

Bearded Dragons & MBD



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What is MBD?

Metabolic bone disease is a broad term for several problems to do with a Bearded Dragon's joints and bones. The easiest way to simplify MBD is to consider it the reptile equivalent to osteoporosis and brittle bones in humans.

What causes MBD?

MBD is primarily caused by deficiency due to improper diet, poor supplementation, and inadequate provision to a suitable environment.

What are the symptoms of MBD?

Common symptoms in Bearded Dragons present as loss of mobility, inflammation, swelling, and associated pain. Their movements may become laboured, and they often feel discomfort in being handled or touched. Loss of appetite, constipation and lethargy may also be apparent.

How can we prevent MBD?

MBD is an easily preventable disease by way of a healthy diet, adequate supplementation, and exposure to UVB.

Offer green, leafy vegetables and calcium enriched plants! Dandelion leaves, Endive, Mustard greens, Rosemary, Figs, Papaya, Squash, Sweet potato.

Through Summer we use Exo Terra Electrolyte and Vitamin D3 liquid supplement in our dragon's bath water.

As a primary staple feeder, we choose black soldier fly larvae as it is naturally enriched with calcium, with no calcium dusting required.

We supplement our dragons by dusting greens with calcium and vitamin D. We avoid vegetables such as Swiss chard, spinach, and beet greens as they contain oxalates which bind and prevent calcium absorption

We encourage spending supervised time out in the sun with your dragon, regularly and as often as possible. UV light from the sun is absorbed by your dragon and you will need to replicate this type of environment in your vivarium. You can do this by way of UVB lighting. This will help your dragon generate Vitamin D3 and allow for absorption of calcium in their diet.