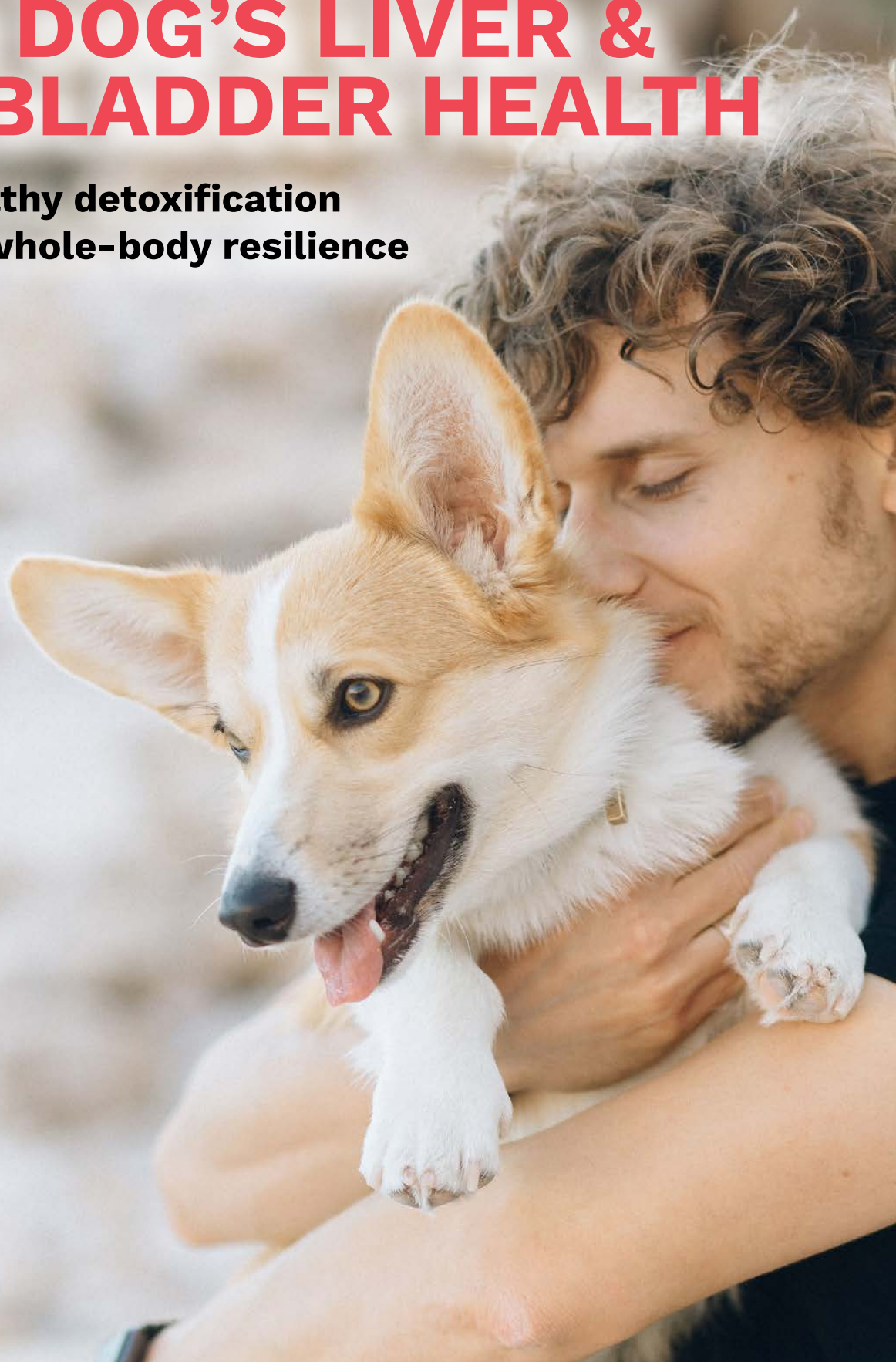




HOW TO SUPPORT YOUR DOG'S LIVER & GALLBLADDER HEALTH

**Because healthy detoxification
depends on whole-body resilience**



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“Liver support is not about ‘detoxing’ aggressively. It’s about reducing unnecessary toxin load, supporting antioxidant defences, calming inflammation, protecting the gut-liver axis, and feeding in a way that matches your dog’s needs.”

