



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

Each Individual Cat and Kitten Epigenetic report is not intended to diagnose, treat, cure or prevent any disease or condition; They are intended to provide natural, nutritional food information only. These statements have NOT been evaluated by any veterinarian association. Please refer to your local vet and read the Cat and Kitten nutritional manual for further information.



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. Eleven specific amino acids, which are found in natural food are required to maintain the wellbeing cats. Amino Acids are the building blocks of proteins as well as promoting other biological actions. Arginine and Taurine amino acids that drive many of the essential metabolic systems in your cats 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 cat's system. It is, therefore, wise to have natural fresh water available for your cat to consume at all times.

THE OPTIMIZE CAT & KITTEN REPORT HAS BEEN COMMEND BY VETERINARIANS BELOW:



EYAD ABU ASSAD, Medico Veterinarian, Italy

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Uma Maheswary Kamalanathan, Veterinarian, Malaysia

Robert Campbell, Retired Veterinary, Australian





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?

<div style="background-color: #76c73a; color: white; padding: 5px; text-align: center; font-weight: bold;">Nutrient Intake</div> <p>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 them with enough nutrients.</p>		<div style="background-color: #00a0c9; color: white; padding: 5px; text-align: center; font-weight: bold;">Processed Foods</div> <p>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.</p>	
	<div style="background-color: #00a0c9; color: white; padding: 5px; text-align: center; font-weight: bold;">Convenience</div> <p>We like convenience in foods but it comes at a cost. The convenient options often have very low nutritional value compared to natural foods.</p>		<div style="background-color: #0070c0; color: white; padding: 5px; text-align: center; font-weight: bold;">Lifestyles</div> <p>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.</p>

THIS REPORT IS ONLY VALID FOR THE NEXT 45-DAYS

Your next Optimize Report date is:

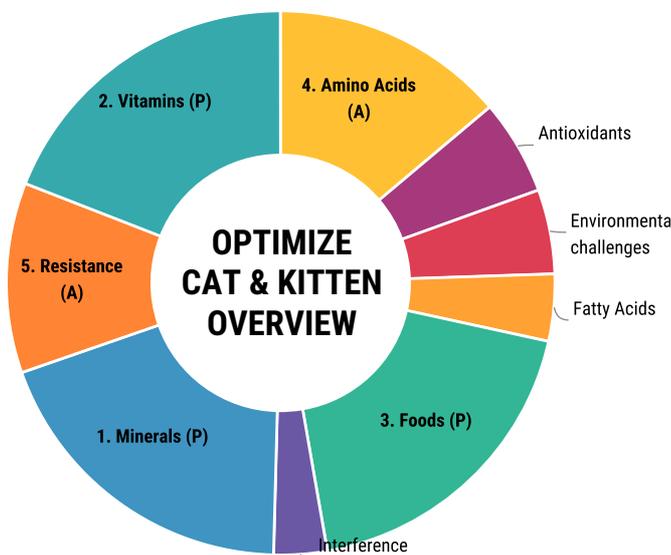
Book today with your provider at:

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	
Zucchini	Turkey
Mango	Flounder
Tuna	Pork
Peas	Broccoli
Carrot	Clams

For full food avoid indicators see table on page 11.

Additives to Avoid Summary	
E 232 Sodium orthophenylphenate, Orthophenylphenol	E 133 Brilliant blue FCF
E 1518 Glycerine triacetate (Triacetin)	E 261 Potassium acetate, salt of acetic acid
E 954 Saccharin	E 280 Propionic acid
E 1442 Hydroxypropyl di-starch phosphate (modified starch)	E 1412 Di-starch phosphate (modified starch)
E 326 Potassium lactate (salts from lactic acid)	E 405 Propylene glycol alginate, Alginate

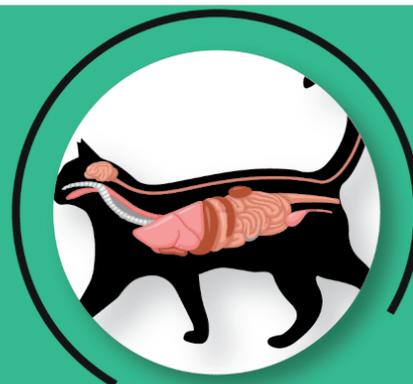
For further information on food additives see page 11.

Category	Indicator	Information
Minerals	Potassium. Manganese. Lithium	For full results see the chart on page 17. For food sources refer to page 30.
Vitamins	Vitamin K2. Vitamin A1. Vitamin D3. Vitamin K1	For full results see the chart on page 21. For food sources refer to page 30.
Foods	Please refer to the foods tables on page 30 and 31 of the plan.	For full results see the chart on page 30.
Amino Acids	Isoleucine. Citrulline. Ornithine. Cysteine	For full results see the chart on page 13. For food sources refer to page 30.
Resistance	Fungus. Bacteria	For full results see the chart on page 25. For food sources refer to page 31.
Additives to Avoid	Please refer to the food additives table and link on page 12.	For full results see the chart on page 12.

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 with your cat. 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 cat's gut and intestinal system supports at least 80% of the cats entire functionality. Therefore their diet must be balanced as they need a wide verity of nutrients to survive including 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 pet's gut performance. This is not a diagnostic assessment and should not be taken as such.

