



HOW TO MANAGE YOUR DOG'S ALLERGIES: ESSENTIAL HEALTH SOLUTIONS

Because good health starts from the inside out



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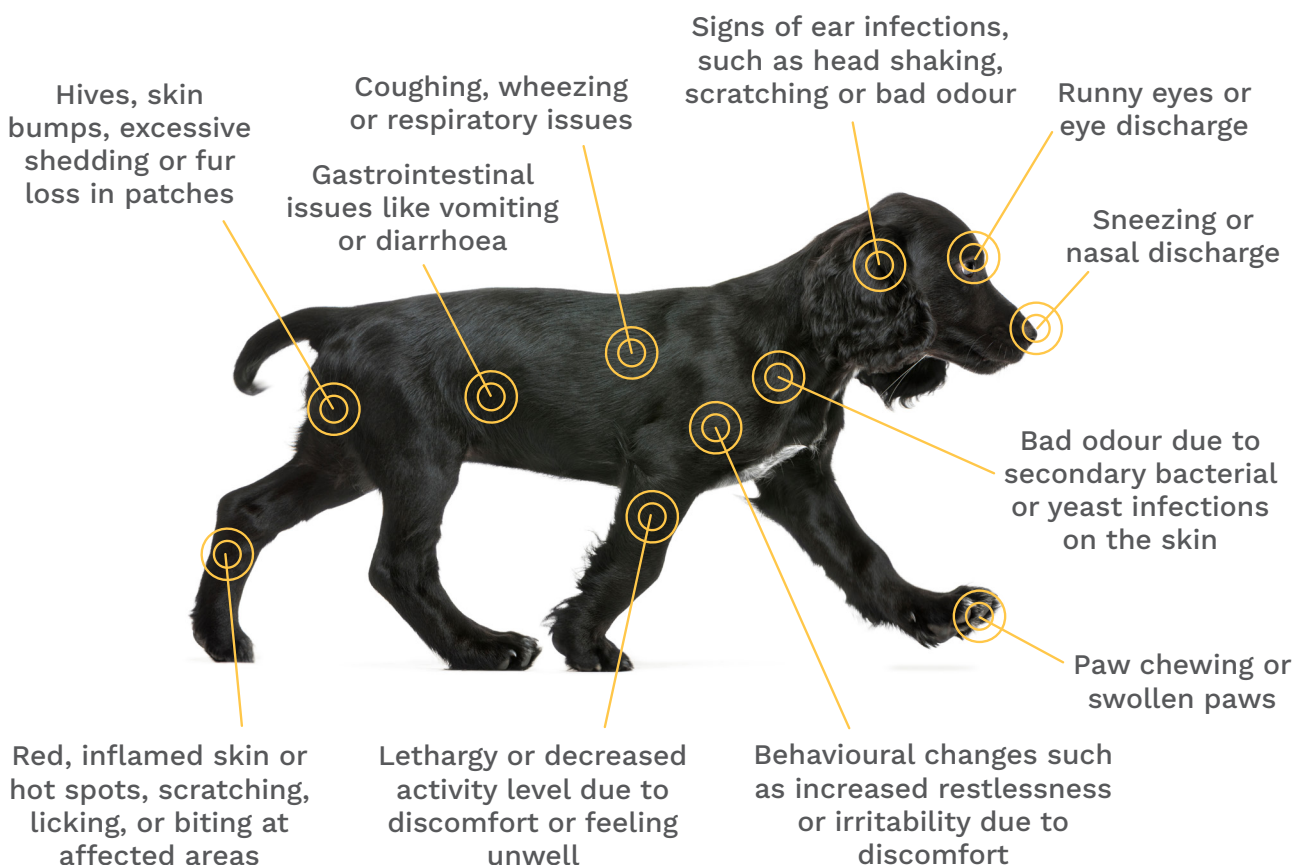
“Of all dogs,
20% to 30%
present with some type of
allergic dermatitis.”

Navigating the intricate world of pet health can often feel overwhelming, particularly when it comes to allergies. Whether it's incessant itching, frequent ear infections, or troubling gastrointestinal symptoms, allergic reactions in dogs can manifest in various ways and cause both you and your pet considerable distress.

This evolving landscape makes it crucial for dog owners to be vigilant, informed, and proactive in managing their pet's allergies. It's not just about dealing with symptoms as they arise, but also about pre-emptive care and creating an environment that minimises the risk of allergic reactions in the first place.