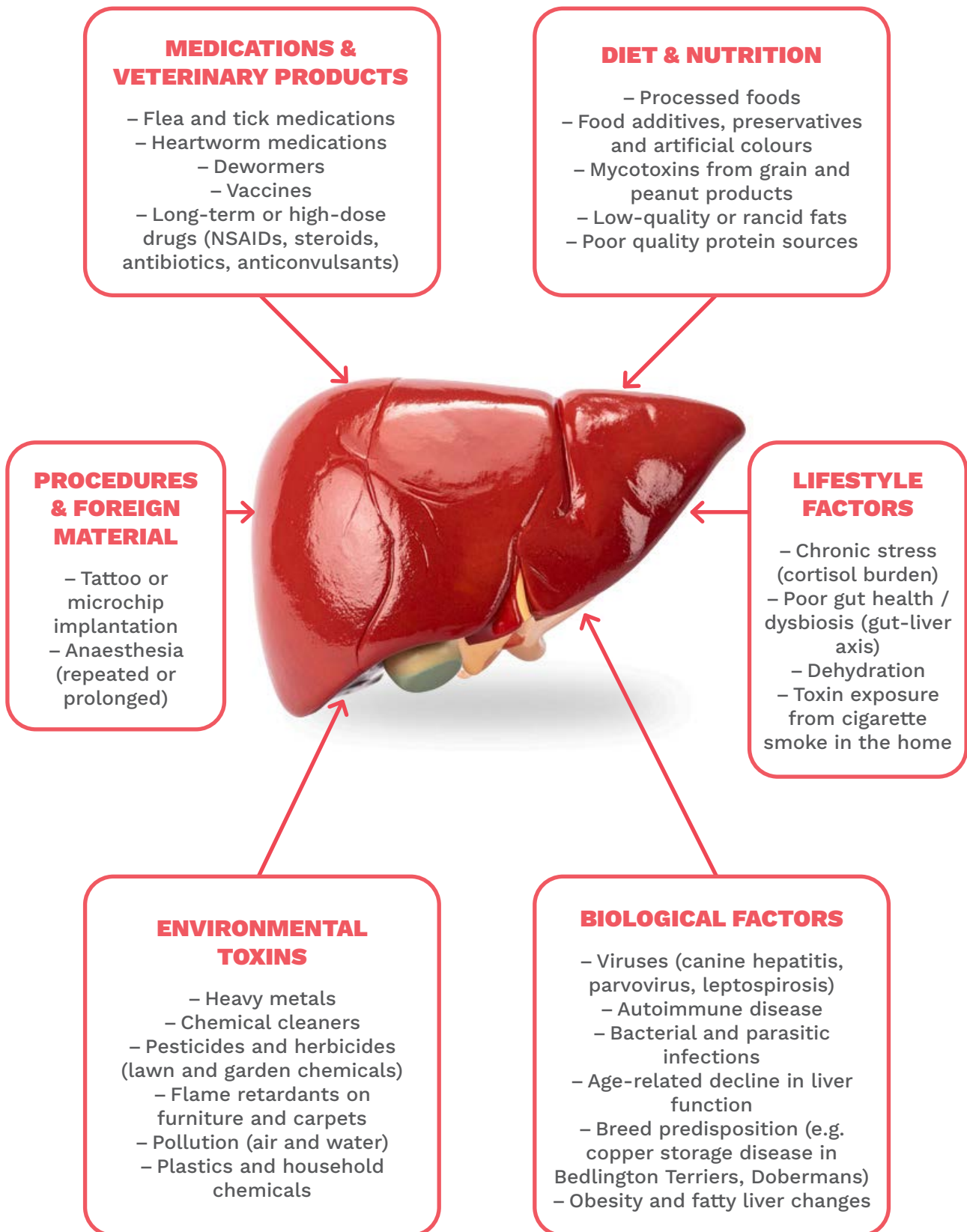
The liver is one of the body’s quiet overachievers. It helps process nutrients, produce bile, store key vitamins and minerals, make proteins needed for blood clotting and transport, and metabolise many medications and environmental chemicals. Because it does so much behind the scenes, liver strain can appear in many ways, or sometimes only as a change on routine bloodwork.

For many dog owners, the first sign of possible liver stress is a call from the vet saying that ALT, ALP, GGT or another liver value is elevated. This can be alarming but raised liver enzymes are not a diagnosis on their own; they’re a clue that the liver, gallbladder or another body system may need further investigation. Some elevations are mild and temporary, while persistent or more significant changes can be associated with issues such as gallbladder disease, chronic hepatitis, endocrine disease, medication effects, toxin exposure, inflammation elsewhere in the body, or more serious liver dysfunction.