Vitamins Markers	Vitamin B2	Vitamin B5	Vitamin B6	3	17+ Total Value High Support
	Vitamin B9	Vitamin B12	Vitamin C		
	Vitamin D3	Vitamin K1	Vitamin K2		
Minerals Markers	Calcium	Chromium	Iron	1	
	Molybdenum	Magnesium	Manganese		
	Sodium	Selenium	Zinc		
Amino Acids Markers	Asparagine	Cysteine	Histidine	2	12-16 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)	2	
	Alpha-Linolenic Acid - 3 (ALA)	Eicosapentaenoic Acid - 3 (EPA)	Linoleic Acid - 6		
Antioxidants Markers	Selenium	Vitamin C	Anthocyanidins	0	0-11 Total Value Maintenance Support
	Sulforaphane				
Environmental Stressors	Toxic Metals	Chemicals and Hydrocarbons	Radiation	0	
Resistance Factors	Virus	Bacteria	Parasite	2	
	Fungus				
Total Value				10	

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



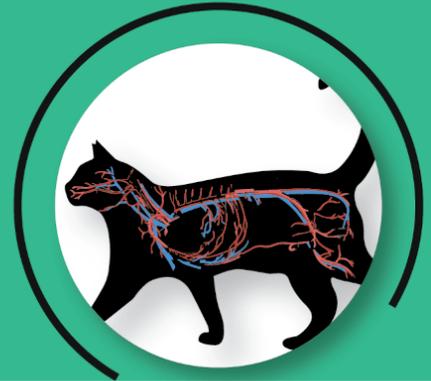
Every cat's immune system varies dramatically based on diet, environmental pollutants and metabolic stressors. The indicators on this page are intended to help fortify or balance your cat's individual immune system. Helping your cat construct a robust immune system can provide a happier, healthier life.

Every cat 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 an abundance 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 A1	Vitamin B1	Vitamin B2	3	18+ Total Value High Support	
	Vitamin B5	Vitamin B6	Vitamin B9			
	Vitamin B12	Vitamin C	Vitamin D3			
	Vitamin E	Vitamin K1				
Minerals Markers	Zinc	Selenium	Magnesium	0	13-17 Total Value Moderate Support	
	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)	1	0-12 Total Value Maintenance Support	
	Alpha-Linolenic Acid - 3 (ALA)	Eicosapentaenoic Acid - 3 (EPA)				
Antioxidants Markers	Selenium	Vitamin C	Co-Enzyme Q10	0		0-12 Total Value Maintenance Support
	Vitamin E	Alpha Lipoic Acid	Superoxide Dismutase			
	Anthocyanidins	Carotenoids	Sulforaphane			
Environmental Stressors	EMF/ELFs	Chemicals and Hydrocarbons	Radiation	1	0-12 Total Value Maintenance Support	
	Toxic Metals					
Resistance Factors	Virus	Bacteria	Parasite	2		0-12 Total Value Maintenance Support
	Fungus	Moulds/Spores				
Total Value				9		

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.

OPTIMIZE CAT AND KITTEN CIRCULATORY SYSTEM



Poor circulation reduces the potential of your cat's system to transfer vitamins and oxygen to where they are needed. Your cat's 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 cat's 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	3	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	1	13-18 Total Value Moderate Support
	Iron	Magnesium	Potassium		
	Sodium	Selenium			
Amino Acids Markers	Arginine	Alanine	Valine	1	13-18 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	2	13-18 Total Value Moderate Support
	Alpha-Linolenic Acid - 3 (ALA)	Arachidonic Acid - 6 (AA)	Eicosapentaenoic Acid - 3 (EPA)		
Antioxidants Markers	Anthocyanidins	Alpha Lipoic Acid	Co-Enzyme Q10	0	0-12 Total Value Maintenance Support
	Vitamin C	Vitamin E	Carotenoids		
	Flavonoids	Selenium	Superoxide Dismutase		
Environmental Stressors	EMF/ELFs	Chemicals and Hydrocarbons	Radiation	1	0-12 Total Value Maintenance Support
	Toxic Metals				
Resistance Factors	Virus	Bacteria	Parasite	2	0-12 Total Value Maintenance Support
	Fungus				
Total Value				10	

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.

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

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OPTIMIZE KITTEN GROWTH INDICATORS



A cat's 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 kittens and cats require proper nutrients to stay healthy and strong and 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	0	16+ Total Value High Support
	Betaine				
Minerals Markers	Zinc	Copper	Selenium	0	
	Sulfur	Magnesium	Calcium		
	Sodium				
Amino Acids Markers	Isoleucine	Lysine	Leucine	2	
	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)	1	
	Alpha-Linolenic Acid - 3 (ALA)	Eicosapentaenoic Acid - 3 (EPA)			
Antioxidants Markers	Selenium	Vitamin C	Anthocyanidins	0	0-10 Total Value Maintenance Support
	Sulforaphane	Anthocyanidins	Superoxide Dismutase		
	Alpha Lipoic Acid				
Environmental Stressors	EMF/ELFs	Chemicals and Hydrocarbons	Radiation	1	
	Toxic Metals				
Resistance Factors	Virus	Bacteria	Parasite	2	
	Fungus				
Total Value				6	

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

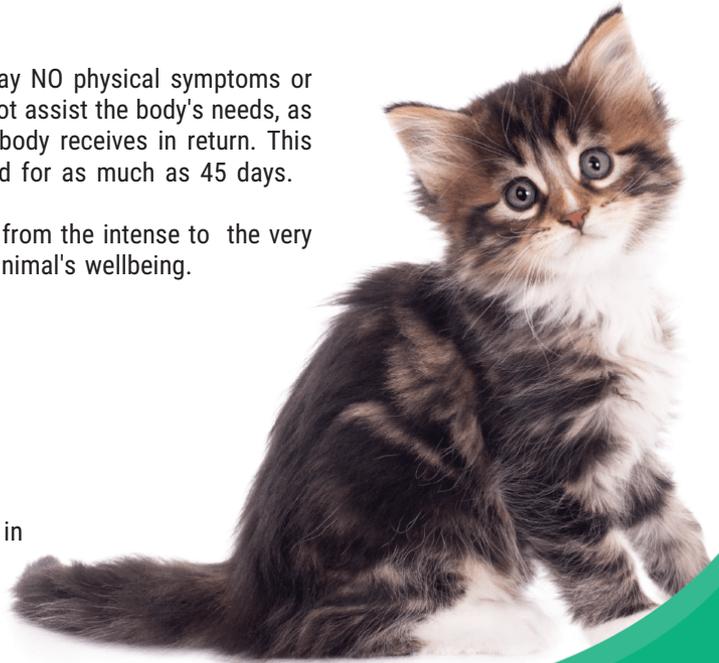
ABOUT FOOD RESTRICTIONS

There are foods which your Cat may be ingesting which display NO physical symptoms or symptoms and signs of being a problem – however, they may not assist the body's needs, as they consume more energy in the digestive process than the body receives in return. This places stress on the body and those foods are best restrained for as much as 45 days.

