

Stress Relieving Aids

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Non- drug options that may help your dog cope with change new situations and mild anxiety, such as moving house, babies, kennel stays, travel....

Adaptil® is a synthetic pheromone that can have a calming effect on dogs. It is a chemical secreted by lactating bitches from their mammary glands to calm their puppies. It rarely has side effects and can really help in many situations. It comes as a slow-release collar (activated by body temperature), a diffuser for in house use and a spray for use for cars, travel cages, bandannas. Adaptil® also works together with the other medications and supplements.

Zylkene® is a food supplement that is a milk by-product for cats and dogs that contains a natural product derived from casein, a protein in milk. It is a molecule called alpha-casozepine, well known to promote the relaxation of newborns after breastfeeding. It works at the same neuro-receptor as Valium® (diazepam) to help reduce anxiety. There is also a new version called Zylkene Plus®, combining the alpha-casozepine with a white fish muscle hydrolysate that provides amino acids considered to have calming properties. Zylkene® helps pets cope when facing unusual and unpredictable situations and can be used before occasions such as a change in their normal environment. Zylkene® is palatable and easy to give; simply mix with food or give the whole capsule. Zylkene® can help support dogs and cats in situations where they find they need to adapt their behaviour to cope. These can include kennel and cattery stays, moving house, the arrival of a new pet or baby, sudden noises such as fireworks, travel or festivities.

Royal Canin Calm® diet for <15kgs dogs. This diet contains alpha -casozepine and L-tryptophan, both designed to reduce stress and increase serotonin. It is highly palatable and also designed to lessen the stress effects on the digestive system and skin health. For dogs under 15kg, Royal Canin Relax® diet, with fish-based ingredients to help calm dogs.