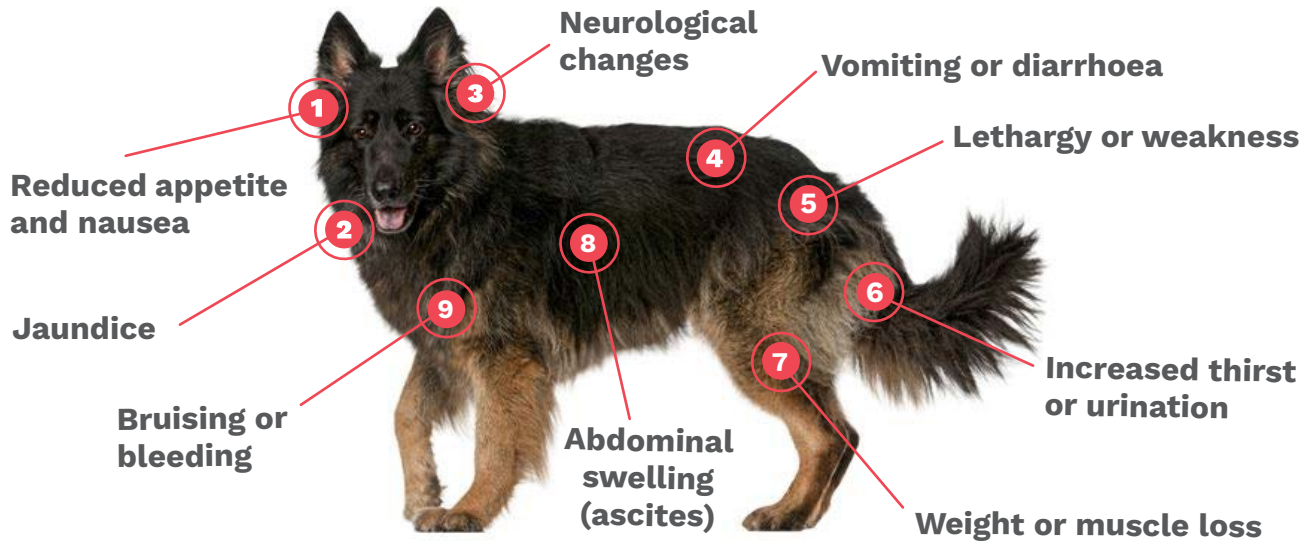
This guide explains what common liver changes mean, why veterinary monitoring is essential, and how diet, lifestyle and targeted supplements can support the liver while you work with your vet to determine the underlying cause.

Liver support is not about ‘detoxing’ aggressively. It’s about reducing unnecessary toxin load, supporting antioxidant defences, calming inflammation, protecting the gut-liver axis, and feeding in a way that matches your dog’s needs.

Common Causes of Liver or Gallbladder Stress



Common signs of liver or gallbladder stress



- 1 Reduced appetite and nausea:** May appear as picky eating, lip licking, drooling, grass eating, or walking away from food. This can happen because the liver and gallbladder are closely involved in digestion - the liver produces bile, which helps digest and absorb fats and remove waste products, while the gallbladder stores and releases that bile into the intestine. When liver inflammation, impaired bile flow, gallbladder disease or biliary obstruction disrupt this system, dogs may feel nauseous, uncomfortable or 'off food', even before more obvious signs appear.
- 2 Jaundice:** Yellow gums, eyes, skin or ear flaps can indicate bilirubin build-up, also known as jaundice or icterus, and needs prompt veterinary assessment.
- 3 Neurological changes:** Disorientation, wobbliness, staring, head pressing, seizures or unusual behaviour can occur with hepatic encephalopathy.
- 4 Vomiting or diarrhoea:** Common with gastrointestinal irritation, bile flow disturbance, toxins, or advanced liver disease.
- 5 Lethargy or weakness:** The liver is central to energy metabolism, so affected dogs may seem flat or slower to recover.
- 6 Increased thirst or urination:** Can occur with liver dysfunction or related endocrine conditions.
- 7 Weight or muscle loss:** Chronic liver disease can reduce appetite, alter metabolism, and increase muscle breakdown.
- 8 Abdominal swelling (ascites):** May reflect fluid accumulation, organ enlargement, or other serious disease processes.
- 9 Bruising or bleeding:** The liver produces clotting factors, so advanced disease can affect normal blood clotting.

Liver and gallbladder problems can be difficult to spot early because the signs are often vague. Some dogs simply seem off, tired, fussy with food, or mildly nauseous. More specific signs tend to appear when liver function, bile flow, or blood clotting are more seriously affected.