There are many unique foods which 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 wellbeing.

ENERGY FLOW

A cat's gut and intestinal fortitude can be stressed by poor nutritional ingestion causing the system to become imbalanced. This does not support optimized functionality. It is therefore important to minimize the potentially stressful foods highlighted in the chart below for the next 45 days. Sometimes these gut stressing nutrients can be found in canned and smoked fish



Foods Restrictions	
Zucchini	Turkey
Mango	Flounder
Tuna	Pork
Peas	Broccoli
Carrot	Clams

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 a 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 232 Sodium orthophenylphenate, Orthophenylphenol	E 133 Brilliant blue FCF
E 1518 Glycerine triacetate (Triacetin)	E 261 Potassium acetate, salt of acetic acid
E 954 Saccharin	E 280 Propionic acid
E 1442 Hydroxypropyl di-starch phosphate (modified starch)	E 1412 Di-starch phosphate (modified starch)
E 326 Potassium lactate (salts from lactic acid)	E 405 Propylene glycol alginate, Alginate

Natural nutritional food choices inevitably lead to optimized animal wellbeing, unprocessed food often leads to a happier pet. Understanding how some food additives can affect the wellbeing of small animals may assist you in achieving long term wellness goals for your pet.

Below are some food additives that you may like to consider reducing or removing from your pets diet.

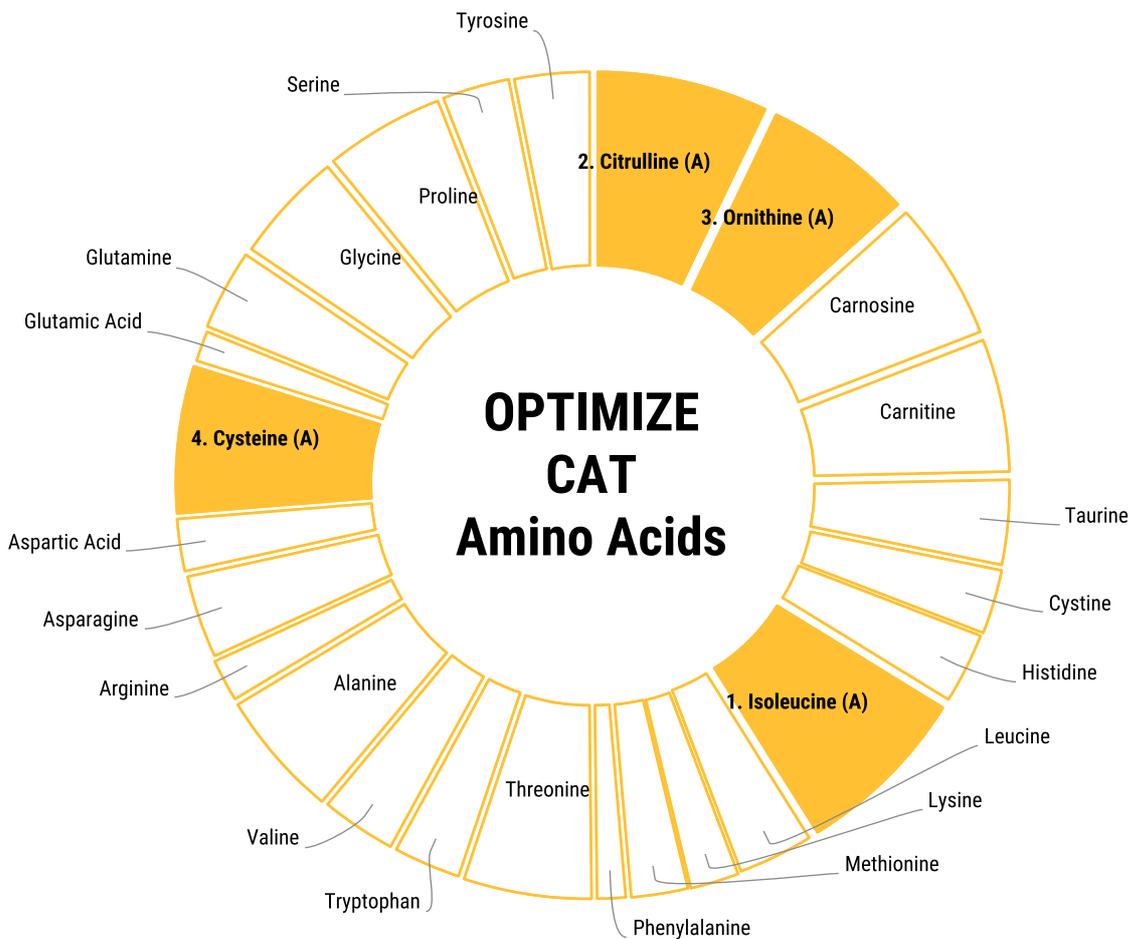
1. High fructose corn syrup (HFCS): It has been implicated in affecting poor cardiovascular response. Unfortunately, it is found in many popular human foods and also in animal snacks.
2. Aspartame: Is an additive often found in human and animal processed foods and considered to be an "excitotoxin" which overstimulates the neurons in the brain.
3. Monosodium glutamate: This is a hydrolyzed protein as well; it is used to enhance the taste of some animal foods and snacks.
4. Artificial coloring: They may cause involuntary physical responses and hyperactivity. Artificial colorings can be found in everyday pet foods.
5. A small animal's gut can also be stressed due to the consumption of the following: White Flour, Sodium Nitrite, Sodium Tripolyphosphate, Propylene Glycol and Sodium Hexametaphosphate.

Please note: Always read pet food labels before purchasing processed food for your pet, and consult your country's own animal food husbandry recommendations as well. Always seek the advice of a professional veterinarian, when making nutritional and dietary changes for your pet.