This guide aims to empower you with the knowledge and holistic tools you need to better manage your dog's allergies and improve their overall quality of life.

Common allergy symptoms in dogs



Common types of allergy

Food Allergies

In pets, a food allergy occurs when the immune system mistakenly identifies a specific protein found in food as a harmful substance. The body then produces antibodies to fight it, causing allergic symptoms such as itching, hives, and sometimes even anaphylaxis. Unlike food intolerance, food allergies often trigger systemic symptoms that may affect the skin, gastrointestinal tract, and respiratory system. In dogs, food allergies are more commonly associated with chicken, beef, dairy, soy, and wheat.

Environmental Allergies

Also known as atopic dermatitis, environmental allergies rank among the most prevalent skin diseases in dogs and are triggered by external factors such as pollen, grasses, dust mites, and mould spores. In most cases of atopic dermatitis, the microscopic allergens penetrate directly through the skin. As such, environmental allergies commonly lead to symptoms such as skin irritation and itching, as well as respiratory issues like sneezing and coughing. Dogs may scratch, bite, or lick themselves excessively to relieve the discomfort, potentially leading to secondary skin infections.

Flea Allergies

Flea allergy dermatitis, also known as "flea bite hypersensitivity," is the most prevalent allergic condition in dogs. This allergic reaction to flea saliva can be triggered by even a single flea bite and results in intense itching, redness, and inflammation. Effective management involves stringent flea control measures, both on your dog and in their living environment.

Factors that increase the risk of allergy

The gastrointestinal tract's lining is the largest bodily surface that interacts directly with the external environment. When the integrity of this gut barrier is compromised—a condition often termed "leaky gut"—undigested food proteins and other foreign substances can more easily enter the bloodstream. This triggers an immune response, setting the stage for the development of food allergies. Unfortunately, several common dietary and lifestyle factors can contribute to this "leaky gut" condition, thereby increasing the likelihood of food allergies. Here are some key culprits:

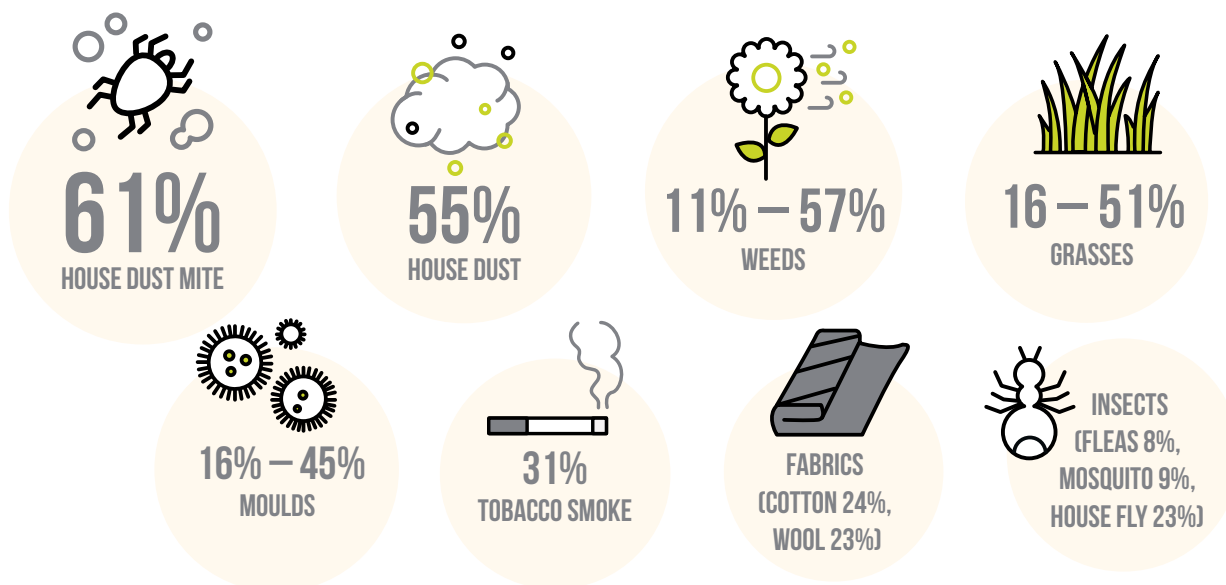
Dietary Risks

- **High-Carbohydrate Diets:** Many commercial dog foods are rich in carbohydrates. When proteins are heated at high temperatures alongside these carbohydrates, it can result in the formation of protein aggregates. These aggregates are not easily digestible and enhance the food's allergenic potential.
- **Processed Kibbles:** The extrusion process that commercial kibbles undergo triggers the Maillard reaction. This leads to the formation of advanced glycation end products and other harmful compounds that can induce a pro-inflammatory response, increasing the risk of allergic reactions.
- **Artificial Additives:** Ingredients used in the manufacturing of commercial pet foods, such as food colourings and preservatives, are often overlooked but can be hidden allergens.

