



60 -DAY OPTIMIZE DOG & PUPPY 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 fresh hair strands and roots that were digitized within 3 minutes of plucking.

None of these statements have been evaluated by your country's vet 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 60 days. It is NOT recommended that a new Nutritional Food Plan be created within this period. The nutritions 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 dog.



THE OPTIMIZE DOG & PUPPY WELLBEING PLAN

AN INTRODUCTION FROM A
PROFESSIONAL



This personalized dog and puppy report was created to assist in the suggested adjustments for your pets feeding habits and environmental conditions. These are required from time to time in order to optimize the dog's physical, mental and emotional potential. Dog's & Puppy's gene expressions are influenced by up to 60% by the food they consume and the environment they live in. This gene expression influence is known as epigenetics and reflects the potential of genes to act physically and affect virtually every aspect of the dog's life.

Many dogs today live on processed food (dry food and heat-treated food), which results in the dog not being able to fully absorb the nutrients it needs.

Apart from the fact that the dog's well-being can be affected by nutrient deficiency, there are also other challenges today for our family dog. Just as we humans can be influenced by modern environment, i.e. frequencies, chemicals, radiation, noise and stress, our dogs are also affected by this. This may be responsible for a dip in the dog's well-being as well as normal daily functions.

Two basic processes are essential for the dog's body to function optimally. Firstly, that the quality of the new cells that form allows the dog's body to repair itself and, secondly, to optimize the enzyme processes that are responsible for all functions in the body.

Because the body environment controls gene expression, it is extremely crucial to be able to produce optimized cells, which in turn produce optimized tissue, which in turn produces optimized organs and thus the whole organism - or in short an "Optimized dog".

The dog's enzyme processes are completely dependent on a constant supply of vitamins, minerals and amino acids so that they can function. The dog's nervous system is strongly affected by the environment, additives and frequency interference. All of these factors can contribute to a decrease in metabolic function (the body's ability to metabolize nutrients).

In order for the dog to reach its potential, it is important that these processes work at the highest level. Otherwise, less energy, poor rest, weakened immune system, poor concentration, fluctuating mood, general pain, greater risk of injury, etc. can be seen. If the body is in a low-optimal state for too long, this could lead to chronic health problems.

The "Optimized dog" program is designed to help highlight what can help reduce your dog's well-being and what it takes to restore balance so that your dog's genes and enzymes work optimally. With this report, you get a tailored plan to deal with these challenges, and thus be able to optimize your dog's health and well-being.

However, it is important to be aware that this report is not an alternative to a vet visit, but it can be a good supplement.

If your dog is ill, it should of course be seen by a veterinarian.

Veterinarian Anett Weber

cell-wellbeing.com



OPTIMIZED NUTRITION IS THE KEY TO WELLNESS

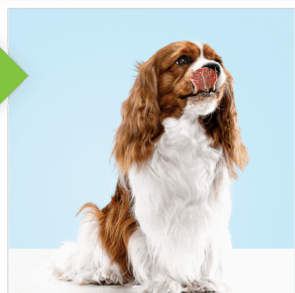
NUTRITIONAL FOOD SUPPORT & MAINTENANCE FOR DOGS & PUPPY'S.

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

WHAT COULD BE STOPPING YOUR DOG 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.



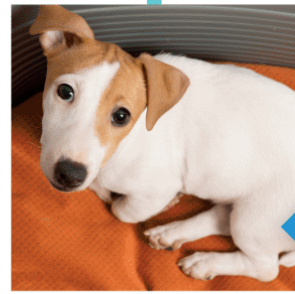
Processed Foods

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

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



Lifestyles

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

THIS REPORT IS ONLY VALID FOR THE NEXT 60-DAYS

Your next Optimize Report date is:

Book today with your provider at:

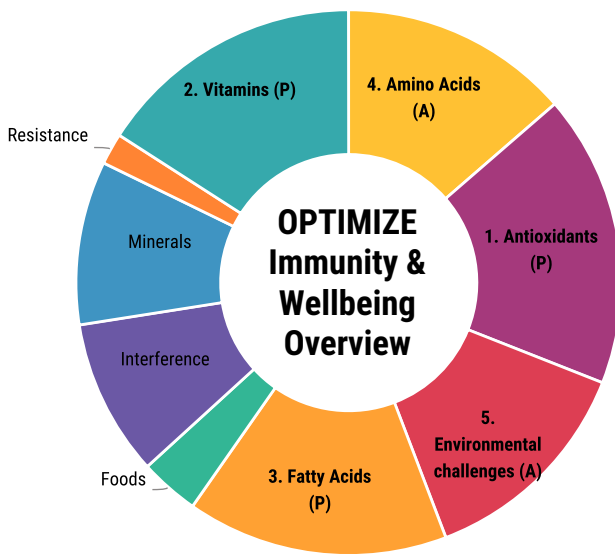
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With any regime change that supports wellness or performance it is most beneficial to follow a course of reports.

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 60-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	
Mulberry	Eggs
Pomegranate	Strawberry
Broccoli	Brazil Nuts
Lettuce	Pumpkin
Sprouts, bean	Sole

For full food avoid indicators see table on page 10.

Additives to Avoid Summary	
E 330 Citric acid	E 333 Monocalcium citrate, Dicalcium c., Tricalcium c.
E 100 Curcumin	E 339 Monosodium phosphate, Disodium p., Trisodium p.
E 160 b Annatto, Bixin, Norbixin	E 162 Beetroot red (betanin)
E 470 a Sodium-, Potassium- and Calcium salts	E 628 Dipotassium guanylate, Guanylate
E 315 Isoascorbic acid	E 219 Sodium methyl-para-hydroxybenzoate (PHB-Ester)

For further information on food additives see page 11.

Category	Indicator	Information
Antioxidants	Superoxide Dismutase. Selenium. Carotenoids. Alpha Lipoic Acid	For full results see the chart on page 18. For food sources refer to page 29.
Vitamins	Vitamin D3. Vitamin B5. Vitamin B2	For full results see the chart on page 12. For food sources refer to page 29.
Fatty Acids	Docosahexaenoic Acid - 3 (DHA). Alpha-Linolenic Acid - 3 (ALA)	For full results see the chart on page 16. For food sources refer to page 29.
Amino Acids	Carnosine. Glycine. Leucine. Phenylalanine	For full results see the chart on page 20. For food sources refer to page 29.
Environmental challenges	Radiation	For full results see the chart on page 22. For food sources refer to page 30.
Foods	Please refer to the foods tables on page 29 and 30 of the plan.	For full results see the chart on 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.

YOUR DOGS IMMUNITY SYSTEM SUPPORT INDICATORS



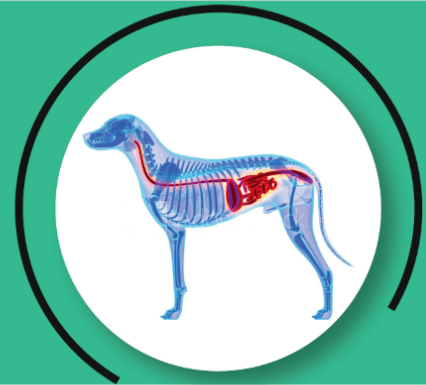
Every dogs immune system varies dramatically based on diet, environmental pollutants and metabolic stressors. The indicators on this page are intended to help fortify or balance your dogs individual immune system. A personalized nutritionally balanced diet is important to maintain or build a healthy and robust immune system.

