

### Vitamin D

Vitamin D is one of the most important hormones in the body. It is involved with the immune system & gene regulation. A sufficient Vitamin D level is anti-inflammatory, anti-cancer, and boosts the immune system to help fight infections.

### Vitamin B12

Vitamin B12 supports a number of biological processes allowing the body to function properly. Cell growth, nervous system function, and energy levels are all affected by B12 status.

#### Magnesium

Magnesium is involved in over 800 biological processes. A main function of magnesium is to facilitate and enable other processes, like Vitamin D metabolism, to occur. When magnesium is low, these processes slow.



### What are Essential Vitamins?

Essential vitamins are nutrients vital for the body to function, but are only obtained from diet. Since these nutrients are necessary for normal biological function, any sustained absence or insufficiency, will result negatively on the health of the animal.

For our pets, three main essentials are Vitamin D, Vitamin B12, and Magnesium. All three are easy to evaluate and simple to correct.

#### Did You know?

Although we call them vitamins, some are hormones, like Vitamin D, and others like magnesium are minerals.

What's more, these vitamins, hormones, and minerals, all work together in complex systems to help keep the body functioning properly. Having one out of sync may lead to others being abnormal as well.



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# Let's Test ESSENTIAL VITAMINS



## Should my cat/dog be tested?

Like us humans, every dog and cat would benefit from evaluating their essential vitamin levels. Below are some examples of animals more susceptible to insufficiency.

- New or recent diet change
- Over the age of 5
- Current inflammatory disease such as cancer, atopic dermatitis, IBD, etc
- Taking steroids or NSAIDs
- You are concerned about long term health of your pet.





## How often is testing needed?

Initial testing to determing levels. If your pet is insufficient, retest only those values that are low every few months after making changes until sufficient levels are reached. Then just retest as part of your pet's yearly exam.



## **NEXT** steps

So you've decided to test, great! The next steps are simple. Once the lab results come back, we'll evaluate whether a diet change is warranted or if simple supplementation is right for your pet.

Guidelines by the laboratory give you a dosing recommendation specific to your pet to help reach and maintain sufficiency.

Daily supplementation will support your pet in living a longer healthier life.

### **Balanced Diet**

A balanced diet is an important part of your pet's health. Many factors are considered when choosing the right type of diet for your cat or dog. If we suggest changing diet, here are some of the things we consider.

- Food Quality & Source
- Current Health Issues
- Weight, Age, and Breed
- Activity Level