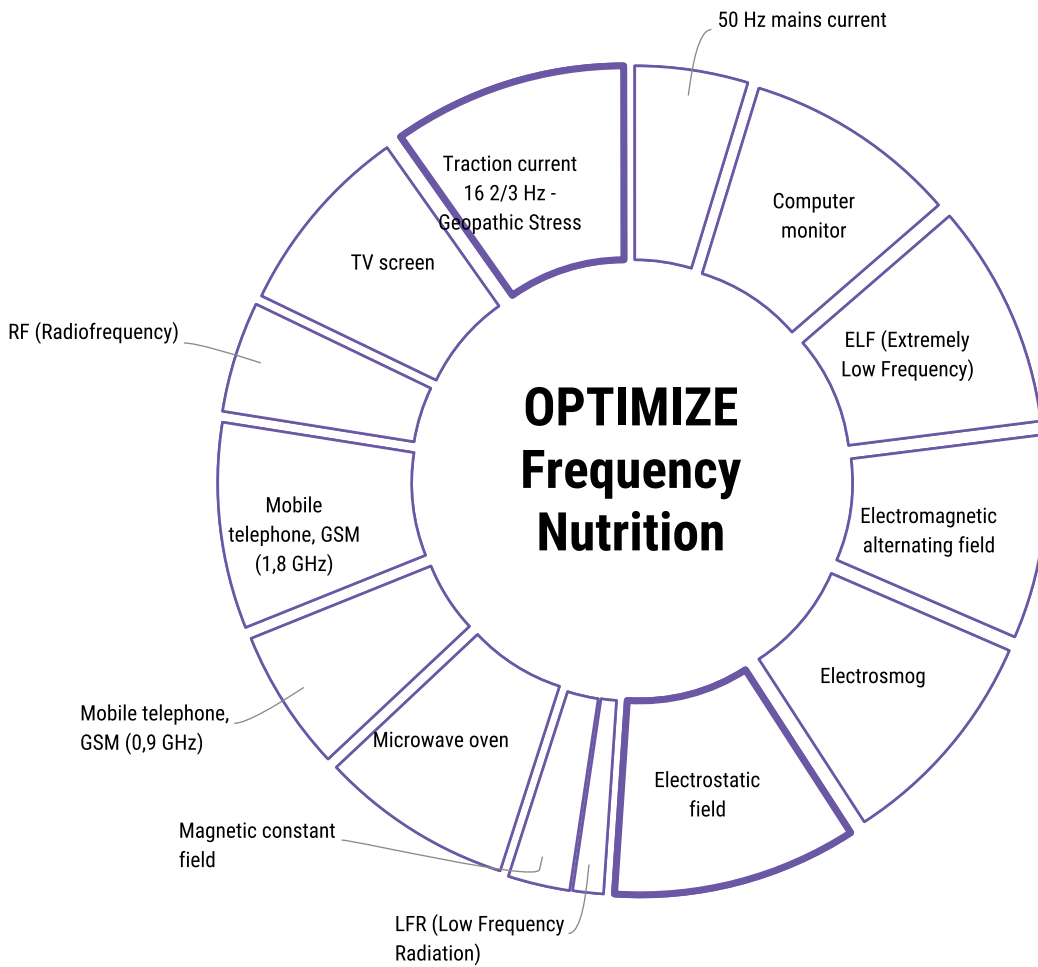
- Chia
- Ginger
- Pineapple
- Elderberry
- Blueberries
- Broccoli
- Fish Oil

For specific foods that maybe recommended for you see page 30.

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FREQUENCY INTERFERENCE INDICATORS

Consider - Reduce Exposure



Category Indicators Chart

The above chart provides you with an overview of the Frequency Interference indicators, which are specific to your cat. If this category is marked with a (Priority, Advisory or Consider) then these are considered items which you might wish to address through your cats nutritional foodregime.