An effective immune system can assist in protecting your dog from the worst effects of infection or environmental impacts. Boosting a dogs 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	9	152+ Total Value High Support
	Vitamin B6	Vitamin B9	Vitamin B9		
	Vitamin B12	Vitamin B1			
Minerals Markers	Zinc	Selenium	Magnesium	9	
	Copper	Iron	Sulfur		
	Sodium	Chromium			
Amino Acids Markers	Isoleucine	Lysine	Glycine	4	81-151 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)	12	
	Alpha-Linolenic Acid - 3 (ALA)	Eicosapentaenoic Acid - 3 (EPA)			
Antioxidants Markers	Zinc	Selenium	Vitamin C	17	0-80 Total Value Maintenance Support
	Co-Enzyme Q10	Vitamin E	Alpha Lipoic Acid		
	Superoxide Dismutase	Anthocyanidins	Carotenoids		
	Sulforaphane				
Environmental Stressors	EMF/ELFs	Chemicals and Hydrocarbons	Radiation	13	
	Toxic Metals				
Resistance Factors	Virus	Bacteria	Parasite	3	
	Fungus	Moulds/Spores			
Total Value				67	

The above chart compares relevant immune 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 dog's wellness systems processes, you should seek the help of a qualified veterinarian.

OPTIMIZE CANINE CIRCULATORY SYSTEM



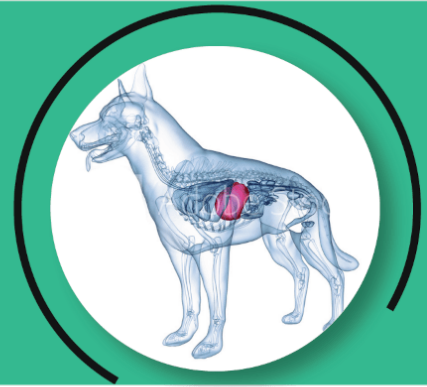
Poor circulation reduces the ability of your dogs systems to transport nutrients and oxygen to where they are needed. You can support a dogs circulation with good nutritional food as outlined below.

Circulation can be supported by many nutrients and it's important to ensure that your dog receives this food balance daily. The chart below indicates which nutrients can be important to help optimize circulation. Remember that this is not a diagnosis of the function of a dogs circulatory system. If in doubt please consult a veterinarian

Vitamins Markers	Vitamin A1	Vitamin B2	Vitamin B3	12	189+ 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	10		
	Iron	Magnesium	Potassium			
	Sodium	Selenium				
Amino Acids Markers	Arginine	Alanine	Valine	4		101-188 Total Value Moderate Support
	Serine	Cysteine	Proline			
	Glutamine	Histidine	Lysine			
	Methionine					
Fatty Acids Markers	Docosahexaenoic Acid - 3 (DHA)	Gamma Linoleic Acid - 6 (GLA)	Linoleic Acid - 6	12		
	Alpha-Linolenic Acid - 3 (ALA)	Arachidonic Acid - 6 (AA)	Eicosapentaenoic Acid 3 (EPA)			
Antioxidants Markers	Anthocyanidins	Alpha Lipoic Acid	Zinc	17	0-100 Total Value Maintenance Support	
	Co-Enzyme Q10	Vitamin C	Vitamin E			
	Carotenoids	Flavonoids	Selenium			
	Superoxide Dismutase					
Environmental Stressors	EMF/ELFs	Chemicals and Hydrocarbons	Radiation	13		
	Toxic Metals					
Resistance Factors	Virus	Bacteria	Parasite	3		
	Fungus					
Total Value				71		

The above chart compares relevant immune 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 dog's wellness systems processes, you should seek the help of a qualified veterinarian.

OPTIMIZE CANINE GUT SUPPORT INDICATORS



The unprecedented modernization taking place over the last three decades is confronting us with a massive increase in environmental pollutants, they have also impacted our dogs lives, in many ways. One of the biggest effects is the stress caused to the intestinal tract and gut system. These two areas provide most of your dogs cellular energies and play a major role in their immune systems. The gut and intestinal tract are equally important to our memory and the brain's overall performance.

Below are some of the pointers which may be of assistance to optimized gut performance. This is not a diagnostic assessment and should not be taken as such. The more of the pointers that appear in the table below the higher level of optimization of gut support may be required.

Vitamins Markers	Vitamin B2	Vitamin B5	Vitamin B6	12	119+ Total Value High Support
	Vitamin B9	Vitamin B9	Vitamin C		
	Vitamin D3	Vitamin K1			
Minerals Markers	Calcium	Chromium	Iron	10	64-118 Total Value Moderate Support
	Molybdenum	Magnesium	Manganese		
	Sodium	Selenium	Zinc		
Amino Acids Markers	Asparagine	Cysteine	Histidine	4	64-118 Total Value Moderate 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)	12	0-63 Total Value Maintenance Support
	Alpha-Linolenic Acid - 3 (ALA)	Eicosapentaenoic Acid - 3 (EPA)	Linoleic Acid - 6		
Antioxidants Markers	Zinc	Selenium	Vitamin C	3	0-63 Total Value Maintenance Support
	Anthocyanidins	Sulforaphane			
Environmental Stressors	Toxic Metals	Chemicals and Hydrocarbons	Radiation	3	0-63 Total Value Maintenance Support
Resistance Factors	Virus	Bacteria	Parasite	3	
	Fungus				
Total Value				47	

An indication that your dog may require nutritional support to optimize their Gut Stress is not a diagnosis that they have any issues or condition. This is not diagnostic and makes no claim that they have any disease, issues or conditions. If you are concerned about your dog's gut health you should consult your veterinarian before starting a nutrition regime.

OPTIMIZE COAT AND SKIN CONDITION



A dog's coat and skin reflects the nutritional diet they are fed. Most dogs' coat conditions can be enhanced by feeding the dog once a week natural omega 3 found in Salmon, Sardines or other such items. Regular brushing your dog's coat every few days, regardless of if they have long or short hair, promotes a shiny coat. Bathing the dog or puppy with a shampoo created for dogs is another grooming practice that may be conducted.

Vitamins Markers	Vitamin A1	Vitamin B2	Vitamin B6	5	137+ Total Value High Support	
	Vitamin B9	Vitamin C	Vitamin E			
	Biotin	Inositol				
Minerals Markers	Zinc	Copper	Selenium	8		
	Sulfur	Sodium	Silicon			
Amino Acids Markers	Isoleucine	Lysine	Leucine	8		73-136 Total Value Moderate Support
	Methionine	Phenylalanine	Threonine			
	Tryptophan	Valine	Arginine			
	Histidine					
Fatty Acids Markers	Docosahexaenoic Acid 3 (DHA)	Gamma Linoleic Acid - 6 (GLA)		6		
Antioxidants Markers	Co-Enzyme Q10	Vitamin C	Vitamin E	3		
	Zinc	Selenium	Anthocyanidins			
Environmental Stressors	EMF/ELFs	Chemicals and Hydrocarbons	Radiation	13	0-72 Total Value Maintenance Support	
	Toxic Metals					
Resistance Factors	Virus	Bacteria	Parasite	7		
	Fungus					
Total Value				67		

The above chart compares relevant immune 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 dog's wellness systems processes, you should seek the help of a qualified veterinarian.

OPTIMIZE GROWTH INDICATORS



A dog's balanced nutritional diet is essential to maintain or build growth. Growing puppies or dogs 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 dogs. Nutrition is important at every age. All puppies and dogs 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.