- **Food Contamination and Mislabelling:** The issue of mislabelling and contamination is not uncommon in the pet food industry, even in veterinary prescription foods designed for elimination diets. One study found a staggering 58% contained undeclared animal species.
- **Storage mites:** Storage mites can be found in dry pet food. Pets exposed to this mite through ingestion, inhalation or absorption through the skin may develop an allergy to it.

Lifestyle risks

When it comes to environmental allergens that commonly affect dogs, one research study identified the following as the most likely triggers: Other lifestyle factors can adversely affect gut health, potentially increasing the risk of allergies in dogs. These include:



- **Acid-Lowering Medications:** Medications designed to reduce stomach acidity can disrupt the breakdown of large food proteins. This alteration in digestion can consequently raise the risk of developing food allergies.
- **Anti-Inflammatory Medications:** Non-steroidal anti-inflammatory drugs (NSAIDs) are among the leading contributors to gut lining damage. The compromised gut lining is known to be a factor in the onset of food allergies.
- **Antibiotics:** Overuse or improper use of antibiotics can deplete the diversity of the gut microbiome, facilitating the emergence of allergic conditions.

Various household chemicals and products can play a role in triggering or exacerbating skin conditions in dogs. Here are some key considerations:

- **Cleaning Agents and Detergents:** Residual chemicals from cleaning products or laundry detergents can linger on pet bedding, leading to skin irritation. Opt for hypoallergenic or pet-safe alternatives when possible.
- **Outdoor Chemicals:** Pesticides, fertilizers, and insecticides used in gardens or around the home can be harmful. Ensure your pet avoids treated areas until it's safe, and consider pet-friendly options.
- **Essential Oils:** While some essential oils offer health benefits, oils like tea tree and eucalyptus can be toxic to dogs and may cause skin irritation. Always consult your vet before using essential oils around your pet.

- **Plastic Pet Supplies:** Plastic bowls and toys may leach chemicals that act as endocrine disruptors, which could worsen skin conditions. Opt for stainless steel or ceramic bowls and natural toy materials when possible.
- **Aerosol Products:** Common aerosolized products like insect sprays, perfumes, hairsprays, and air fresheners often contain irritants. Use these sparingly and ensure good ventilation when applied.
- **Water Quality:** Chlorinated or fluoridated water can be harsh on a dog's skin. Consider using filtered water for your pet's drinking and bathing needs.
- **Pet Grooming Products:** Not all shampoos, soaps, and medicated skin treatments are suitable for every dog. Look for hypoallergenic products.

We also mustn't overlook the impact that stress and anxiety can have on a dog's health. Elevated levels of stress can negatively affect both gut health and immune system functioning in dogs. This compromised state can make them more vulnerable to a range of issues, including gastrointestinal disturbances and skin-related problems such as allergies or infections. Therefore, managing your dog's emotional well-being is another integral aspect of keeping them healthy, particularly if they are already prone to allergic reactions.

Being aware of these risk factors can help you make more informed dietary choices for your dog, reducing the likelihood of triggering or exacerbating food allergies.



DIETARY RECOMMENDATIONS

The most reliable way to pinpoint a food allergy in your dog is to feed them a novel, single protein diet for at least 6 – 8 weeks. Whether you choose a home-cooked meal or a commercial option, it's crucial to know exactly what ingredients are in the food and to ensure it's free from undisclosed contaminants.

Standard commercial foods like canned goods and kibbles often fall short in this regard so look for these key areas when selecting food for dogs with allergies or sensitivities:

- Opt for foods prepared in smaller, fresher batches, as this allows you to better ascertain the ingredients and minimises the risk of allergenic substances slipping in during production.
- Choose fresh, human-grade ingredients without synthetic fillers, consider homemade or select commercial options crafted in small batches with quality ingredients.
- Avoid mass-produced commercial foods. Even though manufacturers of 'hypoallergenic' or 'limited ingredient' dog foods claim to follow best practices, evidence suggests there is a lack of oversight and reliability in the labeling on commercial kibble and canned foods.