An indication in the overview chart of any underlying issues and/or the matching of any symptoms on this page is 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

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 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 is 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



ABOUT AMINO ACIDS

Amino Acids are your Cats best friend as they are the building blocks of a cats protein.

Cats require 22 Amino Acids but when they are healthy a cat can synthesize 11 of these amino acids; the remaining ones are classed as essential amino acids and must be consumed as part of a cats healthy balanced diet. The Essential Amino acids for cats include: taurine, arginine, histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophan, and valine. Your Cat uses Amino Acids in the functionality of vision, digestion, circulation and to ensure proper fetal development one of the most important essential Amino Acids which cannot be synthesized by your cat is taurine.



For more information refer to page 33

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.

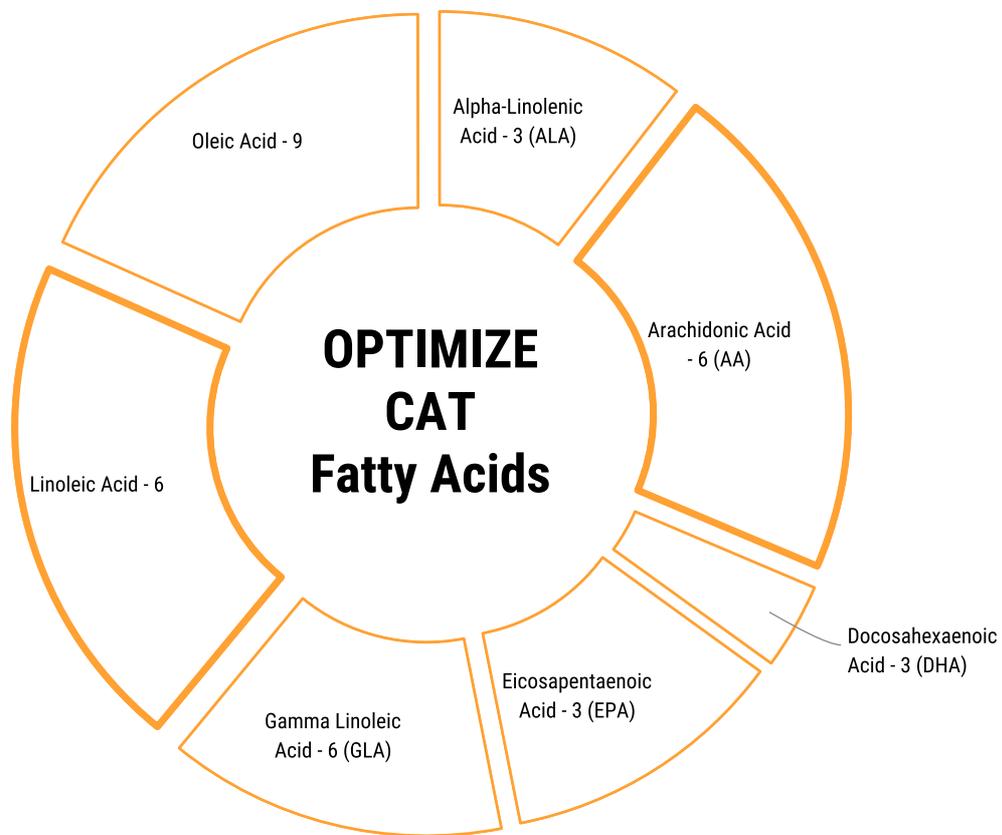
AMINO ACID SUPPORT FOODS

- Poultry
- Fresh Fish
- Shellfish
- Egg
- Red Meat
- Liver

An indication in the overview chart of any underlying issues and/or the matching of any symptoms on this page is 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 INDICATORS

Consider - 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.

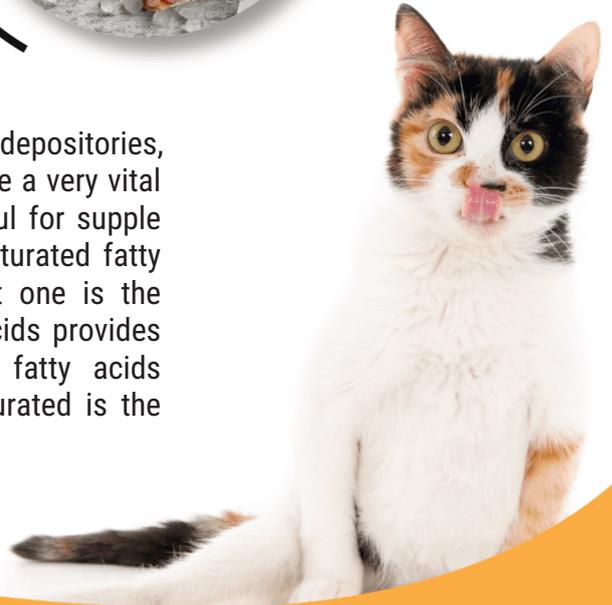
An indication in the overview chart of any underlying issues and/or the matching of any symptoms on this page is not a physical diagnosis of deficiency or associated illness. Always seek professional veterinarian advice when making nutritional and dietary changes for your cat.

FATTY ACIDS



ABOUT FATTY ACIDS

Fatty acids are found in many places, and act as strength depositories, strength carriers, production components and more. They are a very vital as cats can't produce them on their own and may be useful for supple skins, growth and development. There are groups of unsaturated fatty acids that affect our metabolism positively, an important one is the Omega-3-Group. Eating meals heavy in unsaturated fatty acids provides 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 34

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 systems 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