Common liver and gallbladder issues in dogs

Reactive or secondary enzyme elevations

Not every raised liver value starts in the liver. The liver is highly responsive to what is happening elsewhere in the body, so gastrointestinal disease, pancreatitis, endocrine disease, dental inflammation, obesity, medications, toxins, anaesthesia, infection or recent illness may all contribute to changes in liver enzymes.

Medication or toxin-related liver stress

Many medications are processed by the liver. Sometimes this is unavoidable and appropriate, especially when pain, seizures, immune disease or cancer must be treated. The key is monitoring and support. Your vet may recommend baseline and follow-up bloodwork for dogs on long-term NSAIDs, anticonvulsants, steroids, chemotherapy drugs or multiple medications.

Gallbladder sludge, cholangitis and mucoceles

The gallbladder stores bile, which helps digest fats and remove certain waste products. Gallbladder sludge can be an incidental ultrasound finding, but it should not automatically be dismissed. In some dogs, persistent or poorly mobile sludge may indicate impaired gallbladder emptying and can be associated with later mucocele (thick mucus plug) formation. Gallbladder disease can also progress to inflammation, infection, bile-flow obstruction or rupture.

Chronic hepatitis and copper-associated liver disease

Chronic hepatitis means ongoing inflammation within the liver. It can be immune-mediated, infectious, idiopathic, drug-related, or associated with excessive copper accumulation. Diagnosis often requires a combination of bloodwork, imaging and, in many cases, liver biopsy and copper measurement.

Portosystemic shunts and hepatic encephalopathy

Some dogs are born with abnormal blood vessels that bypass the liver, while others develop shunts secondary to severe chronic liver disease. When the liver can't effectively process gut-derived toxins such as ammonia, neurological signs can occur. Diet strategy is different in these cases, especially around protein type, protein amount and meal timing.

Liver masses or structural changes

Ultrasound may identify nodules, cysts, tumours, gallbladder changes or altered liver texture. Some changes are benign; others need biopsy, aspirate, culture, advanced imaging or specialist input. Supplements can support resilience, but they can't replace diagnosis when a structural abnormality is present.

Raised liver enzymes: what they do and don't tell you

Liver enzymes are best thought of as warning lights, not a final diagnosis. When values are elevated, they tell us that liver cells, bile ducts, the gallbladder, or even another body system may be under strain; they don't automatically indicate liver failure. What matters is the bigger picture: which enzymes are elevated, how high they are, are they rising or resolving over time, does your dog have symptoms, what medications are they taking, and does their age, breed or health history make certain causes more likely.

Below is a table outlining commonly tested liver pathology markers, along with a definition of their meaning.

Marker	Plain-English meaning
ALT (Alanine Aminotransferase)	A liver-cell 'leakage enzyme' that rises when liver cells are irritated, inflamed or damaged. It can indicate liver cell stress, but it doesn't identify the cause on its own. Elevations may be temporary or reactive, or may occur with chronic hepatitis, toxin or medication exposure, muscle injury, structural liver disease or other liver/gallbladder conditions.
ALP (Alkaline Phosphatase)	An enzyme that often rises when bile flow is irritated or slowed, such as with gallbladder or bile duct disease. In dogs, ALP can also increase with steroid exposure or other medications, Cushing's disease, bone activity, growth in young dogs, and some age- or breed-related patterns. Because ALP reflects bile-flow and enzyme-induction changes, it can be high even when ALT is only mildly increased.
GGT (Gamma-glutamyl Transferase)	An enzyme that can rise when the liver, gallbladder or bile ducts are irritated or bile is not flowing normally. In dogs, GGT is often less sensitive than ALP, but when elevated alongside ALP and/or bilirubin, it can strengthen suspicion of a liver, gallbladder or bile-flow issue.
Bilirubin	A yellow pigment produced when the body breaks down old red blood cells. The liver normally processes bilirubin and removes it through bile. When bilirubin rises in the blood, it can point to problems such as red blood cell destruction, impaired liver processing, gallbladder or bile duct disease, or blocked bile flow.
Bile acids	A liver function test that helps assess how well the liver handles bile acids after digestion and whether blood from the gut is flowing properly through the liver. It can be useful when conditions such as portosystemic shunts, microvascular dysplasia, reduced functional liver mass, or broader liver/gallbladder compromise are suspected.
Albumin, glucose, cholesterol, clotting times	These help assess liver function. Advanced liver dysfunction can affect protein production, energy regulation, fat metabolism and clotting.