Before embarking on an elimination diet, it's important to eliminate other potential causes for your dog's symptoms. Symptoms that may seem indicative of a food allergy or intolerance could also signify other medical issues. Accurately pinpointing the root cause is vital for determining whether an elimination diet is the right course of action.

Herbal teas

Another strategy to consider for managing your dog's allergies is incorporating herbal teas into their meals. This is an affordable, straightforward, and generally safe approach that can offer relief from common allergic symptoms.

Effective Herbal Teas for Allergies Include:

- **Decaffeinated Green Tea:** Green tea contains a potent compound called EGCG, which has been proven to combat allergies. It does so by inhibiting the production of histamine and immunoglobulin E (IgE), both of which play a significant role in triggering and sustaining allergic reactions.
- **Nettle Tea:** Studies have shown that nettle extract can mitigate allergic symptoms by suppressing histamine production. Furthermore, nettle has anti-inflammatory properties, which can help reduce the body's release of inflammation-inducing compounds.
- **Chamomile Tea:** Known for its soothing properties, chamomile tea can be beneficial in alleviating skin irritations and calming the digestive system, which can sometimes be affected by allergies.
- **Rooibos Tea:** This caffeine-free option is rich in antioxidants and has anti-inflammatory properties. It also contains the flavonoid quercetin, making it another excellent choice for dogs experiencing allergic reactions.

To make a nourishing herbal tea for your dog, steep one tea bag in boiling water, then cool and refrigerate. Mix with food at mealtime for added benefits, remembering to shake or stir before using. As a general guide:

Small dogs:	Medium dogs:	Large dogs:	Giant dogs:
1-2 Tbsp	1/4 cup	1/2 cup	1 cup

Always start with a smaller amount and increase to a higher amount gradually.

Herbal teas can also be applied topically to alleviate symptoms like itchy skin, hot spots, or rashes in dogs. The anti-inflammatory and antihistamine properties in the teas can provide immediate relief from redness, itchiness, and irritation.

To use, soak a cloth in cooled tea and apply to the affected area, avoiding open wounds and sensitive areas. Alternatively, mist the tea on the skin or add it to a bath for a more thorough treatment.

Importance of Avoiding High-Histamine Foods

Histamines are naturally occurring compounds that play a role in immune responses, including allergic reactions. Foods with high levels of histamines can exacerbate allergy symptoms, making it vital to choose low-histamine options whenever possible. Here are some examples of foods to consider:

High-Histamine Foods to Avoid:

- **Canned Fish:** Such as canned sardines or tuna.
- **Processed Dog Foods:** Some commercial dog foods may contain high-histamine meat by-products.
- **Leftover Meat:** Meat that has been stored for an extended period can develop higher histamine levels.
- **Fermented Foods:** Like kefir or certain yogurts.
- **Aged Meats:** Such as certain types of air-dried jerky made for dogs.
- **Vegetables and fruits:** Dried fruits, pears, banana, avocado, eggplant, spinach, strawberries, pineapple, kiwifruit, tomato.

Low-Histamine Foods to Consider:

- **Fresh, Lean Meats:** Like chicken, turkey, beef, goat, lamb and kangaroo.
- **Freshly Caught Fish:** Such as salmon, cod, whitefish, trout, perch
- **Fresh Vegetables:** Carrots, cucumbers, zucchini, pumpkin, broccoli.
- **Plain, Cooked Eggs:** Preferably fresh and organic.
- **Fresh Fruits:** Such as blueberries, apples and watermelon, in moderation.

By being aware of the histamine content in foods, you can make more informed choices that may help alleviate your dog's allergy symptoms.