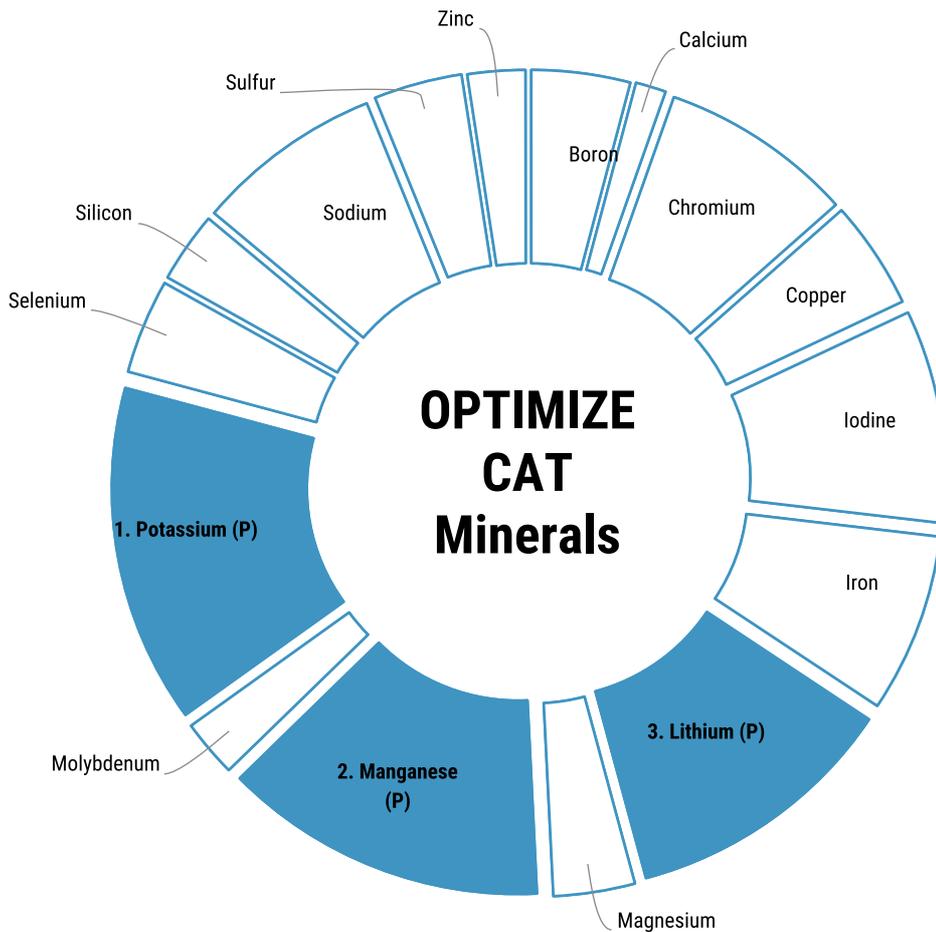
- Fresh Salmon
- Fish oil
- Sardines
- Shell Fish
- Lean meat
- Primrose oil

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

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

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.

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

MINERALS



ABOUT MINERALS

Minerals are key to a cat's 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 are enabled through the presence or characteristic of minerals. By offering the ingredients containing minerals, many capabilities in your cat's body can take hold in an optimum way, from catching unfastened radicals (Selenium) to insulin characteristic (Chromium), from an intact molecular membrane potential (Sodium and Potassium) to power manufacturing and effect (Manganese and Magnesium). Cats depend on many of these factors to be to be fortified. So, offering the ideal meals with minerals promotes health in their bodies in tuning their frame.



For more information refer to page 35

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.

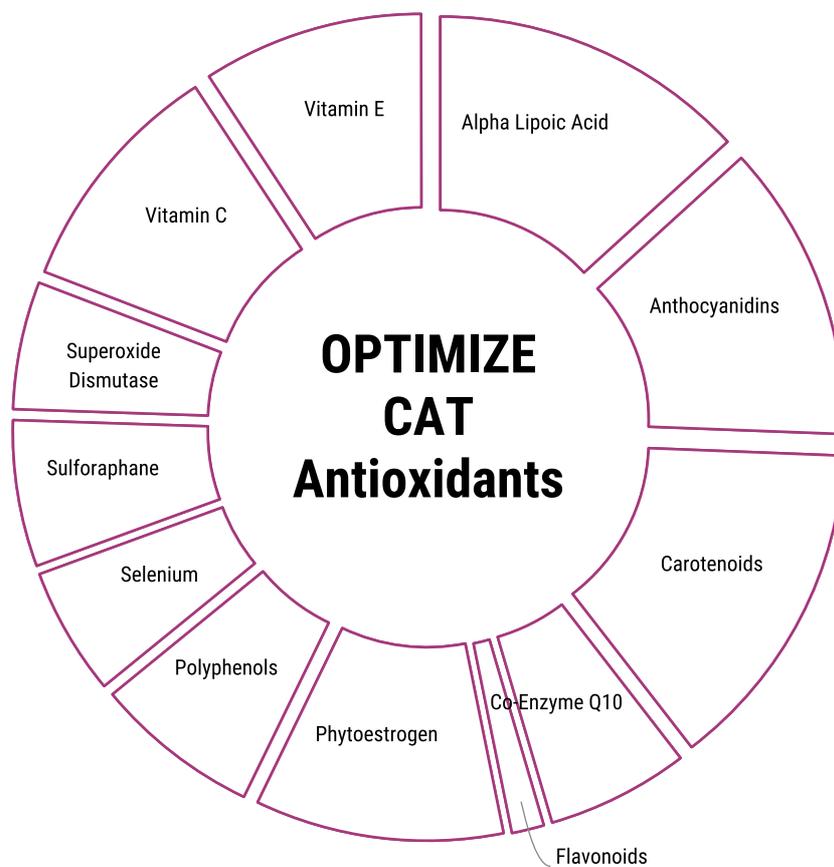
MINERAL SUPPORT FOODS

- Green Leafy Vegetables
- Fish
- Poultry
- Shellfish
- Red Meats
- Kidneys
- Eggs

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

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

ANTIOXIDANTS INDICATORS



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.

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

ANTIOXIDANTS



ABOUT ANTIOXIDANTS

Antioxidants are materials which can protect cells in your Cat's body from unfastened radical damage. This can arise from exposure to chemicals, strain within the metabolism, EMF's and radiation. Additionally, they assist the body's personal detoxing systems. Antioxidants supply electrons to the locations and molecules where they're wanted and needed. After donating their excess electrons, they become dysfunctional and want to get replaced by new ones. Vitamin C is the most important member of the group. However, there are others that both donate or assist in helping area switch electrons to fill the deficiency. Foods heavy in antioxidants have been known to be supportive for many years before all these other reasons became known.