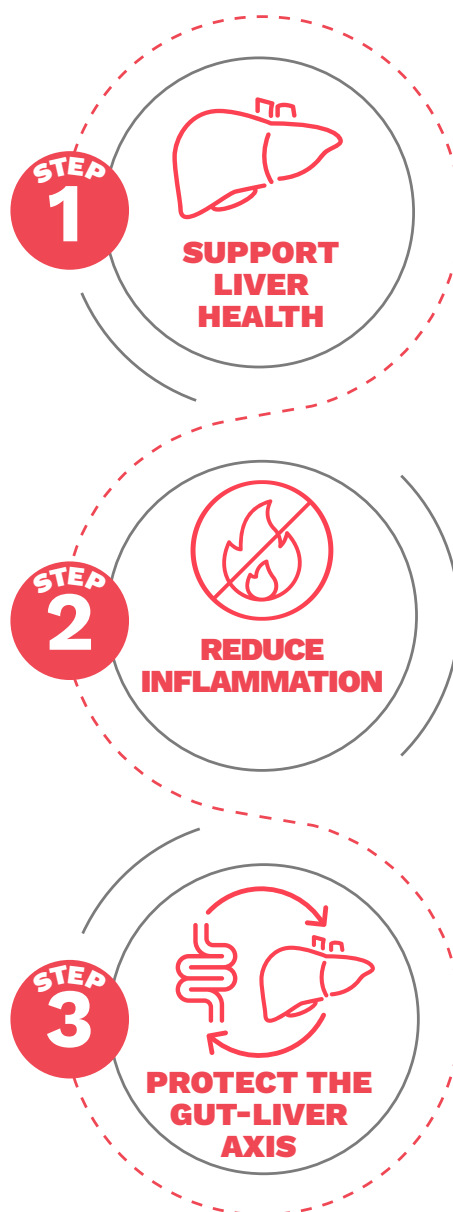
Mild enzyme elevations should be interpreted as a reason to investigate and monitor, not as a reason to panic. Persistently rising values, multiple abnormal markers, symptoms, or abnormal bilirubin/bile acids deserve a more complete veterinary work-up.



Liver support starts here

Liver support is most effective when it's layered and, if possible, condition specific. A dog with mild, reactive ALT elevation doesn't need the same plan as a dog with copper-associated hepatitis, gallbladder obstruction, hepatic encephalopathy, or a liver tumour.

To best support your canine companion, we have designed a 3-step liver support framework that can help you and your vet build a practical foundation.



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.



The liver has a remarkable ability to repair and regenerate, but it can only do this well when the underlying strain is reduced and the body has the right nutritional and antioxidant support. In dogs with raised liver enzymes, gallbladder stress, medication exposure, toxin burden or chronic inflammation, the primary goal is to create the conditions that allow liver cells to recover. This means supporting liver cell resilience, reducing oxidative stress, and maintaining healthy bile flow.

Milk Thistle (*Silybum marianum*)

Milk thistle (*Silybum marianum*) is one of the best-known herbs for liver support. Its main active compounds, collectively called silymarin and including silybin, are valued for their antioxidant, anti-inflammatory, and liver-protective effects. Milk Thistle helps support the liver's ability to withstand oxidative stress, maintain normal cellular function, and recover from irritation.

Canine research gives Milk Thistle a useful evidence base as a liver support herb. Silybin has been studied in dogs and shown to be well tolerated, with no negative effects on digestion or routine health markers in healthy dogs. In dogs with diagnosed liver disease, a silybin-containing liver support formula improved several liver-related markers, including ALT, AST and GGT. Another randomised clinical trial in tumour-bearing dogs receiving lomustine, a chemotherapy drug known to carry a liver-toxicity risk, found that dogs given a combination of SAME and silybin were less likely to have treatment delayed or stopped because of rising ALT.

Together, these findings support Milk Thistle as a useful adjunct when the liver is under increased strain, particularly alongside veterinary investigation and monitoring.





When the liver or gallbladder is under strain, inflammation is often part of the picture. It may begin in the liver itself, or it may be driven by strain elsewhere in the body. When inflammation persists, it increases oxidative stress and places extra demand on liver cells, making recovery harder. The goal at this stage is not to suppress inflammation indiscriminately, but to help the body regulate inflammatory signalling more effectively so the liver has a calmer internal environment in which to repair, process nutrients, manage bile flow and maintain normal function.

Palmitoylethanolamide (P.E.A)

P.E.A, or palmitoylethanolamide, is a naturally occurring lipid mediator involved in regulating inflammatory and pain-signalling pathways. It's not a liver-specific treatment, but it is highly relevant when liver stress sits within a broader inflammatory picture; for example, dogs with chronic gut inflammation, skin disease, arthritis, pancreatitis history, pain, or immune-mediated conditions.

