

SUPPLEMENTS FOR ANXIOUS/NERVOUS CATS

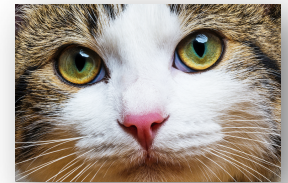
Many cats show signs of nervousness in a variety of situations. For the milder cases, we may be able to help with some non-prescription supplements.

Signs that a cat might be nervous, fearful or stressed:

- Hiding
- Staying in one room
- Over-grooming
- Urinating outside the litter box
- Vomiting
- Soft stool or diarrhea
- Refusal to eat
- Hissing at other cats
- Fighting with other cats
- Resting in a tense posture

What Supplements should you try?

Each of the products listed will do a small amount to help. We recommend you start with one product from at least 3 categories. Use the products at least 8 weeks before deciding if they were helpful. If things go well, you may be able to stop one or two of the products, but most cats will do best with a combination approach.



- **Pheromones:** These are chemicals naturally produced by the body that are recognized by others of the same species. FELIWAY comes as a collar, spray or room diffuser and contains the pheromone cats use when they are rubbing on to things they like. We recommend a diffuser in every room.
- **Oral Supplements:** These products will contain various combinations of things like lavender, milk proteins, tryptophan (from turkey), green tea extracts and others. We prefer the products SOLLIQUIN, CALM & CONFIDENT, ANXITANE or ZYLKENE. You need choose only one of these.
- **Probiotics:** There is one probiotic available that produces a calming enzyme. It is called CALMING CARE and is a yummy powder added to the food once a day.
- **CBD oil:** There is some evidence CBD can be helpful. Make sure you are getting product from a reputable source. In California, veterinarians are not allowed to recommend this product, but we thought it should be on the list.



Check out indoorpet.osu.edu/cats & www.FearFreePets.com for more ideas and tips for managing pet fear, anxiety and stress!