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FREQUENCY INTERFERENCE



ABOUT INTERFERENCE

Modern day electric supply and technology are in large part powered by or make use of frequencies in the very low spectrum range. These are taken into consideration non-ionizing types of EM radiation within side the 50Hz to 1GHz window. There are many types of natural frequencies, like visible light or ultra-violet, even the body and its cells have a completely weak frequency field.

Modern modulations of frequencies seem now no longer to be very compatible with the body's very own fields. This could make techniques at the cellular incoherent level, that could have an effect on wellness. These elements can intervene with ordinary communicate inside your Cat's body, and they need to be consuming an extensive type of ingredients which could assist and preserve a regular feature and energy field.



REDUCE EXPOSURE TO FREQUENCY INTERFERENCE

As of yet, we do not fully understand the effects that our modern electrical environments are having on our wellness processes. However, it is clear that there are some effects and that it would be wise to start introducing foods, which can help support the body and maintain systems which may come under pressure from the electrical appliances – which we use on a daily basis both at home and work. Structured water may support cellular communication and help conserve energy in the system.

INTERFERENCE SUPPORT FOODS

- Spirulina
- Vitamin D3
- Curcumin
- Essential Fatty Acids
- Calcium
- Melatonin
- B Vitamins
- Sulphur

See page 30 for specific foods

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45 DAY OPTIMIZE PLAN

THIS REPORT IS ONLY VALID FOR THE NEXT 90-DAYS



Your next Optimize Report date is:

Book today with your provider at:

Phone:

Email:

Being optimized, means staying in alignment with your epigenetic environment and adjusting your food and nutrient intake to meet your changing needs over time. We recommend that you do this every 45-days, as this is a natural cycle the body follows. Don't miss out and book your next report now based on the above date.

Step 1

The first and easiest step to optimization is to restrict foods which might be causing stress to your cats' body's digestive or immune system. Dealing with some foods can drain the body's energy resources and stop the absorption of nutrients which are crucial to enzyme and metabolic function. See the table below for foods that you should restrict for a minimum of 45-days.

START Day 1

Carrot	Parsnip	Mulberry	Pork	Cauliflower
Venison	Apple	Celery	Banana	Strawberry

Step 2

The second step of optimization is to avoid Environmental challenges, Interference indicators and food additives, which could be compromising your cat's enzyme function through key nutrient depletion and contributing to poor cellular expression. Use the links below to download documents which will indicate common sources of these so that they can easily avoid them.

START Day 1

Step 3

Step 3 of the optimizing process is to ensure that your cat are absorbing enough nutrients from the foods they are eating, in order to fully support all of the enzymes processes in the body. A good quality systemic enzyme can support the breakdown of foods in the stomach so that nutrients can be readily released for the body to process and use. A natural, multi-strain probiotic will further assist with the breakdown and absorption of nutrients from the food your cat eats and ensure that the body's daily nutritional needs are supported.

START Day 1

Step 4

The next step for optimization is to ensure that the quality of your cat's drinking water will support their body's need for hydration and waste removal and detoxing from EMFs. Water containing high levels of toxins (typical tap water) cannot be readily used by the body for its key functions. Ensure that your cats have a regular source of good quality drinking water and drink 1 to 2 liters daily.

START Day 1

Step 5

The next step for optimization is to increase your cats dietary intake of the foods which will help address the priority and advisory nutritional indicators highlighted in their report. This will help you to meet your cat's nutritional needs and all around enzyme and metabolic functions, thereby supporting their wellness. See table Step 5 on page 29 for foods recommended for your cats.

START Day 30

Step 6

The final step of the Optimize cat plan is to support your cats to deal with the Environmental Challenges or Resistance and Interference indicators which could be contributing to poor cellular expression and metabolic function. See the table on page 29 for the specific foods and recommendations suggested for you.