P.E.A acts largely through PPAR-alpha and related pathways, helping the body regulate mast cells, cytokines and neuroinflammatory signalling. Veterinary review literature supports a role for P.E.A in the dietary management of chronic pain in dogs and cats. In experimental liver disease models, micronised P.E.A reduced inflammatory mediators, oxidative stress and fibrosis-related changes in non-alcoholic steatohepatitis. This is preclinical evidence rather than a canine liver disease trial, but it supports the biological rationale for P.E.A as an inflammatory regulating nutrient.



Omega-3 fatty acids

Marine-derived omega-3 fatty acids can be a useful part of liver support because they help reduce the body's overall inflammatory burden. EPA and DHA, the best-known marine omega-3s, are incorporated into cell membranes and help shift inflammatory signalling toward resolution rather than allowing inflammation to remain excessive or prolonged. They also provide raw materials for specialised pro-resolving mediators such as resolvins and protectins, which help the body bring inflammation back under control.

A more advanced marine lipid approach uses EAB-277, a blend of green-lipped mussel oil and high-phospholipid krill oil. While the strongest clinical trials for EAB-277 are in canine osteoarthritis rather than liver disease, they provide useful dog-specific evidence that this marine lipid combination can meaningfully influence inflammation-related discomfort and mobility.

The krill oil component is also important from a bioavailability perspective. Unlike conventional fish oils, where EPA and DHA are predominantly carried in triglycerides, krill-derived omega-3s are largely bound to phospholipids - fat molecules that readily integrate into cell membranes. In a four-week canine study, the krill-based diet increased dogs' Omega-3 Index by 82%, compared with 42% for the fish-based diet, despite providing less EPA and DHA. Together with earlier canine research showing effective incorporation of krill-derived EPA and DHA into red blood cells, these findings suggest that krill's phospholipid-rich structure may allow more efficient tissue uptake and utilisation than conventional fish oil sources.





The liver and gut are in constant communication. Most blood leaving the digestive tract travels first to the liver through the portal vein, carrying absorbed nutrients, bile-related compounds, bacterial metabolites, inflammatory signals and potential toxins. This means the liver is strategically positioned as a ‘first responder’ to what’s happening in the gut. When the microbiome is balanced and the gut lining is strong, this relationship supports normal digestion, bile metabolism and immune regulation. But when the gut is irritated, inflamed or more permeable, more bacteria-derived compounds, antigens and inflammatory mediators can reach the liver and increase its workload. This gut–liver connection is one reason digestive health matters so much in dogs with raised liver enzymes, gallbladder sludge, bile-flow concerns or chronic hepatobiliary disease.

***Saccharomyces boulardii* (SB)**

Saccharomyces boulardii (SB) is a beneficial probiotic yeast. It can help stabilise the gut microbiome, support stool quality and assist recovery after antibiotics or digestive upset. In a double-blinded, placebo-controlled study of dogs with chronic enteropathies, dogs receiving SB alongside standard therapy showed significant improvements in clinical activity index scores, including stool frequency (i.e. less poos), stool consistency (i.e. better formed poos), and body condition compared with placebo, with no adverse effects reported.

A systematic review of SB in liver diseases also highlights gut–liver mechanisms, including effects on dysbiosis, intestinal barrier function and inflammatory signalling.



Gut Restore and Gut Protect

Gut Restore is best used when the gut lining needs calming and repair support. It includes ingredients such as L-glutamine, slippery elm, marshmallow root, pectin, quercetin, zinc and a supportive dose of *Saccharomyces boulardii* to support barrier integrity, digestive comfort and immune regulation. Gut Protect is better suited for longer-term digestive maintenance, with soluble fibre, prebiotics, probiotics, digestive herbs, and enzymes to support stool quality, nutrient breakdown and microbial balance.



Dietary considerations for liver health

Diet is one of the most important tools we have for supporting the liver, but there is no single ‘liver diet’ that suits every dog. The right approach depends on the underlying problem. In severe liver disease, one of the most important goals is simply maintaining enough calorie intake to prevent muscle loss and a catabolic state, while more targeted changes are used when specific issues such as copper accumulation or hepatic encephalopathy are present.

Prioritise digestibility and consistency

Dogs with liver or gallbladder concerns often do best on food that’s easy to digest, moisture-rich and fed consistently. Sudden changes, rich treats, heavy fats, table scraps and overly complex rotations can all make it harder to know what is helping and what is aggravating symptoms. Small, regular meals may also be better tolerated in dogs with nausea, poor appetite or more advanced disease.