For more information refer to page 36

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. Antioxidants are a key part in the processes which support the body in dealing with these issues. Your Cat needs a wide variety of antioxidants to help support their body to deal with oxidation, which will, in turn, support optimized Wellness.

ANTIOXIDANT SUPPORT FOODS

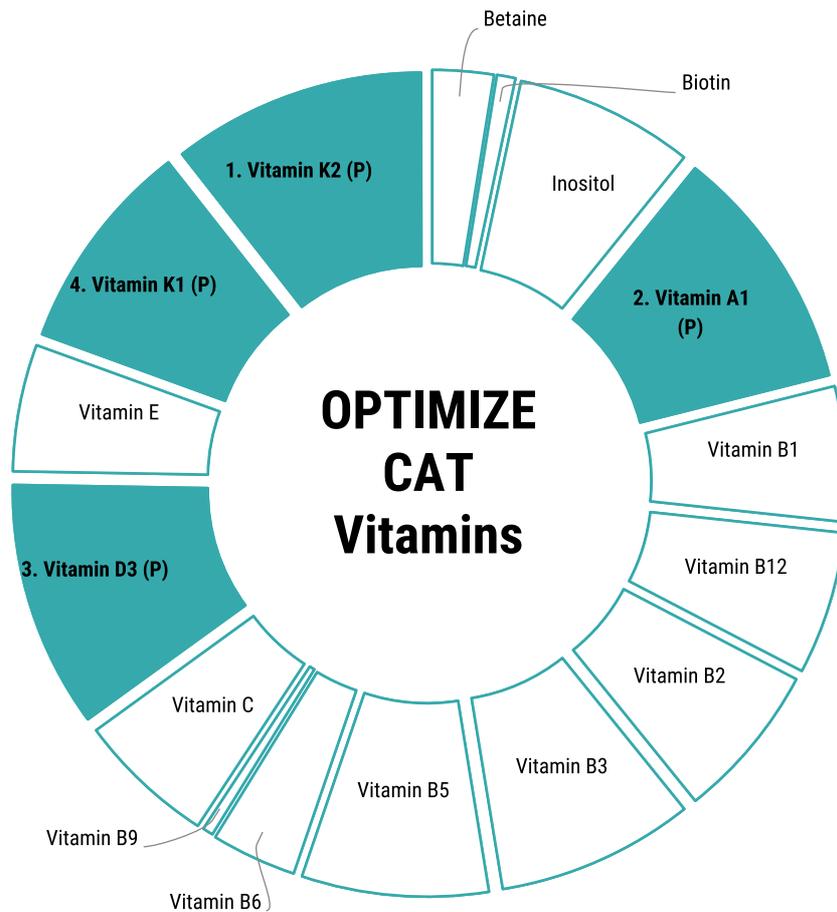
- Peppers
- Blueberries
- Cranberries
- Strawberries
- Green beans
- Spinach
- Broccoli
- Carrots
- Salmon
- Kelp

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

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VITAMINS INDICATORS

Priority - 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 an essential role in assisting your Cat's health. For biochemical processes, they're permitting or contributing factors, providers and helpers. Many metabolic steps are most viable with their presence or use. When diet deficiencies occur, the symptoms, may include such things as bad pores and skin coats, nighttime blindness, muscle groups weakness, vulnerable bones, chronic kidney disease, an increase in infections or inflammatory bowel disease.

Vitamins are important due to the fact Cats only synthesize a few nutrients by themselves. They need to be provided by the means of a few important nutrients. By consciously deciding on nutrient rich and supportive foods, you can assist in optimizing your Cat's wellbeing.

For more information refer to page 37

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 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 for your cats is from the foods they eat, where the vitamins are present with other nutrients which work synergistically to support your Cat's wellness.

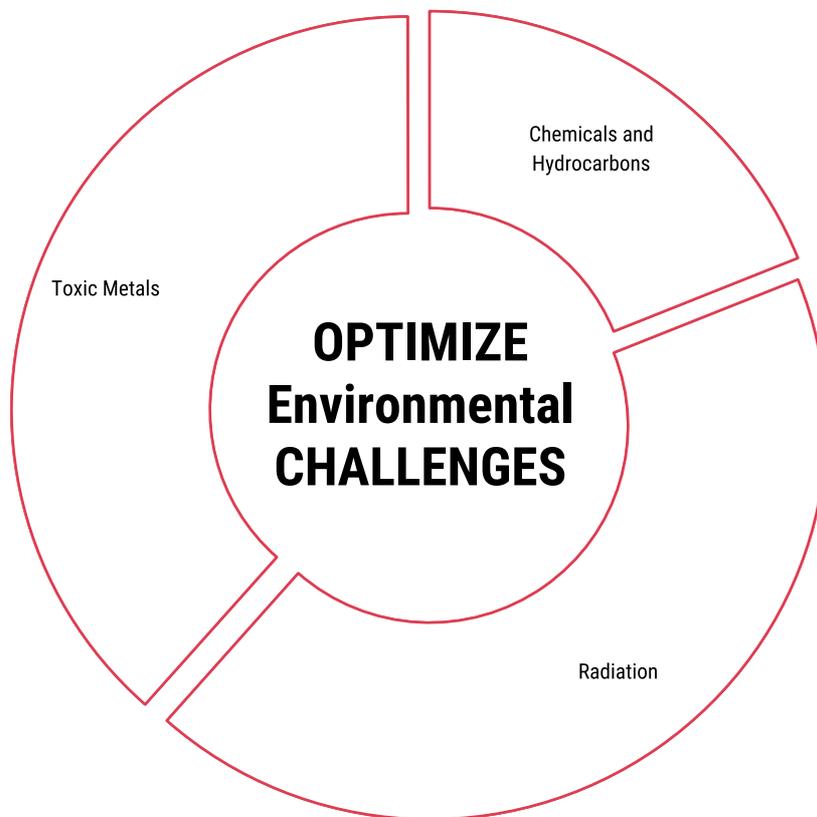
VITAMIN SUPPORT FOODS

- Kale
- Carrot
- Livers
- Chicken
- Fresh Salmon
- Fish oil
- Eggs

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

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ENVIRONMENTAL CHALLENGE INDICATORS