START Day 40

45 DAY OPTIMIZE NUTRITION FOOD RECOMMENDATIONS

Optimize Indicator (STEP 5 - Nutrition)	Suggested Food Sources Day 1-45 (introduce as many foods as you can, at least 2 for each indicator)
Aspartic Acid	Fresh eggs, meat and salmon, halibut, sardines, mackerel. Soy Beans and walnuts, pistachios, chestnuts. Cereals (oats, corn)
Cysteine	Beef, lamb, sunflower seeds, chicken, oats, pork, fish, cheese, eggs, legumes, and kamut
Iron	Spirulina, kelp, pumpkin seeds, sesame seeds, cacao, brazil nuts, cashew nuts, almonds, meat, fish, poultry, lentils and beans, grains
Tryptophan	Egg, spirulina, cod, salmon, cheese, soya beans, pork, turkey, chicken, beef, lamb, oats, white rice
Ornithine	Meat, fish, dairy and eggs
Arachidonic Acid - 6 (AA)	Chicken, turkey, eggs, beef, halibut, salmon
Boron	Tomato, apples, carrots, grapes, raisins, dark green leafy vegetables, raw nuts, pears, prunes, whole grains
Silicon	Spinach, whole grains, oats, barley, apples, oranges, cherries, celery
Selenium	Grains, brazil nuts, brewer's yeast, broccoli, brown rice, chicken, dairy products, garlic, kelp, molasses, onions, salmon, seafood, tuna, vegetables, wheat germ and whole grains, alfalfa, burdock root, cayenne, chamomile, fennel seed, nettle, parsley, butter, shiitake mushrooms, herring, turkey, peppermint
Docosahexaenoic Acid - 3 (DHA)	Salmon, herring, mackerel, anchovies, eggs, butter, milk, cheese (full fat)
Anthocyanidins	Blueberries, blackberries, cranberries, plums, pomegranates, asparagus, red cabbage, eggplant
Vitamin E	Wheat germ, peanuts, bananas, blackberries, tomatoes, kelp, green leafy vegetables
Co-Enzyme Q10	Almonds, salmon, sardines, mackerel, spinach, beef heart, pork heart, chicken, peanuts, sesame seeds,
Phytoestrogen	Nuts, flax seed oil, soy, tofu, cereals, multigrain bread, miso paste, tempeh
Vitamin B1	Green peas, spinach, nuts, pinto beans, soybeans, brown rice, egg yolks, fish, legumes, poultry, rice bran, wheat germ, whole grains, asparagus, brewer's yeast, broccoli, Brussels sprouts, kelp, oatmeal, plums, raisins, spirulina, watercress
Betaine	Whole wheat, wheat bran, wheat germ, spinach, beetroot, broccoli, spinach

If you find adding the suggested foods to your cat's diet difficult, then you can choose to supplement the diet with nutritional supplements. Supplementation is not a replacement for eating a balanced and healthy diet but can be a way of helping to increase your cat's intake of specific nutrients or nutrient groups. When taking supplements for Environmental Challenges and Resistance Indicators support, you should seek the advice of a qualified veterinarian professional who can advise you on the products and processes involved.

45 DAY OPTIMIZE NUTRITION FOOD RECOMMENDATIONS

Optimize Indicator (STEP 6 - Cleansing and Resistance)	Indicator	Suggested Food Sources Day 1-45 (introduce as many foods as you can, at least 2 for each indicator)
Environmental Foods	Chemicals and Hydrocarbons	Pectin foods – (apples, bananas, grapes, carrots, cabbage - all organic), Cilantro, wheatgrass, barley grass, chlorella, avocado, asparagus, fresh fruits/veg (organic), Greens, Beets, Probiotics wholefoods

Optimize Indicator (STEP 6 – Frequency Interference)	Suggested Food/Supplement Sources
Interference (Calcium Day 1-45)	Salmon, sardines, dark green leafy vegetables, almonds, asparagus, blackstrap molasses, brewer's yeast, broccoli, cabbage, carob, kale, mustard greens, figs, soybeans, tofu, watercress, chickweed, chicory, flaxseed, kelp, parsley, sesame, poppy seed
Interference (Water Day 1-45)	Good quality drinking water for cell optimization. (Avoid tap water, plastic bottled water or water of an unknown source)
Interference (Essential Fatty Acids Day 1-45)	Salmon, mackerel, sardines, herring, trout, flax seed, walnut, pumpkin seeds, hemp seeds, soy bean