Vitamins Markers	Vitamin B2	Vitamin C	Vitamin E	5	134+ Total Value High Support
	Betaine				
Minerals Markers	Zinc	Copper	Selenium	6	
	Sulfur	Magnesium	Calcium		
	Sodium				
Amino Acids Markers	Isoleucine	Lysine	Leucine	4	
	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)	10	
	Alpha-Linolenic Acid - 3 (ALA)	Eicosapentaenoic Acid - 3 (EPA)			
Antioxidants Markers	Zinc	Selenium	Vitamin C	13	
	Anthocyanidins	Sulforaphane	Anthocyanidins		
	Superoxide Dismutase	Alpha Lipoic Acid			
Environmental Stressors	EMF/ELFs	Chemicals and Hydrocarbons	Radiation	14	0-70 Total Value Maintenance Support
	Toxic Metals				
Resistance Factors	Virus	Bacteria	Parasite	7	
	Fungus				
Total Value				67	

Other factors which are important for optimizing your Circulatory systems or that can be affected by poor circulatory function.

FOOD RESTRICTIONS

WARNING – THIS IS NOT A FOOD ALLERGY TEST.
 The foods listed here should be restricted for the next 90-days only. **ALL KNOWN ALLERGIES** must continue to be avoided at all times.

ABOUT FOOD RESTRICTIONS

There are many different levels at which foods can effect a dogs wellbeing from the severe to the very mild, but all have the ability to affect the animals wellness processes.

There are foods which your dog may be eating which show NO physical signs and symptoms of being a problem – but which might not support the body’s needs, as they take up more energy to digest than the body gets in return. This puts pressure on the entire system and these foods are best restricted in the short term and up to 60 days.

ENERGY FLOW

When the dogs gut struggles against some foods 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	
Mulberry	Eggs
Pomegranate	Strawberry
Broccoli	Brazil Nuts
Lettuce	Pumpkin
Sprouts, bean	Sole

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 60 day period.

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

FOOD ADDITIVE AVOIDANCE

Consider - Avoidance Recommended



Food Additives Indicators

E 330 Citric acid	E 333 Monocalcium citrate, Dicalcium c., Tricalcium c.
E 100 Curcumin	E 339 Monosodium phosphate, Disodium p., Trisodium p.
E 160 b Annatto, Bixin, Norbixin	E 162 Beetroot red (betanin)
E 470 a Sodium-, Potassium- and Calcium salts	E 628 Dipotassium guanylate, Guanylate
E 315 Isoascorbic acid	E 219 Sodium methyl-para-hydroxybenzoate (PHB-Ester)

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 dog'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:

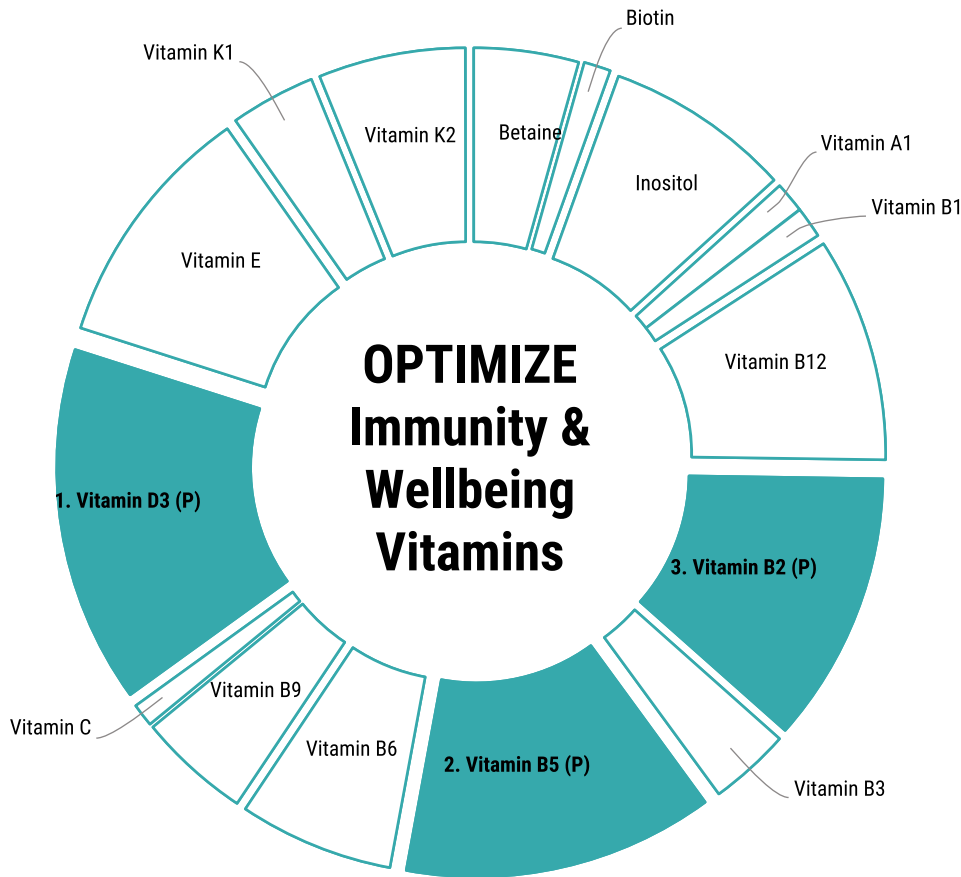
1. High fructose corn syrup (HFCS): It has been implicated in affecting poor cardiovascular response, poor blood sugar management and body fat gain. Unfortunately, it is found in many popular foods, energy drinks, and energy bars.
2. Aspartame: An unsafe however very popular food additive, considered 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 and as a helpful baseline try to follow the USA FDA GRAS list. This stands for Generally Recognized as Safe: 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 country's own animal food husbandry recommendation.**

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 dog.

VITAMINS INDICATORS

Priority - Increase Intake



Category Indicator Chart

The above chart provides you with an overview of the Vitamins 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 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 health advice when making nutritional and dietary changes.

VITAMINS



ABOUT VITAMINS

Vitamins are organic compounds that are important in supporting life. Many vitamins can be found naturally in food that your dogs body needs for growth and maintenance. Vitamins also play a very important role in supporting your dog's overall wellbeing.

Natural foods containing vitamins improve absorbability, which enables metabolic processes that are only possible with their presence.

By varying the nutritional foods you supply to your dog you are potentially helping to supply a variety of vitamins needed to optimize your dog's wellbeing.

For more information refer to page 34

HOW VITAMINS SUPPORT OPTIMIZE DOGS

Many processes in the dog'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 dog's body metabolic processes. Your dog needs 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 dogs can get is from the foods they eat, where the vitamins are present with other nutrients which work synergistically to support your dog's wellness.