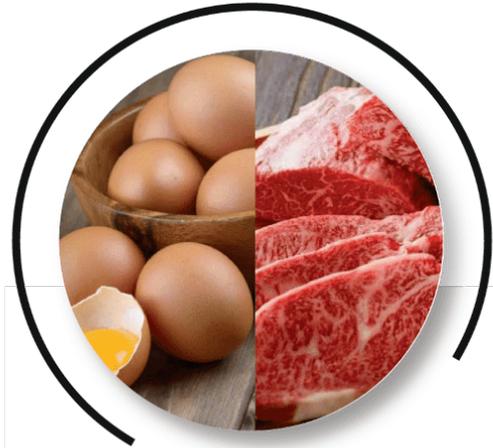


Category Indicator Chart

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 have changed dramatically because of the industrial revolution and one of largest modifications has come in the area of synthetic elements. We can absorb many impacts which aren't properly tolerated by your Cat's body and which we need to dispose of through 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 assistance from the diet. Toxic metals, radiation and chemicals can have an effect on your Cat's body in dramatic ways, and their body's can become 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

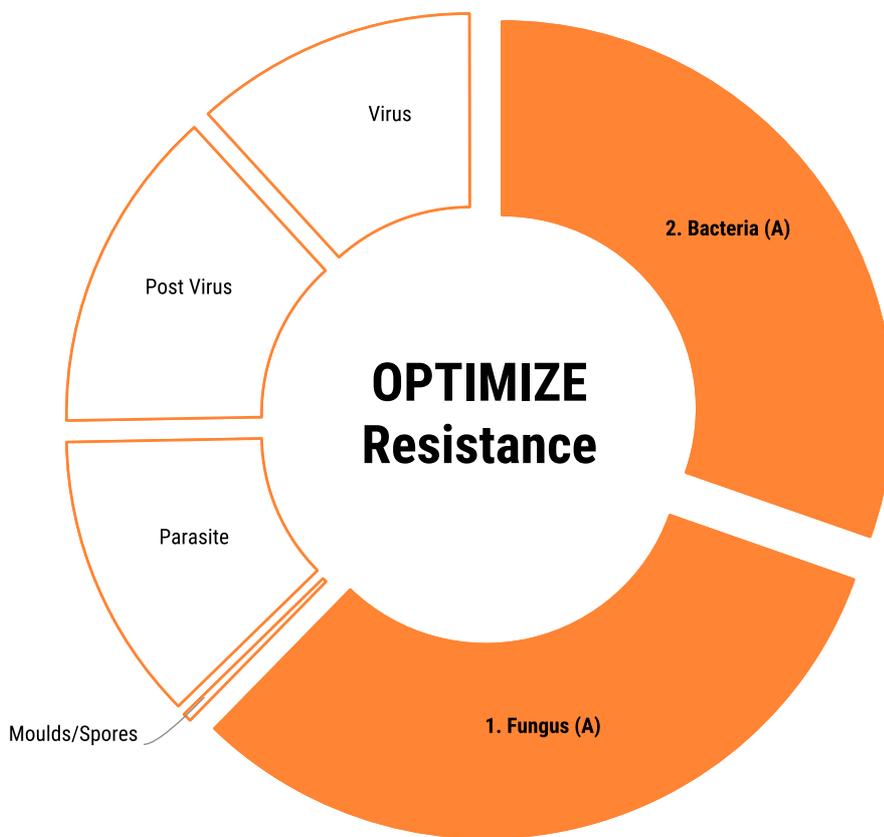
- Poultry
- Fresh Fish
- Shellfish
- Egg
- Red Meat
- Liver

If there are foods recommended for you, see the tables on page 31.

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RESISTANCE INDICATORS

Advisory - 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 cat's body can be assaulted by air- and water-borne micro-organisms. These can weaken their cap immune system and additionally can result in generalized infection. Some micro-organisms are welcomed to help on your Cat's digestive and protection functions.

Your Cat has 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

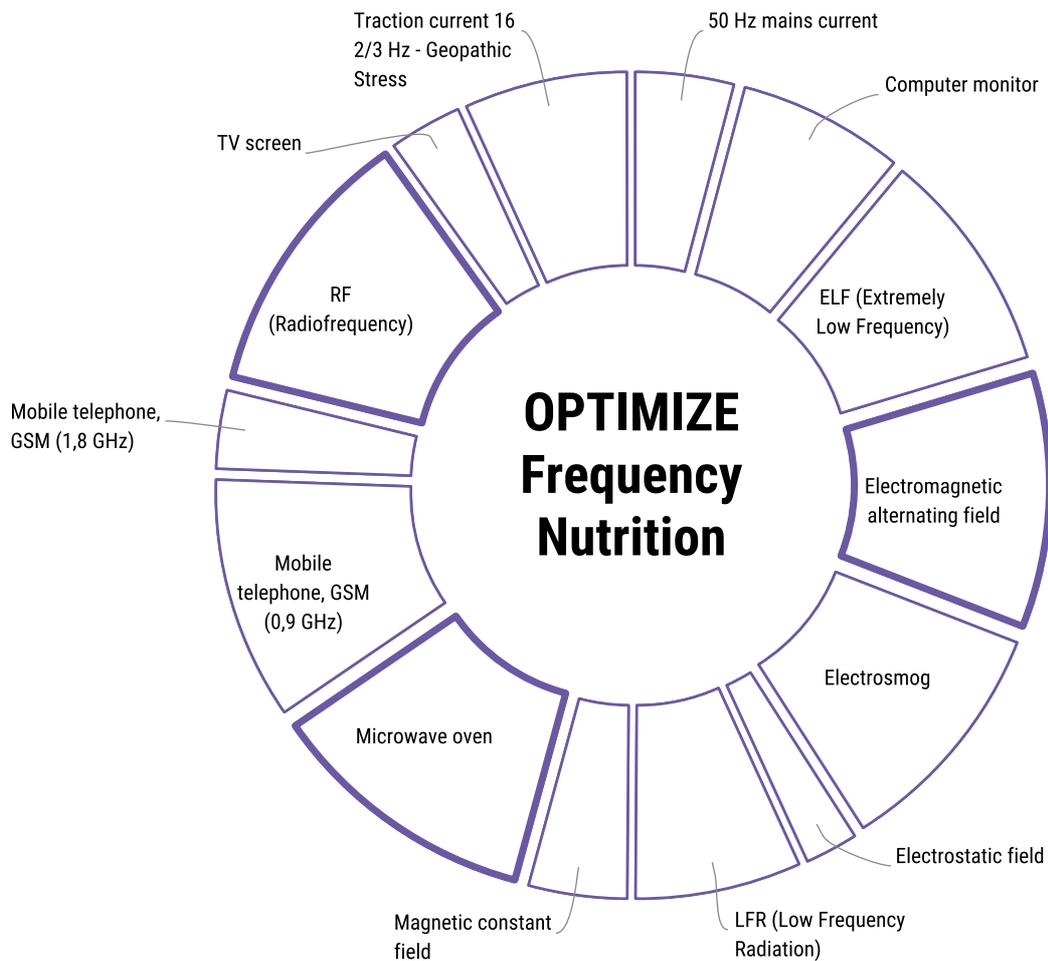
- Fish Oil
- Pro biotics
- Spirulina
- Barley grass
- Coconut oil in small amounts