If you find adding the suggested foods to your cat’s diet difficult, then you can choose to supplement the diet with nutritional supplements. Supplementation is not a replacement for eating a balanced and healthy diet but can be a way of helping to increase your cat’s intake of specific nutrients or nutrient groups. When taking supplements for Environmental Challenges and Resistance Indicators support, you should seek the advice of a qualified veterinarian professional who can advise you on the products and processes involved.

Gut Support



The Gut and the Immune system

We may want to consider a cat's Gut system as a lifestyle supporting garden, which has each right and bad vegetation. The cat's overall performance is predicated on optimizing and balancing the garden's right vegetation and manipulating the undesirable overgrowth. A cat's intestine includes the trillions of good microbial bacteria, which assist in breaking down and changing the ingredients we consume. The overgrowth consists of hundreds of thousands of pathogens - ensuing in a lack of microbial diversity. This is frequently because of toxins, meals stressors and pollution inclusive of heavy metals.

Other elements which might be critical for optimizing your gut systems or that may be contemplated in poor gut function will be because of poor exercise, an unbalanced diet, in addition to many toxic environmental elements, all can combine to steer the cat's Gut and consequently their immune and brain systems. A Cat's stool traits may be associated with gut health.

IN OPTIMIZING A FELINES GUT PERFORMANCE, WE NEED TO CONSIDER

- Reducing Gut Toxic Stress levels.
- Enhancing Sleep patterns.
- Avoiding underlying food intolerances, which can stress your cat's own gut flora balance.
- Increase the cat's consumption of both pre and probiotic foods.
- Improving the cat's water quality consumption.
- Reducing the amount of processed foods consumed daily.
- Avoiding chemicals and toxins that could be absorbed through unwashed vegetables.
- Reducing the chemical agents found in some foods.
- Reducing environmental factors such as water-pollutants and the air they breathe.
- Reducing Electro Magnetic frequencies, and Geopathic stress factors.
- Fatigue and excessive panting, particularly in cold temperatures, can trigger microbial imbalances that increase the susceptibility of stress-related diarrhoea.

FOOD ADDITIVE AVOIDANCE



Your cat's coat, skin and hair play an important role in keeping your kitten or cat comfortable and happy. Nutrients like protein, fat, vitamins and minerals can all impact your cat's skin and coat health. Your cat's coat is made up almost entirely of protein, therefore if a canine's diet does not contain enough protein, your cat's hair might fall out or become dry, weak, and brittle. Maintaining a healthy high-fat diet reduces the risk of a canine's coat becoming stressed. Likewise, their skin is made up of tightly packed flat cells with tough membranes made of proteins and fats. Without proper amounts of these nutrients, the cell membranes can weaken, allowing water to escape and bacteria and viruses to enter more easily.

Essential Amino Acids

Proteins can be found in both animal and plant sources. Animal-based proteins, on the other hand, include all of the essential amino acids that cats require, whereas plant-based proteins may be deficient in some key amino acids

Fatty Acids

Fatty acids are integrated into skin cells from fats contained in both animal and plant-based components. Linoleic acid, in particular, is essential for the skin and coat health of cats. Cats with insufficient linoleic acid may develop a dull, dry coat, hair loss, oily skin, and skin inflammation.

Vitamins and Minerals

Vitamins and minerals are necessary for your cat's skin and coat to be healthy. The best method to offer these nutrients is to provide them a complete and balanced diet rich in critical vitamins and minerals.