VITAMIN SUPPORT FOODS

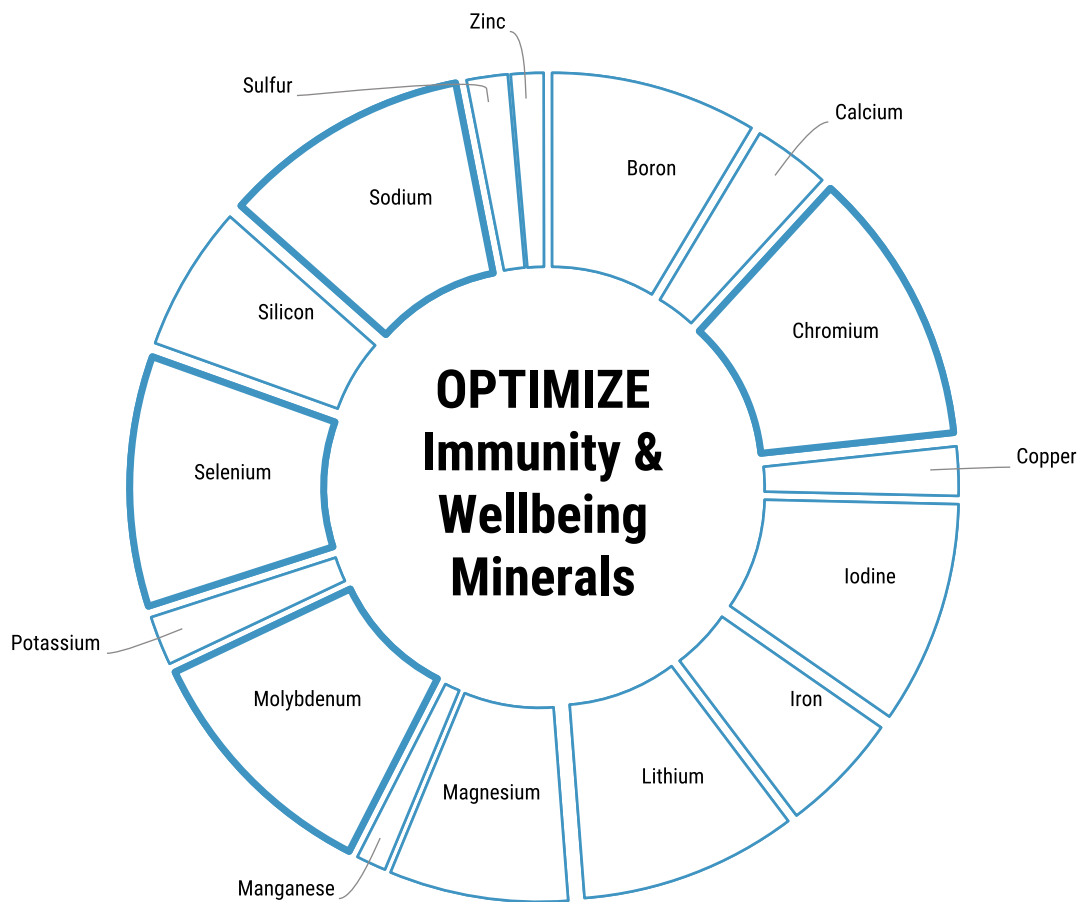
- Kale
- Carrot
- Lentils
- Livers
- Sweet potatoes
- Pumpkins
- Chicken
- Salmon
- Fish oil
- Eggs

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

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MINERALS INDICATORS

Consider - Increase Intake



Category Indicator Chart

The above chart provides you with an overview of the mineral indicators, which are specific to your dog. If this category is marked with a (Priority, Advisory or Consider) then these are items which you might wish to address through your dog'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 health advice when making nutritional and dietary changes.

MINERALS



ABOUT MINERALS

Minerals are key nutrients which are found in many parts of your dogs body, for instance, calcium and magnesium are necessary to maintain bones, nails and teeth. While calcium and phosphorus play an important role in your dog's skeleton which supports its body and the musculoskeletal system. Strong bones benefit the dog's build and movement.

Many functions in your dogs body are supported by a variety of minerals such as the macro minerals- phosphorus, calcium, sodium, magnesium, potassium, chloride, and sulfur and the micro minerals r-copper, zinc, iodine, chromium, manganese, selenium, and fluorine.



For more information refer to page 35

HOW MINERALS SUPPORT Optimize Dogs

Many processes and structures in your dog'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 dog 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

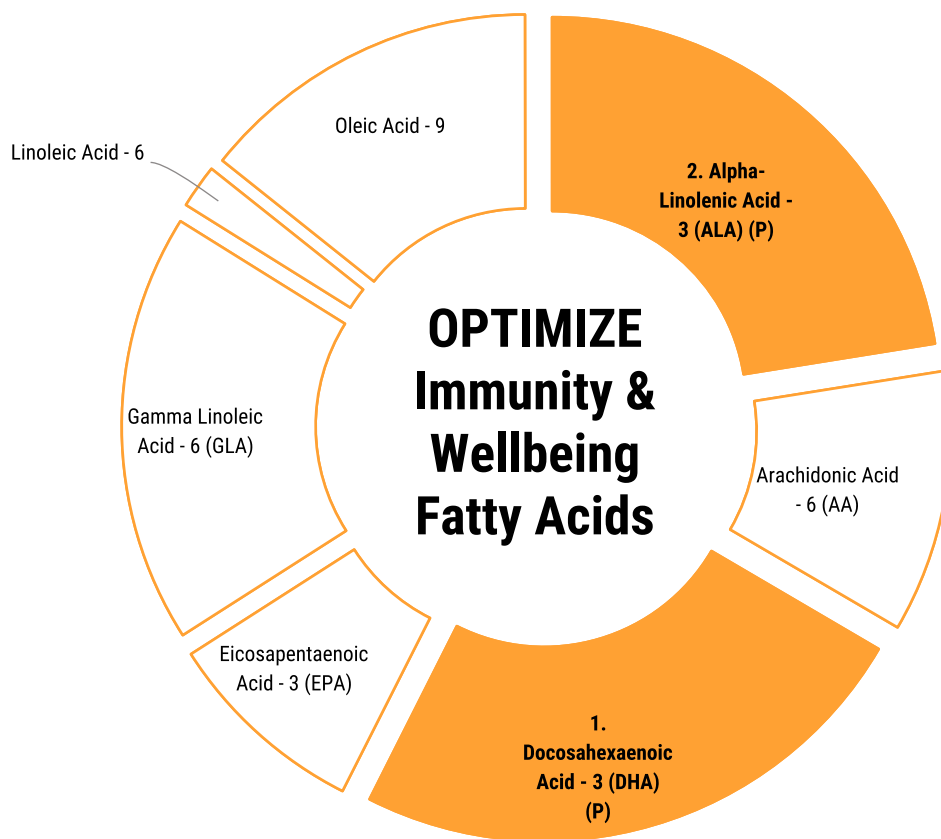
- Green Leafy Vegetables
- Tofu
- Legumes
- Fish
- Poultry
- Broccoli
- Shellfish
- Red Meats
- Bones
- Kidneys
- Kale
- Kelp
- Eggs
- Peas
- Cauliflower

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

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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 dogs. If this category is marked with a (Priority, Advisory or Consider) then these are items which you might wish to address through your dog'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 health advice when making nutritional and dietary changes.

FATTY ACIDS



ABOUT FATTY ACIDS

Fatty acids are an extremely important element for all dogs as they are unable to produce fatty acids themselves.

Fatty acids are helpful to optimize the skins, fur and growth. omega-6 and omega-3 fatty acids influence the metabolism positively while research is indicating that omega 3 assists in the cognitive functionality of older dogs.

The amount of Fatty Acids required depend on the dogs age and lifestyle, for instance growing puppies require more DHA omega 3 than adult dogs. In this case the DHA omega three is abundant in marine life.