LIFESTYLE RECOMMENDATIONS

Maintaining a clean living environment is a cornerstone for managing allergies in your dog. To minimise exposure to potential allergens, you may want to consider a multi-pronged approach that goes beyond basic cleanliness. Here are some recommendations:

- **Weekly Laundering:** Wash your dog's bedding in hot water every week. This can significantly reduce allergens like dust mites, pet dander, and other irritants that might cause or exacerbate allergic reactions.
- **Frequent Vacuuming:** Make it a point to vacuum your home regularly, paying special attention to areas where your pet frequently spends time. Some vacuums come with pet-friendly attachments specifically designed to pick up pet hair and dander.
- **Bedroom Restrictions:** If possible, keep pets out of human bedrooms, as these spaces often have higher concentrations of dust mites. Limiting access to these areas can reduce the exposure to these common allergens.
- **Non-Carpeted Sleeping Areas:** Encourage your pet to sleep in rooms without carpeting. Hardwood or tile floors are less likely to harbor allergens like dust mites, making them a better choice for night-time rest.
- **Elevated Pet Beds:** Opt for elevated beds made of synthetic materials such as 'shade cloth,' and frames made of non-porous materials like aluminium. Elevated beds are less inviting to mites and easier to clean.
- **Cotton Bedding:** When selecting sheets for your pet's bed, opt for 100% cotton. Cotton is not only comfortable but also easier to launder and more effective at shedding mite debris during washing.
- **Natural Fabric for Pet Clothing:** If your pet wears jumpers or coats, especially during the winter, it's advisable to steer clear of synthetic materials. Opt instead for garments made from natural cotton fabrics, as they are less likely to trigger allergies and are also easier to clean. Just like cotton bedding, cotton clothing is more effective at shedding allergen particles during washing.
- **Air Purifiers:** Consider installing an air purifier equipped with a HEPA filter in rooms where your pet spends the most time. This can help capture airborne allergens like pollen, dust, and pet dander, offering an added layer of protection against allergies.
- **Limit Outdoor Exposure During High-Risk Conditions:** Be mindful of the weather and environmental factors that could exacerbate your pet's allergies. Limit outdoor activities during high pollen counts, windy days, or periods of high humidity. Early morning and late evening hours are often peak times for allergens like pollen to be in the air. Additionally, consider keeping your dog off freshly mowed lawns for several hours to minimise contact with stirred-up allergens.

By taking these steps, you'll be going above and beyond to create an allergy-friendly environment for your dog. The key is early intervention and ongoing management, not just to treat allergies but also to enhance your dog's overall well-being.

Take a Moment to Reflect!

As you've read through these lifestyle recommendations, consider the spaces your pet spends the most time in. Look around your home—could any of these factors be contributing to your pet's allergy symptoms? The changes you make today could be the first step toward a happier, healthier life for your dog.



#1 STABILISE MAST CELLS

Antihistamines work by preventing histamine release from a type of immune cell in the body called mast cells.

Mast cells are distributed throughout the body but are found in greater concentrations in specific areas that interface between the internal body and the external environment. For instance, they are abundant in sinus cavities, explaining why exposure to allergens often leads to symptoms like a runny nose, watery eyes, and sneezing. Similarly, their presence in the gut is responsible for triggering gastrointestinal issues such as vomiting and diarrhea when allergens are ingested. Additionally, the concentration of mast cells near the skin's surface can give rise to skin-related symptoms like lesions, redness, and persistent itching.

Many dog owners might instinctively opt for pharmaceutical antihistamines, known for providing rapid relief from symptoms like itching and sneezing. However, there are also natural alternatives that can effectively alleviate symptoms, albeit with a slower onset of action.

Palmitoylethanolamide (aka P.E.A)

P.E.A is a naturally occurring compound that is produced by most of the body's cells and tissues. P.E.A has gained attention for its anti-inflammatory and analgesic properties. It also acts as a natural antihistamine and has proven efficacy in treating atopic dermatitis in dogs. P.E.A acts on a cellular receptor level to stabilise mast cells, preventing them from releasing inflammatory substances such as histamine. By inhibiting the activation of mast cells, P.E.A can effectively reduce allergy symptoms, offering a natural yet powerful option for managing atopic dermatitis in dogs.

#2 BALANCE THE IMMUNE SYSTEM

Research has shown that allergies often arise from an imbalanced immune system that overreacts to substances that are generally harmless, such as pollen, dust, or certain foods. In these cases, the immune system misidentifies these substances as threats, leading to an overproduction of Immunoglobulin E (IgE) antibodies and the release of inflammatory substances like histamine from mast cells. This results in the familiar symptoms of allergies, such as itching, sneezing, and gastrointestinal issues. Therefore, balancing the immune system is a key aspect of managing and reducing allergy symptoms.