Don’t restrict protein unless it is indicated

Protein restriction shouldn’t be automatic. Many dogs with mildly raised liver enzymes or chronic liver stress still need good-quality, highly digestible protein to maintain muscle, repair tissue and support normal liver regeneration. Protein reduction is more relevant in specific situations, such as portosystemic shunts, hepatic encephalopathy or advanced/end-stage liver disease, where reducing ammonia-producing compounds can help reduce neurological signs.

Match copper intake to the diagnosis

Copper is an essential nutrient, but excessive copper accumulation can damage the liver in susceptible dogs. If copper-associated hepatopathy is diagnosed or strongly suspected, diet becomes much more specific: high-copper ingredients such as organ meats, shellfish, mushrooms and some leafy greens may need to be avoided, and a low-copper therapeutic plan should be used under veterinary guidance. However, copper should not be over-restricted in every dog with raised liver enzymes, because dogs still need enough copper to meet basic nutritional requirements.

Watch fat levels, especially with gallbladder disease

Fat doesn’t need to be removed from every liver support diet. Dogs still need healthy fats for energy, skin, coat, hormone function and absorption of fat-soluble vitamins. However, in dogs with gallbladder sludge, gallbladder mucocele risk, pancreatitis, hyperlipidaemia or nausea after fatty meals, fat level and fat type are important to consider. A recent scoping review on canine gallbladder disease reported that high-fat diets are associated with increased gallbladder disease risk, while lower-fat diets with omega-3 fatty acids and fibre may help reduce risk.

Minimise unnecessary strain

Where possible, avoid highly processed, high-fat or heavily refined foods, especially in dogs with chronic inflammation, gallbladder concerns or digestive sensitivity. Focus instead on food that is complete, balanced, highly digestible and appropriate for the dog's diagnosis. For some dogs, this may be a veterinary therapeutic diet. For others, a properly formulated fresh, cooked or home-prepared diet may be more suitable.

If home-preparing, keep it balanced

Home-prepared meals can be a deeply rewarding way to nourish a dog with liver or gallbladder concerns, but they must be formulated carefully. Liver support diets are not simply lean meat and vegetables. Depending on the diagnosis, the recipe may need controlled copper, adjusted protein, specific protein sources, omega-3 support, fibre, antioxidants, controlled fat, or lower purines.

To ensure nutritional adequacy, it's strongly recommended to use a recipe formulated by a canine nutrition professional and/or a meal balancer designed specifically for therapeutic home-prepared diets.

The Veterinary Nutrition Group (VNG) offers several liver-specific feeding guides:

**Adult dogs
requiring
general liver
support**

**Adult dogs
with copper-
associated
liver disease**

**Adult dogs
with liver
shunts or
advanced liver
disease**

**Growing
puppies with
liver shunts**

Each of the above feeding guides, except for the puppy guide, is intended to be used in combination with [**VNG's CompleteMe® Hepatic Canine**](#) meal balancer. This is designed for homemade liver diets and contains essential nutrients, fibre and therapeutic compounds to create a balanced hepatic diet with controlled copper. It must be used with the appropriate VNG feeding guide to ensure the diet is balanced and suited to the condition. VNG's puppy shunt guide uses [**CompleteMe® Puppy**](#) and is formulated for growing puppies with portosystemic shunts or other vascular anomalies. It's not recommended for adult dogs with shunts.

When using a therapeutic meal balancer such as CompleteMe® Hepatic Canine, do not add additional vitamin/mineral supplements, calcium products, organ powders, kelp or other broad nutrient powders unless specifically directed by the formulating nutritionist or veterinarian. These diets are designed as a complete system, and adding extra nutrients can create harmful excesses.

Transition slowly

Any liver support diet should be introduced gradually unless your vet advises otherwise. Replace a small portion of the current food with the new food and increase slowly over 5–10 days, or longer for sensitive dogs. Monitor appetite, stools, vomiting/nausea, energy, weight, thirst, urination and any neurological signs.

Lifestyle measures for liver resilience

Monitor trends, not isolated numbers

One enzyme value is a snapshot – trend direction matters more. Ask your vet how soon to recheck ALT, ALP, GGT, bilirubin, bile acids or ultrasound findings, and keep copies of all results so you can see whether values are improving, stable or progressing.