For more information refer to page 36

HOW FATTY ACIDS SUPPORT Optimize Dogs

Many processes in your dog'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 dog 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

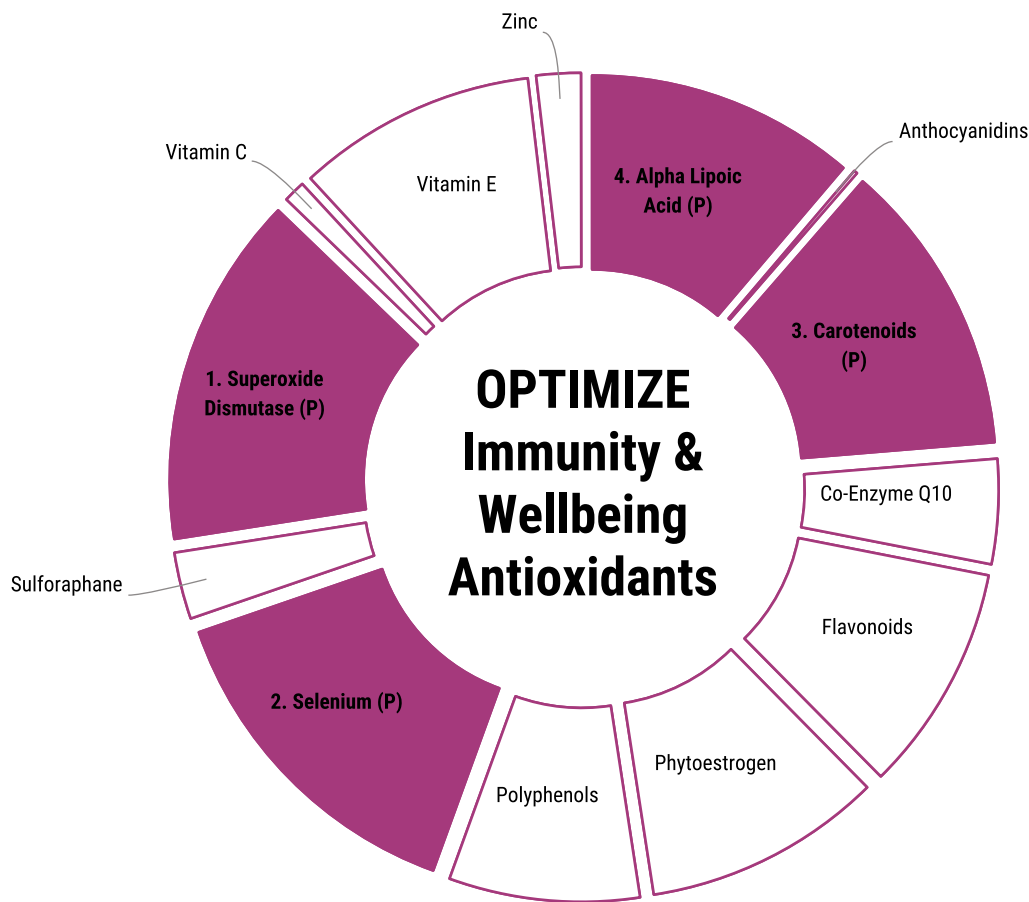
- Salmon
- Fish oil
- Sardines
- Shell Fish
- Lean meat
- Herring
- Green leafy vegetables
- Primrose oil
- Tofu

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

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ANTIOXIDANTS INDICATORS

Priority - Increase Intake



Category Indicator Chart

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

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ANTIOXIDANTS



ABOUT ANTIOXIDANTS

Antioxidants play a major role in a dogs wellbeing as they are part of your dogs detoxification system. They are known to protect your dog's body from cell stress caused by free radicals.

Free radicals can be created by a polluted environment containing: electro magnetic frequencies, cigarette smoke, ozone, pesticides, exhaust fumes.

Antioxidants also assist in the control of free radicals donated from a poor diet or when your dog is stressed.

Therefore, a natural dietary source of antioxidants is essential for your dog to maintain wellbeing and a robust immune system.



For more information refer to page 37

HOW ANTIOXIDANTS SUPPORT Optimize Dogs

Our dog'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 dog 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

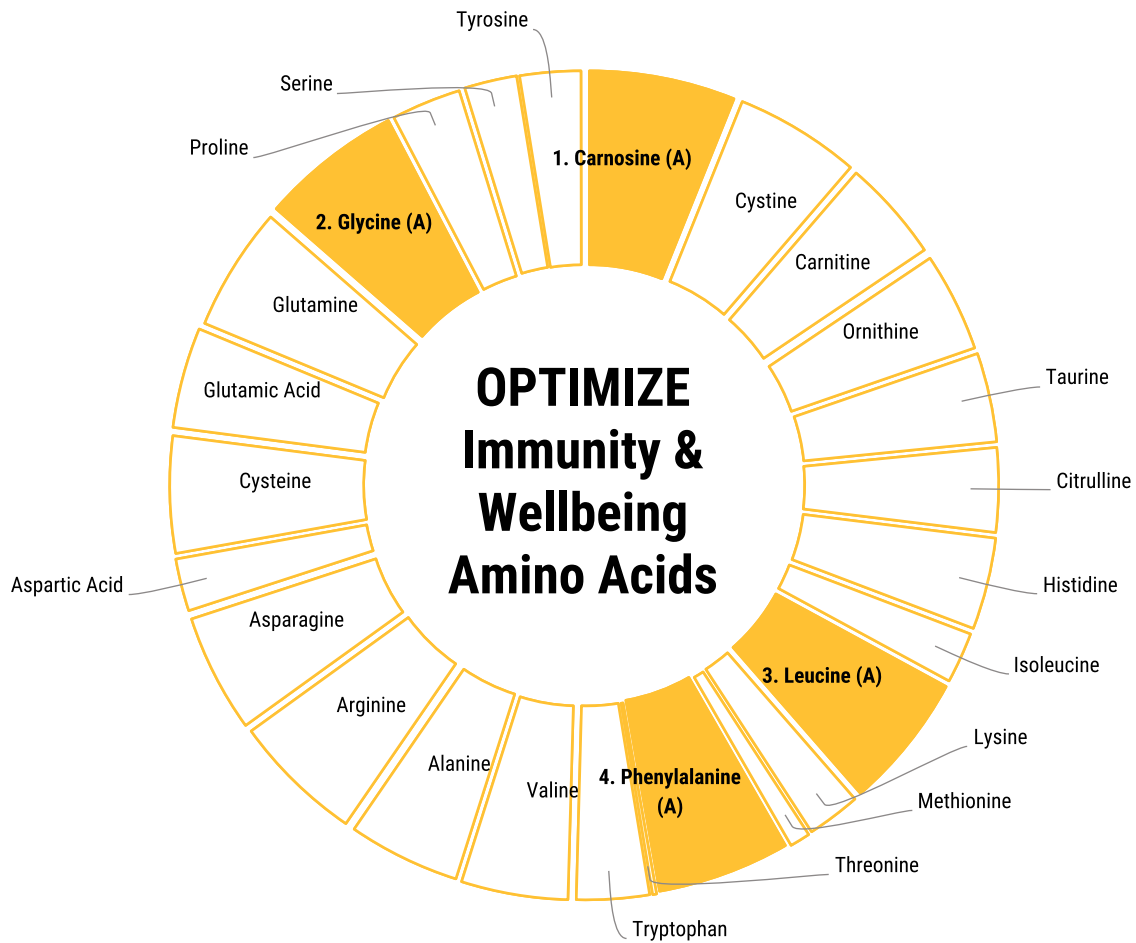
- Peppers
- Blueberries
- Cranberries
- Strawberries
- Green beans
- Spinach
- Broccoli
- Cooked yellow squash
- Carrots
- Salmon
- Sweet potatoes
- Kelp
- Kale

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

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AMINO ACIDS INDICATORS

Advisory - 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 dog's nutritional food regime.