Changes in a Cat's Coat Condition

Changes in food can affect your cat's coat and skin, but the most typical causes are the seasons of the year and the cats age, as well as environmental variables like Toxins. As the temperature drops, most cats develop a thick coat to help keep the heat in and the cold out. They shed their thick, hefty coat as the temperature warms. Most kitties are born with soft, fluffy hair, but as they grow older, their hair becomes coarser. A change in coat condition or hair loss in pregnant or nursing cats is also possible. In addition, just like humans, a cat's hair may thin down and grow coarser and white as they age.

Grooming

Regular brushing every few days, is essential regardless of if they have long or short hair. Bathe your kitten or cat only with a canine approved shampoo.

CAT AND KITTEN DIET NUTRITIONAL INFORMATIONAL PAGES



YOUR CAT'S DIET

The food you feed your cat has an impact on their digestion and gut flora, which in turn is reflected in their wellbeing on many levels. Therefore a diversified range of nutritional food can put undue strain on your cat's digestive system and lead to complications. Their small intestine is the main organ in the digestive system where vitamins, minerals, protein, fats and carbohydrates are absorbed. A cat's digestive system is also home

Protein

Protein, which is frequently obtained from animal sources such as chicken, is one nutritional component; high-quality manufactured foods will use proteins that are easier to digest and less likely to cause digestive difficulties.

FIBRE

Fiber is an important part of your cat's diet but needs to be balanced. Fibre can be used as part of their diet to help regulate movement in their large intestine and improve stool quality, which is particularly helpful if your cat has digestive sensitivities or poor stool quality. Fibres can support healthy gastrointestinal function and help your cat feel full after meals. Prebiotics are a type of fibre and can help beneficial bacteria grow and

CARBOHYDRATES

Carbohydrates are an important part of your cat's diet since they provide an excellent source of energy, and carbohydrate sources in your cat's food should be easily digestible.

FATS

Fat can aid in the management of your cat's digestive sensitivity. High-fat diets can provide your cat with the energy it requires without requiring it to ingest significant amounts of food. Lower fat diets, on the other hand, can aid with stomach sensitivity or dietary fat sensitivity in cats. If you suspect your cat is suffering from a digestive problem, make an appointment with your veterinarian; they will be able to recommend a diet for your cat that will help them maintain a healthy digestive tract.

Grooming

Regular brushing every few days, is essential regardless of if they have long or short hair. Bathe your kitten or cat only with a canine approved shampoo.

Nutrition Information

AMINO ACIDS



- **Arginine** - plays a critical role in the detoxification of ammonia, resulting from the turnover and breakdown of proteins. It has also been known to enhance blood vessel dilation and improves the circulatory system.
- **Asparagine** - required by cells to produce protein.
- **Glutamine** - it helps to assist the digestive system and reduce the risk of leaky gut.
- **Glycine** - is essential for a cat as it maintains lean muscle mass and supports joint function. Helps digestion and gut wellness. It is also thought to boost immunity, brain.
- **Histidine** - plays a key role for a cat in oxygen exchange, involved in the immune function and circulatory system. It also maintains hemoglobin, improving oxygen circulation to the whole body.
- **Isoleucine**
- **Leucine and valine** - can stimulate the synthesis of proteins for muscle use in a cat.
- **Lysine** - is thought to reduce the stress of virus in cats. It could also aid in protein synthesis for growth and development.
- **Methionine** - aids in keratin synthesis which promotes optimized, eye and circulatory performance, as well as skin and coat condition.
- **Phenylalanine** - used to produce proteins and signaling molecules, required for a cat's normal growth. It also supports glandular functionality.
- **Proline** - is involved in protein synthesis and structure, metabolism, antioxidative reactions, and immune responses.
- **Threonine** - controls the activity of a cat's normal physiologic function, such as insulin release. It also plays a role in energy production.
- **Tryptophan** - is important as it can help to reduce stress and aggression in a cat. It is also necessary for hormone production.
- **Taurine** - is essential for the cardiac function, eye and immune system functions.
- **Valine** - is essential for a cat as it helps stimulate muscle growth and regeneration and is involved in energy production and protein synthesis.

