

SUPPLEMENTS FOR ANXIOUS/NERVOUS DOGS

Many dogs 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 dog might be nervous, fearful or stressed:

- Doesn't settle easily
- Pacing
- Needing to be near owner always – clingy
- Yawning
- Lip licking
- Jumpy with certain sounds or sights
- Whining or barking
- Panting
- Avoiding eye contact
- Head low and tail tucked
- Excessive licking of themselves or objects
- Tense body posture when lying down

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 dogs 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. ADAPTIL/THUNDEREASE comes as a collar, spray or room diffuser and contains the pheromone released as puppies nurse – very comforting! We recommend a collar that you replace every month.
- **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 SOLLQUIN, CALM & CONFIDENT, ANXITANE & 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.
- **Physical products:** THUNDERSHIRTS can be very helpful for some dogs – it is like swaddling babies or a constant nice hug. Calming music made specifically for pets can be super helpful. We recommend iCALM
- **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 www.FearFreePets.com for more ideas and tips for managing pet fear, anxiety and stress!

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