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AMINO ACIDS



ABOUT AMINO ACIDS

Amino acids are key elements that help proteins build tissue structures, enzymes, cells, antibodies and so much more. From head to tail, they are determining building blocks that supports your dog's body.

Your dog's body however naturally produces only 13 of the 23 amino acids the other 10 have to come from the food your dog consumes.

If certain amino acids are lacking, this can impair the wellbeing of your dog by reducing their immune system as well as impacting their energy levels.

Ten of the most important Amino Acids are arginine, histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophan and valine.



For more information refer to page 38

HOW AMINO ACIDS SUPPORT Optimize Dogs

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 dog's body needs for everyday maintenance. Your dog needs a wide variety of amino acids to help support and maintain the myriad of underlying mechanisms which will in turn support optimized Wellness.

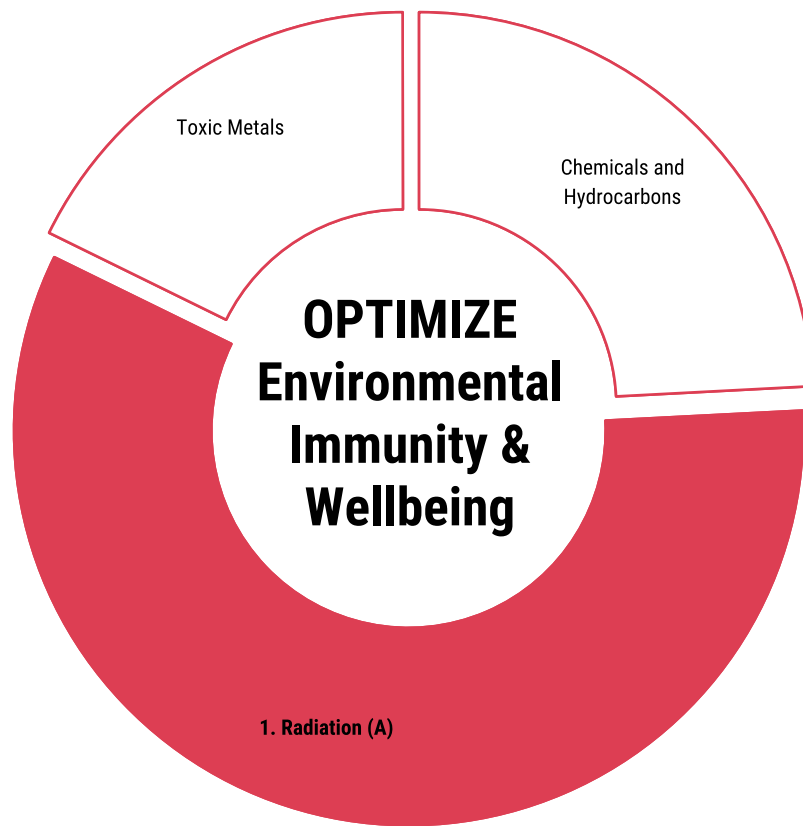
AMINO ACID SUPPORT FOODS

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

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ENVIRONMENTAL CHALLENGE INDICATORS

Advisory - Reduce Load



Category Indicator Chart

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

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ENVIRONMENTAL CHALLENGES



ABOUT CLEANSING FOODS

Our environment has changed dramatically since the industrial revolution and one of the biggest changes has come about in the area of man-made pollutants. We can accumulate many influences which are not well tolerated by your dog's body and which they should excrete through their body's natural elimination processes. However, these processes were not designed to cope with the amount and variety which they are now required to. This requires extra support from their diet.

Toxic metals, radiation, and chemicals can affect your dog's bodies in dramatic ways. While the true detrimental effect is on our dog's overall health, identifying and ridding the body of these influences is important and should be advised by a veterinarian.



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 dog's have organs and systems which can assist with your help. Your dog 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

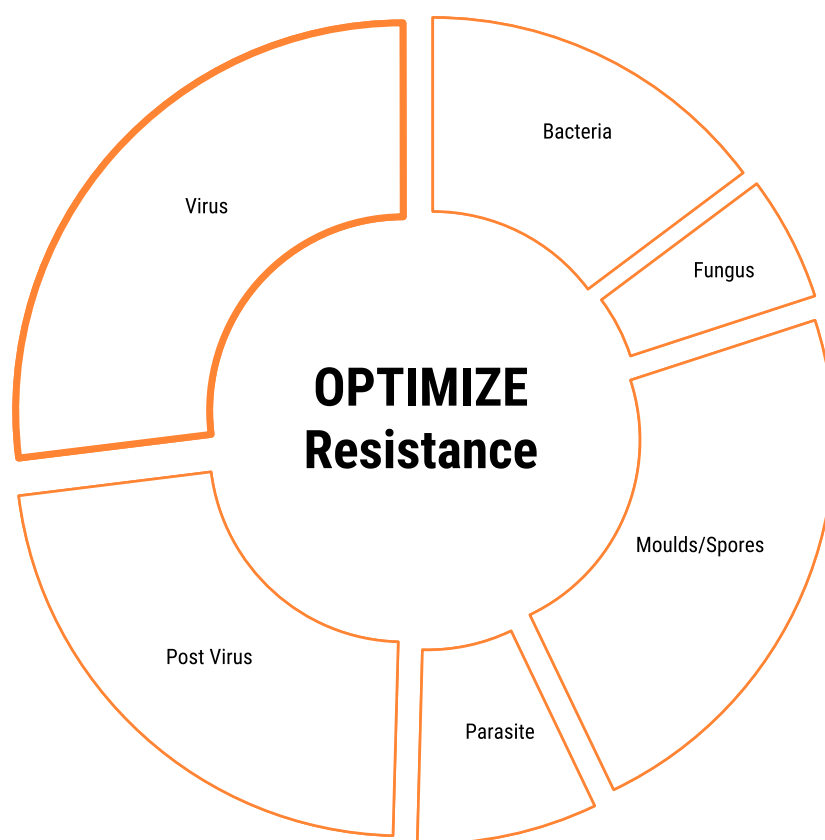
- Beets
- Sweet Potatoes
- Broccoli
- Green Leafy Vegetables
- Grains
- Poultry
- Red Meat
- Wheat germ oil
- Liver
- Probiotics

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 dog. If this category is marked with a (Priority, Advisory or Consider) then these are items which you might wish to address through your dog's nutritional food regime.

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RESISTANCE FOODS

ABOUT RESISTANCE FOODS

On a daily basis your dog's body is under attack from air and water-borne micro-organisms. These can weaken the dog's ability to defend themselves and may also result in a generalized infection. Whereas in the intestine, some micro-organisms are welcomed to assist in your dog's digestive and defense functions. Your dog has natural processes which are designed to enable them to resist these attacks and there are many foods which can support their natural ability to defend against these invaders. A specialist veterinarian can treat or alleviate these issues. Nevertheless strengthening your dog's natural resistance and optimizing our immunity system can assist in fighting these foreign invaders.