Nutrition Information

FATTY ACIDS



- **Arachidonic Acid - 6 (AA)** - that's essential for a cat's cell membrane structure and cell function. They are required for a cat's growth, immune function, plus skin and coat health. It also contributes calories to a cat's diet.
- **Alpha-Linolenic Acid - 3 (ALA)** – assists in the support of brain development in kitties, reduces inflammation in adult cats. Benefits the immune system, supports circulation functionality and kidney wellness. It is also associated with skin and coat wellbeing and has been known to reduce a cats anxiety and hyperactivity.
- **Docosahexaenoic Acid - 3 (DHA)**- is part of a cats development of their nervous system and visual cortex functionality.
- **Eicosapentaenoic acid – 3 (EPA)** - Is an omega 3 that's needed to help support the brain development and also to reduce inflammation. It also benefits the growth system, boosts circulatory and kidney wellness, supports skin and coat condition. It has also been known to minimize the risks of anxiety, and hyperactivity.
- **Gamma Linolenic Acid - 6 (GLA)** - is involved in the cell membrane structure and cell function associated with growth, the immune function, and skin and coat condition.
- **Linoleic acid - 6 (LA)** - is also part of a cats, growth and immune functions, as well as skin and coat conditions.

Nutrition Information

MINERALS



- **Calcium** - is an essential mineral that is necessary for a cats normal bone development, as well as numerous metabolic functions. It is also essential for the teeth, and blood, as well as controlling the passage of fluids through cell walls.
- **Chromium** has been known to improve blood sugar metabolism, blood lipid concentrations and reduce body fat.
- **Copper** - is used in a cats diet to assist the formation of red blood cells, skin pigmentation and supports growth.
- **Iodine** - is needed for a cat to help with hormone synthesis, growth and development of kitties and to regulate metabolic rates.
- **Iron** - is one of the most necessary minerals for a cat's. It has many functionality roles, as well as in transporting oxygen throughout the body. It also helps strengthen the immune system.
- **Magnesium** - maintains muscle contraction, cellular functions, nerves, acid balance, fluid balance, and combines with calcium strengthen skeletal conditions.
- **Manganese** - ensures the quality of bone and cartilage, while playing a significant role in the mitochondria function.
- **Molybdenum** - is an essential mineral that activates enzymes and is known to assist in detoxification.
- **Phosphorus** - like calcium is an essential mineral that is necessary for a cats normal bone development. It also has numerous metabolic functions including assistance in controlling passage of fluids through cell walls.
- **Potassium** - is one of the main electrolytes present in a cat's body. Electrolytes play a crucial role in maintaining a cat's energy and fluid balance.
- **Selenium** – performs an important role in the metabolism and also provides antioxidant protection plus assists the immune system.
- **Silicon** - is needed for cats to maintain quality hair, skin and nails.
- **Sodium** - is one of the most important electrolytes present in a cat's system. Electrolytes play a crucial role in maintaining a cat's energy and fluid balance.
- **Sulphur** – is associated with the cats skin.