For specific foods that maybe recommended for you see page 31.

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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 food regime.

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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 considered to be non-ionizing types of EM radiation within the 50Hz to 1GHz range. There are many types of natural frequencies, like visible light or ultra-violet, even the body and its cells have a weak frequency field.

Modern modulations of frequencies seem to no longer be compatible with the body's own fields. These elements can intervene with ordinary communications inside your Cat's body, and they need to be consuming extensive types of ingredients that can 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
- Pro biotics

See page 31 for specific foods

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

45 DAY OPTIMIZE PLAN

THIS REPORT IS ONLY VALID FOR THE NEXT 45-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 cat'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

Zucchini	Mango	Tuna	Peas	Carrot
Turkey	Flounder	Pork	Broccoli	Clams

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

[CLICK Here for more EMF/ELF Information](#)

[CLICK Here for more Toxins Information](#)

[CLICK Here for more Food Additives Information](#)

Step 3

Step 3 of the optimizing process is to ensure that your cat is 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 cat's have a regular source of good quality drinking water and ensure your pet has adequate water available

START Day 1

Step 5

The next step for optimization is to increase your cat's 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 30 for foods recommended for your cat.

START Day 30

Step 6

The final step of the Optimize Cat Plan is to support your cat in dealing 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 them.

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)
Potassium	Fish, fruit, seedless apricots, bananas, brown rice
Manganese	Pineapple, oysters, blackberries, brown rice
Vitamin K2	Egg Yolk, Chicken Liver, Chicken Breast, Beef
Vitamin A1	Carrots, pumpkin, spinach, cantaloupe melon, mango, chicken, turkey, eggs, salmon, beef, chicken, cod liver oil, cooked broccoli
Vitamin D3	Oysters, sardines, cod liver oil, mackerel, herring, salmon, maitake, eggs, sunlight
Lithium	Seaweed, eggs
Vitamin K1	Cooked broccoli, cooked cauliflower, carrot, egg, strawberry, olive oil
Isoleucine	Trout, turkey, chicken
Citrulline	Seedless Watermelon
Ornithine	Meat, fish, eggs
Cysteine	Beef, lamb, chicken, pork, fish, cheese, eggs, kamut
Arachidonic Acid - 6 (AA)	Chicken, turkey, eggs, beef, halibut, salmon
Linoleic Acid - 6	Beef, lamb

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)
Resistance Foods	Fungus	Ginger in small quantities, seaweed, olive oil
Resistance Foods	Bacteria	Ginger in small quantities, Fermented Foods, Tumeric, Honey (manuka), cabbage

Optimize Indicator (STEP 6 - Frequency Interference)	Suggested Food/Supplement Sources
Interference (Calcium Day 1-45)	Fresh salmon, sardines, cooked broccoli, kale, watercress, kelp, parsley
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)	Fresh salmon, mackerel, sardines, herring, trout

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 lifestyles supporting garden which has each right and bad vegetation. The cat's overall performance is predicated on optimizing and balancing the gardens right vegetation and manipulate of the undesirable overgrowth. A cat's intestine includes the trillions of good microbial bacteria, which assists 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 absorb 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.

What Nutrients Does Your Cat Need for Their Skin and Coat Wellbeing?



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 kitten 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 cat'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 or 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 day is essential, regardless if they have long or short hair. Bathe your kitten or cat only with a feline cat 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 and 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 a 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 and 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)** - is essential for a cat's cell membrane structure and cell function. It is required for a cat's growth and 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 kittens and 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 cat's 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 and 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 cat's growth and immune functions, as well as skin and coat conditions.

Nutrition Information

MINERALS



- **Calcium** - is an essential mineral that is necessary for a cat'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 cat's 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 kittens and to regulate metabolic rates.
- **Iron** - is one of the most necessary minerals for a cat's. It has many functional roles, including 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 to 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, it is an essential mineral that is necessary for a cat'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 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 cat's skin.

Nutrition Information

ANTIOXIDANTS



- **Alpha-Lipoic Acid** - Is 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.
- **Carotenoids** - are crucial for Kitties as it optimizes blood cell performance. It is important in all kitties as it enhances antibody levels and scavenges free radicals.
- **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 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 and 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, sustain their brain function as well as boost energy and reduce 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 phosphorous.
- **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:

Each Individual Cat and Kitten Epigenetic report is not intended to diagnose, treat, cure or prevent any disease or condition;

They are intended to provide natural, nutritional food information only. These statements have NOT been evaluated by any veterinarian association. Please refer to your local vet and read the Cat and Kitten nutritional manual for further information.