KEEPING OUR RESISTANCE STRONG

Your dog'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 defense. 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

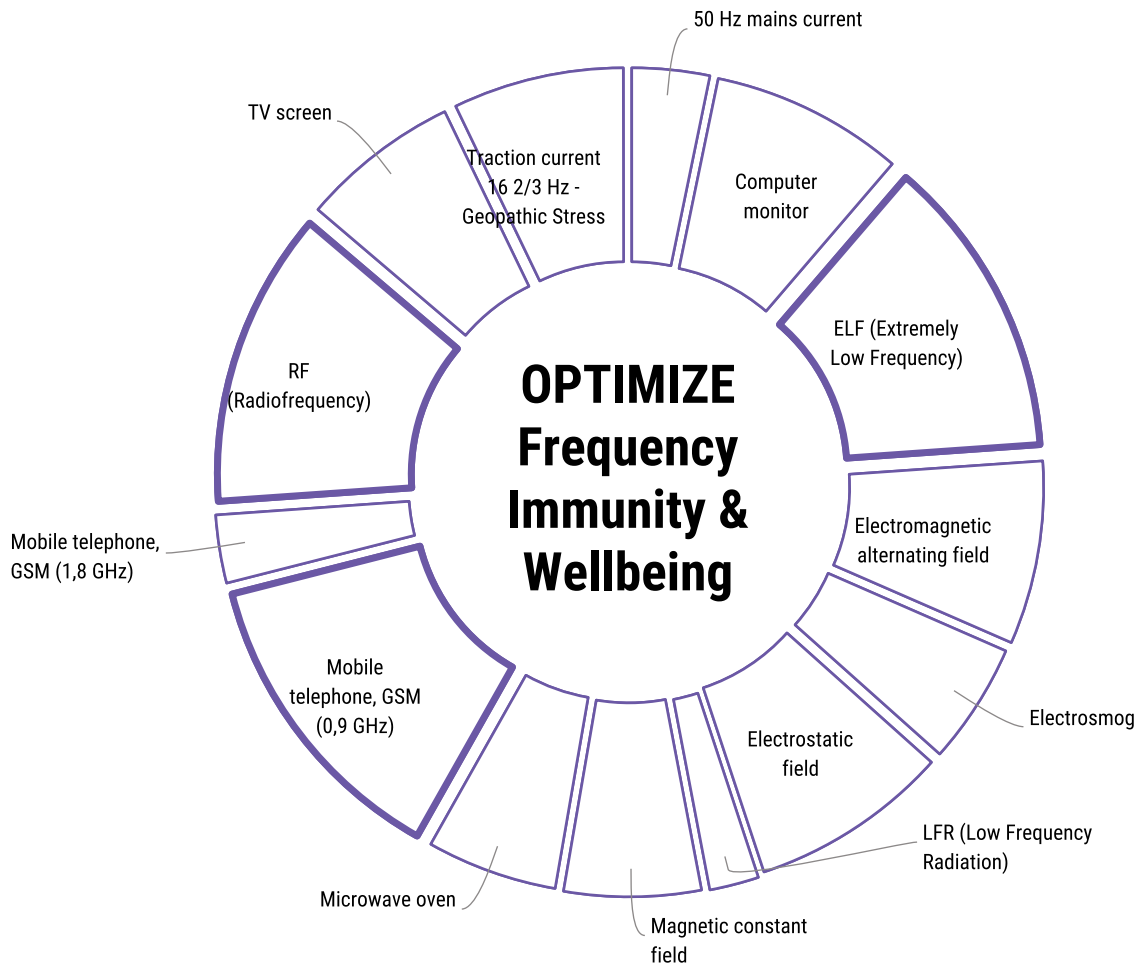
- Chia
- Ginger
- Pineapple
- Elderberry
- Blueberries
- Broccoli
- Fish Oil

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 dog. If this category is marked with a (Priority, Advisory or Consider) then these are considered items which you might wish to address through your dogs nutritional food regime.

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FREQUENCY INTERFERENCE



ABOUT INTERFERENCE

There are many forms of natural frequencies, including visible light or ultra-violet, even the body and its cells have a very weak frequency field.

Modern modulations of frequencies appear not to be very compatible with the body's own fields. This can make processes on the cellular level incoherent, which could affect wellness.

These factors can interfere with everyday communication within your dog's body and they should be eating a wide variety of foods which can support and maintain a normal function 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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60 DAY OPTIMIZE PLAN

THIS REPORT IS ONLY VALID FOR THE NEXT 60-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 60-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

START Day 1

The first and easiest step to optimization is to restrict foods which might be causing stress to your dogs' 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 60-days.

Mulberry	Pomegranate	Broccoli	Lettuce	Sprouts, bean
Eggs	Strawberry	Brazil Nuts	Pumpkin	Sole

Step 2

START Day 1

The second step of optimization is to avoid Environmental challenges, Interference indicators and food additives, which could be compromising your dog'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.

Step 3

START Day 1

Step 3 of the optimizing process is to ensure that your dog 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 dog eats and ensure that the body's daily nutritional needs are supported.

Step 4

START Day 1

The next step for optimization is to ensure that the quality of your dog'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 dogs have a regular source of good quality drinking water and drink 1 to 2 liters daily.

Step 5

START Day 30

The next step for optimization is to increase your dogs 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 dog'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 dogs.

Step 6

START Day 40

The final step of the Optimize dog plan is to support your dogs 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.

60 DAY OPTIMIZE NUTRITION FOOD RECOMMENDATIONS

Optimize Indicator (STEP 5 - Nutrition)	Suggested Food Sources Day 1-60 (introduce as many foods as you can, at least 2 for each indicator)
Superoxide Dismutase	Wheat, corn, soy, barley grass, wheat grass, broccoli, brussels sprouts, cabbage, cantaloupe melon
Vitamin D3	Swiss Cheese, oysters, sardines, cod liver oil, mackerel, herring, salmon, maitake and portabella mushrooms, eggs, sunlight
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
Vitamin B5	Brewer's yeast, eggs, fresh vegetables, legumes, mushrooms, nuts, royal jelly, saltwater fish, whole rye flour, blue cheese, salmon, lobster, sunflower seeds, whole wheat
Carotenoids	Sweet potatoes, carrots, tomato juice, cantaloupe, apricots, spinach, broccoli, parsley, lemon, cabbage
Docosahexaenoic Acid - 3 (DHA)	Salmon, herring, mackerel, anchovies, eggs, butter, milk, cheese (full fat)
Alpha-Linolenic Acid - 3 (ALA)	Walnuts, flax seeds, rapessed oil, soybean oil, beef, lamb, butter, milk, cheese (full fat)
Alpha Lipoic Acid	Spinach, broccoli, sweet potatoes, potatoes, yeast, tomatoes, peas, brussels sprouts, carrots, beets, and rice bran
Vitamin B2	Cheese, leafy green vegetables, almonds, mature soybeans, asparagus, okra, chard, cottage cheese, yoghurt, eggs, mackerel, sardines, mushrooms, split peas, chicken,
Carnosine	Beef, poultry, fish
Glycine	Meats, poultry, eggs, milk, rice and beans, avocado, garlic, yoghurt, cottage cheese
Leucine	Most meats, dairy products, wheat germ, brown rice, soybeans, almonds, cashews, brazil nuts, chickpeas, lentils, almonds, peanuts, sesame seeds, pumpkin seeds, corn
Phenylalanine	Cheese, eggs, beef, lamb, pork, chicken, barley, oats, wheat, nuts (almond, walnuts, hazelnut), seeds (pumpkin, sunflower, sesame)
Chromium	Brewer's yeast, brown rice, cheese, whole grains, dried beans, blackstrap molasses, beef, chicken, corn, eggs, mushrooms, potatoes, parsnip, capsicum, molasses
Molybdenum	Beans, cereal grains, dark green leafy vegetables, legumes, lentils, split peas, green peas, cauliflower, spinach, brown rice, oats
Sodium	Meat, fish, poultry, dairy foods, eggs

If you find adding the suggested foods to your dog'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 dog'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.