Immunotherapy, probiotics, and supplements modulate immune responses effectively, aiming to "retrain" the system to reduce allergen responses and symptoms. Balancing the immune response not only alleviates current symptoms but also addresses the root cause for long-term relief.

Bovine Colostrum: Bovine colostrum, the nutrient-rich first milk produced by cows after giving birth, has been the subject of extensive research. Studies suggest that bovine colostrum can help balance the immune system by modulating immune responses and promoting gut health. This is particularly beneficial for reducing allergy symptoms, as allergies often arise from an overreactive immune system.

***Saccharomyces boulardii*:** Probiotics, such as *Saccharomyces Boulardii*, offer a potential solution in managing allergies. This beneficial yeast supports the formation of regulatory immune cells, like T regulatory cells, which are vital in curbing overzealous immune responses. By promoting the proliferation of beneficial bacteria and inhibiting the growth of detrimental ones, *Saccharomyces Boulardii* aids in re-establishing equilibrium in the gut microbiota, thereby enhancing immune functionality.

Saccharomyces Boulardii is also noted for its anti-inflammatory effects. It has the ability to fine-tune the immune system and diminish the generation of pro-inflammatory substances like cytokines. In curbing inflammation, *Saccharomyces Boulardii* may help ease symptoms associated with atopic dermatitis, such as redness, itchiness, and swelling.

Medicinal mushrooms: Mushrooms like *Ganoderma lucidum* (Reishi), *Lentinula edodes* (Shiitake), *Grifola frondosa* (Maitake), *Trametes versicolor* (Turkey Tail), and *Cordyceps sinensis* (Cordyceps) offer a range of immunomodulatory and anti-inflammatory benefits that can be helpful in managing allergy symptoms. For instance, Reishi is known to inhibit histamine release, the primary culprit behind symptoms such as itching and sneezing, while Shiitake stimulates the production of immune cells like T-cells and macrophages, strengthening the body's defence against allergens.

Maitake and Turkey Tail both contain compounds that can not only modulate the immune system but also inhibit histamine release, potentially reducing allergic reactions. Cordyceps, on the other hand, is lauded for its anti-inflammatory properties and its ability to improve respiratory health, making it useful in alleviating symptoms like sneezing and nasal congestion. Together, these mushrooms offer a natural approach to fortifying the immune system and managing the symptoms of allergies.

#3 RESTORE GUT HEALTH

The connection between gut health and allergies is becoming increasingly evident. The gut serves as a habitat for trillions of microbes, commonly referred to as gut microbiota. Research suggests that people with allergies frequently show a distinct gut microbiota composition in comparison to those without allergies. Typically, they have fewer beneficial bacteria and a heightened presence of potentially harmful ones. Additionally, a compromised gut lining, often referred to as "leaky gut," can exacerbate allergic responses. In this state, the intestinal barrier allows undigested food particles and other substances to pass into the bloodstream, triggering an immune response that can contribute to allergies and inflammatory conditions.

Below is a list of key natural ingredients that have been shown to support healthy gut health, thereby minimising the risk of allergies.

Key ingredients to support gut health

Saccharomyces boulardii: Aids in mitigating allergy symptoms by restoring the gut flora's balance and fortifying the intestinal barrier. Research indicates that it encourages the generation of tight junction proteins, crucial elements for preserving the integrity of the intestinal lining.

L-Glutamine: Serves as a key protective agent for the gut lining's structural integrity, helping to reduce its permeability. Additionally, it supports protein synthesis and facilitates the healing of intestinal injuries.

Slippery elm: Acts as a demulcent that can soothe an irritated or unsettled digestive system. It forms a protective and healing layer over the gastrointestinal membranes, which can aid in reducing inflammation and repairing damaged tissues.

Methylsulfonylmethane (MSM): May be beneficial for both rebuilding and maintaining the gastrointestinal tract lining, as well as reducing oxidative stress and inflammation that could compromise immunity. Additionally, MSM has been shown to mitigate allergic reactions by suppressing the release of cytokines and prostaglandins, which are involved in inflammatory responses.

Glycine: Plays a pivotal role in maintaining healthy digestion. Low levels of glycine can result in compromised digestive functions, including diminished bile acid production. This, in turn, can lead to the malabsorption of fats and a deficiency in fat-soluble vitamins, potentially exacerbating allergic symptoms.

Pectin: A soluble fibre with prebiotic properties that acts as a food source to support the growth of beneficial bacteria, which can decrease inflammation and improve gastrointestinal symptoms.