Nutrition Information

ANTIOXIDANTS



- **Alpha-Lipoic Acid** - Is an omega 3 that's needed in a cat to help support the brain development of kitties. It can also help to reduce inflammation, and enhances the immune, circulatory and kidney systems. It is also associated with the Improvement of skin and coat conditions.
- **Alpha-Lipoic Acid** - Is an omega 3 that's needed in a cat to help support the brain development of kitties. It can also help to reduce inflammation, and enhances the immune, circulatory and kidney systems. It is also associated with the Improvement of skin and coat conditions.
- **Co - Enzyme Q10** - has been known to assist in inflammatory stress, as well as hair and skin conditions.
- **Flavonoids** - helps a cat regulate cellular activity and fight off free radicals that cause oxidative stress on in a cat's body.
- **Polyphenols** - are involved in all functions of the metabolic systems . They boost the optimization of longevity.
- **Selenium** - has been known to help reduce the risk of various cognitive stressors, and can boost the immune system.
- **Superoxide Dismutase**- is one of the most important and effective antioxidants in a cat's body and is part of first line of defense against free radicals and EMF/ELF irritation.
- **Sulforaphane** - Is essential for a cat as it Improves gastrointestinal health, protects joints, It also assists in boosting brain and circulatory functionality.
- **Vitamin B 12** - is responsible for glucose generation, red blood cell and nervous system functions, hormone regulation, immune response, as well as gene activation. It also helps a cat to regulate energy and carbohydrate metabolism.
- **Vitamin C** - is an important antioxidant. It scavenges potentially harmful free radicals and can help reduce inflammation and cognitive aging.
- **Vitamin D3** - allows a cat's body to balance minerals for healthy bone growth. It is also part of a cats immune system.
- **Vitamin E** - is one of a cat's defenses against oxidative damage. This fat-soluble vitamin is also essential for cell function and fat metabolism.
- **Zinc**- is essential for cats as it promotes healthy skin and coat, strengthens their immune system, assists DNA and RNA replication, improves eyesight and boosts cognitive function.

Nutrition Information

VITAMINS



- **Inositol** - plays a role in helping a cat's liver process fats as well as contributing to the function of muscles and nerves. It promotes the growth of hair, contributes to the function of muscles and nerves, and has a calming effect. It has been known to reduce cholesterol levels.
- **Vitamin A** - is responsible for maintaining a cat's healthy eyesight and boosts their immune function, it can also promote body cell growth.
- **Vitamin B1** - is responsible for a cat's energy and their carbohydrate metabolism and activates ion channels in neural tissues.
- **Vitamin B2** - is important for a cat's body growth, red blood cell production, aids in the release of energy from proteins and supports the absorption of amino acids and carbohydrates in their body.
- **Vitamin B3** - plays a role in supporting a cat's metabolism of carbohydrates and proteins. In addition, it also helps to maintain a good digestive system.
- **Vitamin B5** - assists a cat's energy metabolism
- **Vitamin B6** - supports amino acid metabolism and may also help reinforce bladder wellness.
- **Vitamin B7** - Biotin helps to maintain a cat's healthy skin, shiny coat and strong nails. It has also been known to boost the Liver and nervous functionality, sustains their brain function as well as boosts energy and also reduces mood swings.
- **Vitamin B9** - plays a part in a cat's important nutritional diet as it supports the growth of red blood cells in a cat and assists circulatory wellbeing.
- **Vitamin B12** - is needed as part of the nervous system and brain function, as well as for the formation and growth of blood cells. It plays an important part in intestinal, liver, and kidney wellbeing.
- **Vitamin C** - enables a cat to metabolize collagen which supports ligaments, tendons, organs, muscles, and bones. It also assists in cognitive ageing, and may reduce inflammation created by oxidization.
- **Vitamin D** - is essential as it is part of the immune system it can also assist the absorption of calcium and phosphorus.
- **Vitamin E** - assists in fighting against oxidative stress. It is necessary for fat metabolism and cell functionality.
- **Vitamin K** - boosts blood wellness, and also promotes bone and health development.

Thank You For Optimizing Your 4 Legged Family Members Wellbeing



DISCLAIMER:

These statements contained within this report have not been evaluated by your countries governmental approvals or veterinarian association. This product is not intended to diagnose, treat, cure, or prevent any disease. Advice and recommendations given in this report or in personal consultation by phone, email, in-person, online coaching, or otherwise, is at the reader's sole discretion and risk. You should see a qualified, licensed veterinarian before starting any nutritional or diet program for your cat. Information presented in this report is not to be interpreted as any kind of attempt to prescribe or practice medicine. These statements and information have not been evaluated by governmental approvals or veterinarian association. No product offerings made as a result of this report are intended to treat, diagnose, cure or prevent any disease. You should always consult with a competent, fully-informed veterinarian professional when making decisions having to do with your cats wellbeing, you are advised to investigate the nutritional links to side effects before commencing any dietary changes.