Review medications and supplements with your vet

Do not stop prescribed medication without veterinary guidance but do ask which medications need liver monitoring and whether any non-essential supplements should be paused during investigation. This is especially important if your dog is on NSAIDs, steroids, anticonvulsants, chemotherapy, antibiotics, antifungals, behaviour medications or multiple drugs.

Keep your dog lean and well-muscled

Healthy body condition reduces inflammatory and metabolic load. At the same time, dogs with liver disease need enough calories and protein to avoid muscle loss. The goal is lean, not thin.

Reduce avoidable liver toxins

Keep human medications, xylitol, sago palm, mouldy foods, compost, toxic mushrooms, blue-green algae and high-risk chemicals away from dogs. Use flea/tick/worming, anaesthetic and medication plans that are appropriate for your dog's liver status as discussed with your vet.

Support dental and gut health

Chronic oral inflammation adds to systemic inflammatory load, and dental disease is common in dogs. Primary-care veterinary research identifies periodontal disease as one of the most frequent canine diagnoses. Good dental care can reduce unnecessary background stress on the body.

Incorporate gentle, appropriate movement

Daily low- to moderate-intensity movement helps maintain muscle, circulation and emotional wellbeing. During active illness, nausea or fatigue, shorten walks and focus on comfort. During stable periods, consistent activity supports healthy weight and metabolic resilience.

Liver support works best when it's calm, targeted and monitored. The aim is not to overwhelm the body with every possible supplement, but to identify the cause, reduce unnecessary load, feed appropriately, and support the liver's natural resilience over time.

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.



Pure Colostrum

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





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.



Mushroom Elixir

A mushroom blend traditionally used to support optimum immune function.



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.



Relax

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

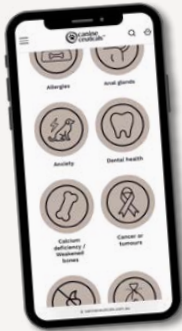


Cognition Care

For cognitive health, neurological support & healthy ageing.

Resources

Health Quiz



Tell us about your canine companion's current health challenges and we'll guide you to which CanineCeuticals® products we believe can best support your dog's needs.

Natural Health for People and Pets Podcast

Learn about evidence-based health and nutrition from Narelle Cooke and Glenn Cooke, hosts of Natural Health for People and Pets.

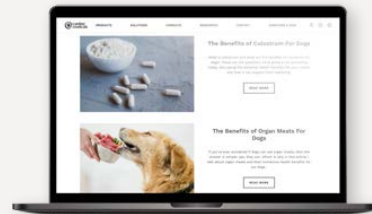


Free Recipes

Healthy raw food and baked treat recipes.



Blogs



Unlock the secrets to boosting your dog's well-being with our holistic nutrition and health blog for expert tips and insights.

Online Consultations

If you're seeking more personalised support, we offer canine health consultations tailored to your dog's individual needs. These services are available following a veterinary diagnosis.

Consultations include the option to purchase tailored herbal tonics. A Custom Blend can provide targeted support for your dog's specific health concerns.



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Natural Health for People and Pets



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CanineCeuticals® provides a premium, human-grade supplement range for dogs. We fuse ancient traditional medicine with the latest scientific evidence to create the most effective health solutions for your pet.

Created by an accredited Clinical Naturopath, Nutritionist and Herbalist, CanineCeuticals® offers a more holistic approach to supporting the core health of your dog to ensure they receive the best health outcome possible.

CanineCeuticals® uses human-grade ingredients (locally sourced in Australia wherever possible) to create pet-friendly oral powders, oral liquids and soft gel capsules.

We believe that good health starts from the inside out, which is why we provide full support for your dog's foundational health across all life stages.

Our range of products targets everything from allergy support to digestive health, joint health, emotional wellbeing, immune support, general health and wellness, nutritional support, and even liquid herbal solutions. With our full ingredient transparency, you can rest assured that your pet is getting the best possible care.



References available on request.



Narelle Cooke, accredited Clinical Naturopath, Nutritionist and Herbalist - Founder of CanineCeuticals®

I created CanineCeuticals® out of a deep passion for the health and wellbeing of our pets.

As a devoted pet parent to three French Bulldogs, a Rottweiler, and a Burmese cat, I wanted nothing more than to see my own animals live their happiest, healthiest, and longest lives.

But like many pet owners, I became increasingly frustrated and disheartened by the quality of products on the market. Too often, they were made with substandard ingredients and packed with artificial colours, flavours, and preservatives - additives that don't serve our pets' long-term health or vitality.

And so, CanineCeuticals® was born - a brand built on integrity, transparency, and a genuine commitment to helping our pets thrive.



Healthcare that
you would expect
for yourself.