Vitamin C: Serves as a potent antioxidant that can support gut health by reducing inflammation, enhancing the integrity of the gut barrier, and potentially alleviating symptoms of allergies by fortifying the body's immune response.

Marshmallow Root: Known for its high mucilage content and demulcent qualities, which serve to alleviate gut irritation and inflammation. By reinforcing the integrity of the gut lining, it helps minimise the risk of developing a ‘leaky gut’.

Deglycyrrhizinated licorice (DGL): Known to boost the production of protective mucus in the stomach and oesophagus. Its flavonoids play a key role in soothing, rebuilding, and fortifying the mucosal lining of the gastrointestinal tract,

Chamomile: Often utilised to alleviate gastrointestinal discomfort, providing a soothing effect that may be particularly beneficial for those experiencing digestive issues as part of their allergic symptoms.

Quercetin: Acts as a powerful natural anti-inflammatory agent, promoting gut barrier integrity. It works by stabilising mast cells, which in turn helps prevent the release of histamine and other inflammatory substances that can trigger allergic reactions.

Turmeric: Offers anti-inflammatory benefits that can alleviate gastrointestinal symptoms often associated with allergic reactions. Its properties can be especially helpful in reducing inflammation in the digestive system.

Zinc: Recognised for its ability to strengthen the tight junctions in the intestinal lining. This helps to minimise gut permeability, thereby reducing the likelihood of allergic reactions triggered by substances entering the bloodstream.

Methylcobalamin (vitamin B12): Chronic digestive disorders, often seen in cases of allergies, elevate the risk of a Vitamin B12 deficiency. Supplementing with highly absorbable forms of Vitamin B12 can help maintain gut and immune health.



Allergy Relief Starts Here

Allergies are complex

Allergies can be complicated and have various causes that affect more than just your pet's skin. It's important to identify and address these root causes to fix the problem and improve your pet's overall health, rather than just treating the symptoms. To best support your canine companion, we have designed a 3-step support strategy to address several underlying causes of allergy symptoms.*



**As a rule, pet owners should always seek the guidance of their veterinarian as the first step when their pet displays any concerning symptoms. Only a qualified veterinarian can provide a formal diagnosis and recommend appropriate treatment options tailored to the specific needs of your pet.*

STEP 1 P.E.A Plus

Palmitoylethanolamide (P.E.A) is a natural endocannabinoid-like compound that exerts analgesic, anti-inflammatory and antihistamine effects. P.E.A Plus is formulated with ultra-micronised P.E.A in combination with sunflower lecithin for rapid absorption and optimal bioavailability.

P.E.A has a long track record of use in veterinary medicine with excellent safety and tolerability. No serious side-effects or adverse drug-drug interactions have been reported in the literature relating to the use of P.E.A. As such, it can be used alongside vet-prescribed treatment approaches.

STEP 2 Pure Colostrum

Pure Colostrum is a rich source of essential nutrients, immune modulators, growth factors and other bioactive compounds that aid in the maintenance of gastrointestinal health and immune function.

STEP 3 Gut Restore

Gut Restore is a comprehensive herbal and nutritional formula designed to support healthy gastrointestinal and immune function.

For dogs that need additional support

Pure SB

Pure SB contains the unique probiotic strain *Saccharomyces boulardii*, shown to be beneficial in supporting healthy gut flora balance and normal bowel function in dogs. *S. boulardii* also shows increasing benefits in managing allergies and skin conditions. Its probiotic properties, coupled with its ability to support gut and immune health, make it a valuable addition to any wellness routine.

Mushroom Elixir

Our Mushroom Elixir contains a synergistic blend of five ancient mushrooms. These time-tested mushrooms are traditionally used to fortify the immune system, providing a holistic approach to wellness. Specially designed for optimal bioavailability, this elixir works to not only strengthen immune function but also to enhance vitality, support gut health, and help in combatting a range of allergy symptoms.

Where do I start?

While each dog's experience with allergies can differ in terms of severity and symptoms, the following product guidelines serve as an initial roadmap for your pet's path to recovery.

For dogs with mild-to-moderate symptoms:

Breakfast



Dinner



For dogs with moderate-to-severe symptoms:

Breakfast



Dinner



If you feed one meal per day, you can safely add all products into that one meal.

However, P.E.A has a relatively short half-life in the body, so twice-a-day dosing can provide greater benefits for some dogs.