60 DAY OPTIMIZE NUTRITION FOOD RECOMMENDATIONS

Optimize Indicator (STEP 6 - Cleansing and Resistance)	Indicator	Suggested Food Sources Day 30-60 (introduce as many foods as you can, at least 2 for each indicator)
Resistance Foods	Virus	Elderberry, green tea, garlic, fermented foods, green leafy vegetables, ginger, broccoli, aloe vera, pineapple
Environmental Foods	Radiation	Seaweed, green tea, garlic, onions, wheat grass, parsley, ginger, avocado, broccoli, coconut oil, probiotic wholefoods

Optimize Indicator (STEP 6 - Frequency Interference)	Suggested Food/Supplement Sources
Interference (Calcium Day 1-60)	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 1-60)	Good quality drinking water for cell optimization. (Avoid tap water, plastic bottled water or water of an unknown source)
Interference (Essential Fatty Acids Day 1-60)	Salmon, mackerel, sardines, herring, trout, flax seed, walnut, pumpkin seeds, hemp seeds, soy bean

If you find adding the suggested foods to your dog'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 dog'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 could consider a dog's Gut system as a life supporting garden, which has both good and bad vegetation. The dog's performance relies on optimizing and balancing the garden's good vegetation and control of the unwanted overgrowth. A dog's gut consists of trillions of good microbial bacteria, which assist in breaking down and converting the foods we consume. The overgrowth consists of millions of pathogens - resulting in a loss of microbial diversity. This is often caused by toxins, food stressors and pollutants such as heavy metals.

Other factors which are important for optimizing your gut systems or that can be reflected in poor gut function could be due to poor exercise, an unbalanced diet, as well as many toxic environmental factors, all can combine to influence the dog's Gut and therefore their immune and brain systems. A dog's stool characteristics can be directly related to gut health.

In Optimizing gut performance we need to consider

- Reducing Gut Toxic Stress levels.
- Enhancing Sleep patterns.
- Avoiding underlying food intolerances, which can stress your dog's own gut flora balance.
- Increase the dog's consumption of both pre and probiotic foods.
- Improving the dog'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 dog's coat, skin and hair play an important role in keeping your puppy or dog comfortable and happy. Nutrients like protein, fat, vitamins and minerals can all impact your dog's skin and coat health. Your dog's coat is made up almost entirely of protein, therefore if a canine's diet does not contain enough protein, your dog'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 dogs 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 dogs. Dogs 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 dog'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 Dog's Coat Condition

Changes in food can affect your dog's coat and skin, but the most typical causes are the seasons of the year and the dogs age, as well as environmental variables like Toxins. As the temperature drops, most dogs 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 puppies 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 dogs is also possible. In addition, just like humans, a dog'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 puppy or dog only with a canine approved shampoo.

CANINE DIET NUTRITIONAL INFORMATIONAL PAGES



YOUR DOG'S DIET

The food you feed your dog 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 dog'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 dog's digestive system is also

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 dog'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 dog has digestive sensitivities or poor stool quality. Fibres can support healthy gastrointestinal function and help your dog feel full after meals. Prebiotics are a type of fibre and can help beneficial bacteria grow

CARBOHYDRATES

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

FATS

Fat can aid in the management of your dog's digestive sensitivity. High-fat diets can provide your dog 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 dogs. If you suspect your dog is suffering from a digestive problem, make an appointment with your veterinarian; they will be able to recommend a diet for your dog 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 puppy or dog only with a canine approved shampoo.

Nutrition Information

VITAMINS



- **Inositol** - plays a role in helping a dog'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 dog's healthy eyesight and boosts their immune function, it can also promote body cell growth.
- **Vitamin B1** - is responsible for a dog's energy and their carbohydrate metabolism and activates ion channels in neural tissues.
- **Vitamin B2** - is important for a dog'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 dog's metabolism of carbohydrates and proteins. In addition, it also helps to maintain a good digestive system.
- **Vitamin B5** - assists a dog's energy metabolism
- **Vitamin B6** - supports amino acid metabolism and may also help reinforce bladder wellness.
- **Vitamin B7** - Biotin helps to maintain a dog'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 dog's important nutritional diet as it supports the growth of red blood cells in a dog 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 dog 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.

Nutrition Information

MINERALS



- **Calcium** - is an essential mineral that is necessary for a dog's 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 dog's diet to assist the formation of red blood cells, skin pigmentation and supports growth.
- **Iodine** - is needed for a dog to help with hormone synthesis, growth and development of puppies and to regulate metabolic rates.
- **Iron** - is one of the most necessary minerals for a dog'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 dog's 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 dog's body. Electrolytes play a crucial role in maintaining a dog'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 dogs to maintain quality hair, skin and nails.
- **Sodium** - is one of the most important electrolytes present in a dog's system. Electrolytes play a crucial role in maintaining a dog's energy and fluid balance.
- **Sulphur** - is associated with the dog's skin.

Nutrition Information

FATTY ACIDS



- **Arachidonic Acid - 6 (AA)** - that's essential for a dog's cell membrane structure and cell function. They are required for a dog's growth, immune function, plus skin and coat health. It also contributes calories to a dog's diet.
- **Alpha-Linolenic Acid - 3 (ALA)** – assists in the support of brain development in puppies, reduces inflammation in adult dogs. 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 dogs anxiety and hyperactivity.
- **Docosahexaenoic Acid - 3 (DHA)**- is part of a dogs 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 dogs, growth and immune functions, as well as skin and coat conditions.

Nutrition Information

ANTIOXIDANTS



- **Alpha-Lipoic Acid** - Is an omega 3 that's needed in a dog to help support the brain development of puppies. 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 dog to help support the brain development of puppies. 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 dog regulate cellular activity and fight off free radicals that cause oxidative stress on in a dog'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 dog's body and is part of first line of defense against free radicals and EMF/ELF irritation.
- **Sulforaphane** - Is essential for a dog 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 dog 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 dog's body to balance minerals for healthy bone growth. It is also part of a dogs immune system.
- **Vitamin E** - is one of a dog's defenses against oxidative damage. This fat-soluble vitamin is also essential for cell function and fat metabolism.
- **Zinc**- is essential for dogs as it promotes healthy skin and coat, strengthens their immune system, assists DNA and RNA replication, improves eyesight and boosts cognitive function.

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 dog 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 dog 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 dog.
- **Lysine** - is thought to reduce the stress of virus in a dog. 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 dog'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 dog'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 dog. It is also necessary for hormone production.
- **Taurine** - is essential for the cardiac function, eye and immune system functions.
- **Valine** - is essential for a dog as it helps stimulate muscle growth and regeneration and is involved in energy production and protein synthesis.

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 are 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 dog. 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 associations. 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 a canine's health You are advised to investigate the nutritional links to side effects before commencing any dietary changes.