KOSHCOONS Supplement List

Shape

Description automatically generated with low confidence

These measurements are per 2.5 POUNDS of meat, increase the quantity if you make in larger batches! Also if this is your first time using these supplements you must reduce your quantity added significantly or you will cause digestive upset and maybe vomiting until your kitty gets used to these. We started small and will work our way up each month to the full amounts. Some you may want to stay with smaller quantities based on your kitties preferences. All of these are merely suggestions with some being essential. I wanted to make the most potent raw superfood I could for my kitties is why I choose these. When I first started the raw journey, I used EZ Complete (we stopped because most the kitties would not eat this). It is a dry powder that you add to raw that provides all nutrients needed. I wanted to create my own recipe that incorporated most of these when I began making raw and over the years it has changed and we have added and taken away things. The supplements below most closely resemble what they deem important for raw additives.

Wholistic Pet Organics (brand)

**Feline Complete**: digestive enzymes, prebiotics, probiotics, helps skin issues, improves coat, high in minerals and vitamins **(7 tsp for beginners, full amount 15 tsp)** \*\*\*DO NOT USE SEA KELP OR DIGEST-ALL TOGETHER WITH THIS=IT DUPLICATES INGREDIENTS. This can replace both of these in your mix\*\*\*

**Sea Kelp**: source of the broadest range of minerals of any food, metabolism booster, high in fiber, skin & coat health  **(1/2 tsp for beginners, full amount 1.25 tsp)**

**Digest-All**: digestive enzymes, prebiotics, probiotics: for healthy flora, promotes nutrient absorption, helps digestion **(5 scoops, scoop included in package)**

Spirulina: contains over 100 nutrients, largest vegetable protein source that is 3-4 times higher than pork-beef-fish, immune support, reduces allergies, antioxidant, increases energy **(0.25 tsp for beginners, full amount 1.25 tsp)**

NOW (brand)

**Taurine powder**: essential for cats, normally found in animal proteins **(2000 mg)**

**Brewers Yeast powder**: provides additional protein, can help repel fleas, good source of B vitamins (essential for cats) **(2 tsp for beginners, full amount 10 tsp)**

**Vit E capsules** (make sure not liquid so you can open and use powder): essential vitamin for cats **(400 IU)**

Super Snouts (brand)

**Joint Power**: green lipped mussel powder: work as well as NSAIDs for inflammation, for healthy joints, lots of Omega 3, rich in glucosamine & chondroitin, increases immune system **(2 scoops for beginners, full amount 5 scoops, scoop included in package)**

Kin + Kind (brand)

**Raw VitaBoost**: ground up coconut, seaweed, and wheatgrass (don’t worry my cats don’t even know its in the raw, I was worried they would hate this), huge source of B vitamins (essential for cats), increases immune system **(1 tblsp for beginners, full amount 2.5 tblsp)**

**Eggshell**: calcium source (essential for cats) I make this myself by drying eggshells overnight and collecting them till I get enough to grind using a food processor or coffee grinder. **(1.5 to 2 tsp)** This can vary based on poop! If too hard use 1.5, too runny use 2. NOTE\*\*\*if you are buying whole prey ground or adding your own bone you do not need to add this\*\*

\*\*\*ALL OF THESE CAN BE FOUND ON AMAZON\*\*\*