If you feed kibble, you can mix the powders into a small amount of water or plain Greek yoghurt before adding it to the food.

For small dogs, I generally recommend giving one tub's worth of the Gut Restore, then transitioning onto the Gut Protect for every day, longer-term use. For medium and large-sized dogs, I generally recommend giving two tubs worth of the Gut Restore before transitioning onto the Gut Protect for every day, longer-term use.

Remember - it takes time

In your journey to address your dog's allergies, it's essential to remember that resolving symptoms—especially in chronic cases—requires time, patience, and a multifaceted approach. Achieving lasting relief is seldom a quick fix, but when you holistically address all contributing factors, including diet, supplements, and environmental triggers, you increase the likelihood of long-term improvement. We understand that it can be challenging to see your furry friend struggle, but rest assured that with comprehensive and consistent care, a resolution of symptoms is indeed possible. Stick with your tailored regimen, consult your veterinarian or other healthcare professional for ongoing advice, and be patient as you work towards restoring your dog's health and well-being.

CAUTIONS

Minimising gas

Prebiotics are a type of fibre that feed the bacteria in your dog's gastrointestinal tract, leading to a long list of beneficial effects on health. Examples of prebiotics include slippery elm, Marshmallow root, psyllium, inulin and larch arabinogalactan. Giving too high a dose of prebiotics too quickly may trigger gastric upsets in some sensitive dogs, as their resident gut bacteria need time to adjust to the new and amazing food source.

That's why it's recommended to start with a smaller dose of the Gut Restore than recommended and to build up gradually over the period of a week or two, depending on how sensitive your dog is – for some dogs, a few days at a lower dose is fine.

Prescription medications

Theoretically, mucilaginous herbs such as slippery elm, pectin and marshmallow root, and high fibre ingredients such as psyllium husks, may slow down the absorption of prescription medications. It is therefore recommended that you give any prescription medications at least 1 hour before the Gut Restore, or at least 2 hours after.

Health conditions

Glutamine should be used with caution in animals with severe liver disease, cancer or seizure disorders (eg, epilepsy).

Gut Restore and Pure SB should be used with caution in pregnant or lactating animals as safe use in pregnant and lactating animals has not been established.

Animal studies have demonstrated that P.E.A is safe and well tolerated during pregnancy.

If you are still not sure, please email our team at info@canineceuticals.com.au



Alternatively, we offer two tiers of health consultation services for dogs, designed to meet the varying needs of pet owners and their companions. Both tiers are available after a veterinary diagnosis has been provided.

These custom health consultations come with an option to purchase individual tailored herbal tonics.

CanineCeuticals Range of Solutions



Gut Protect

Prebiotics, probiotics, herbs and enzymes to maintain optimum immune and digestive function.



Gut Restore

Designed to restore the health of the gastrointestinal tract.



Pure SB

For healthy gut flora balance during antibiotic use.



Beef Bone Broth+

Naturally nourishing for joints, skin, gut and immune health.



Organic Super Greens

Phytonutrients and antioxidants for optimal cellular health.



Replace-A-Bone

A complete calcium source for homemade diets to ensure optimum growth and bone health.



P.E.A Plus

A natural compound that may assist in the relief of inflammation, pain and itch.



Collagen Forte

Hydrolysed collagen peptides to maintain healthy connective tissues and mobility.



Relax

A blend of natural plant-based terpenes to support an overactive nervous system.



Cognition Care

For cognitive health, sustained energy and healthy ageing.





Organic Beef Kidney

Packed with essential vitamins and minerals for overall health and wellness.



Organic Beef Liver

A rich source of vitamin A to support healthy skin, coat and connective tissues.



Organic Organ Blend

A natural source of essential nutrients to support whole-body health and wellbeing



Organic Beef Pancreas

A natural source of enzymes to support healthy digestion and improve nutrient absorption.



Organic Beef Spleen

Rich in iron and immune-enhancing compounds unique to spleen tissue.



Pure Lion's Mane

To support the health and activity of the nervous system.



Pure Turkey Tail

For healthy immune function and whole-body resilience.



Pure Milk Thistle

Traditionally used to maintain healthy liver and digestive functions.



Stress-Ease

To aid in the maintenance of emotional wellbeing.



Mushroom Elixir

A mushroom blend traditionally used to support optimum immune function.



Pure Colostrum

A natural source of immune compounds to support whole-body wellness.



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