Vitality Science Pet Food
Recommendations for 2021

by Vitality Science
This is the 2021 list of what we believe are the best foods to feed your cat or dog. We also recommend what not to feed, specifically to always avoid corn, wheat and soy. Dry food should only be given if it is all your animal will eat, as it is dehydrating.

If your animal is prone to constipation and is only eating dry we recommend: **Easy Go New.** It hydrates with Active Aloe and keeps the bowels moving in a constant motion.
Canned is not so great either, imagine yourself living out of cans! Canned and dry food are devoid of enzymes and the proteins are denatured. These deficiencies can be remedied with supplements.

For this we recommend

Super Food Supplement
Raw is great but if the pet is sick, they will need **Super Pet Enzymes** to help break down the food particles and assist the body to uptake the nutrients in the food.

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**Anonymous**

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When deciding to change a pet's food, it is vital to make sure they have enough good gut flora to make the switch. For this, I recommend Vitality Science's Pet Flora.

Pet Flora helps with my four cats' digestion. I sprinkle it on their food in the a.m. and they eat it with their breakfast. No vomiting during the day.
We feed Nature’s Variety frozen raw, carried by most large pet stores. Nature’s Variety also sells a very good canned and dry. Of all the proteins, lamb and venison are the the mostly easily digested. Rabbit is also a good option, but many rabbit sources come from China. **Avoid all birds (chicken, turkey, duck) since many cats and dogs are allergic to them, especially chicken.** This allergy can often present itself in gastrointestinal issues.

There are many good pet foods on the market today. This is simply a guideline in which to choose a food that upholds to our standards of health. If there is a food that your animal does really well on then please stick with that food. If you would like to let us know about it. Please email us at cs@vitalityscience.com

For sensitive stomachs feed gentle proteins such as, **lamb, venison, rabbit, pork or tuna.**

*Recipe for sensitive stomachs*

**Make Congee Rice:**
Bring to a boil. Then simmer for 1 hr.

1c. Jasmine Rice
5c. Filtered Water

Bake or boil in filtered water:
White fish

Add: 30% Congee rice, 70% fish, and a dollop of canned pumpkin
Vitality Science's Food Recommendation List

If your animal is unvaccinated and is suffering from allergies or intestinal upset. You can make the following recipe to help cool down the internal systems.

Sauté Carrots and Celery in coconut oil. For cats you can puree after sautéing.

Lightly cook ground turkey or pork.

Add cooked rice.

Add: 30% Rice, 60% Meat, 10% Vegetables

The following foods are few select that we have gathered. They are widely available. They are just suggestions. Of course if there is a food that does not have corn, wheat, soy, chicken, or duck in it and your animal likes it, then you should continue to use it.

And, finally my thoughts on hydrolyzed and prescription foods. These foods are expensive and have a very specific use. They are meant to solve an issue. They are basically a band aid that will reduce your pets symptoms for a while. I do not believe that pets should be on these foods for a very long time. They do not hold good nutrient value and I feel that they will cause more harm in the long run. These food can be a good “fix” until the proper supplementation has been established. Then I advise changing the food.

This is Lucy and my name is LeLa Becker. I am the daughter of the Founder of Vitality Science. I am happy to help you with any Vitality Science product and pet health questions that you may have.
Vitality Science's Food Recommendation List

www.Frommfamily.com

DOG

Shredded Pork in Gravy Entrée
Shredded Turkey in Gravy Entrée
Lamb, Vegetable, & Rice Stew
Whitefish Formula

CAT

Trout & Whitefish Recipe
Salmon Pâté
Lamb Pâté
Vitality Science's Food Recommendation List

www.landloveandyou.com

Cat:

Kibble: Salmon + Sweet Potato and Salmon + Trout

Wet Food: Oh my Cod!, Tuna Fintastic Stew, Whascally Wabbit Pate

Dog:

Kibble: Beef + Sweet Potato, Lamb + Sweet Potato, White Fish + Sweet Potato, Lamb + Bison, Salmon + Trout, Red Meat Medley, Simply Sea

Wet: Beef Booyah Stew, Lamb-a-rama Stew, Moo Moo Venison Stew

Raw: Raw Raw Beef Boom Ba, Raw Raw Lamb Boom Ba
Vitality Science's Food Recommendation List

www.instinctpetfood.com

Dog:

**Raw Signature Bites**: Beef, Venison, Lamb, Rabbit

**Instinct Original**: Beef, Rabbit, Salmon

**Instinct Be Natural**: Beef, Lamb, Salmon

**Instinct Limited Ingredient Diet**: Lamb and Salmon

Cats:

**Cup Recipes**: Tuna and Salmon

**Wet Pouches**: Rabbit, Salmon, Tuna

**Can Recipes**: Salmon, Venison, Lamb, Rabbit

**Limited Ingredient Diet Cans**: Rabbit

**Raw Signature Bites**: Rabbit

**Kibble + Raw**: Rabbit
Vitality Science's Food Recommendation List

www.primalpetfoods.com

**Dog:**

**Primal Nuggets:** Raw Beef, Raw Lamb, Raw Venison  
**Primal Pronto:** Raw Beef and Raw Lamb  
**Primal Bone Broth:** Beef Bone Broth

**Cat:**

**Primal Nuggets:** Raw Beef & Salmon, Raw Rabbit, Raw Venison  
**Primal Pronto:** Raw Rabbit, Raw Venison  
**Primal Bone Broth:** Beef
Vitality Science's Food Recommendation List

www.Freshpet.com

Dog:
(Includes Antibiotic Free Chicken)

Vital Grain Free

Natures Fresh Grain Free

Cat:
(Includes Antibiotic Free Chicken)

Vital Grain Free

Natures Fresh Grain Free
Vitality Science's Food Recommendation List

www.bravopetfoods.com

Dog:

**Bravo Balance Raw Diet**: Beef

**Bravo Blends**: Beef, Pork, Lamb

**Bravo Basics**: Rabbit

**Bravo Boneless**: Salmon, Venison

**Bravo Freeze Dried Diet**: Beef, Pork

**Bravo Home style Completes**: Beef, Pork

Cat:

**Bravo Blends**: Lamb, Pork

**Bravo Basics**: Rabbit

**Bravo Boneless**: Salmon, Venison
Vitality Science's Food Recommendation List

www.canidae.com

Dog:

Real Salmon & Sweet Potato
Real Lamb & Pea
Real Wild Boar & Garbanzo Bean
Real Bison & Carrot

Cat:

Grain Free PURE Ancestral Diet: Salmon & Tuna
Canidae ADORE Canned: Sardine & Mackerel and Salmon & Whitefish
Vitality Science's Food Recommendation List

www.ziwipets.com

Dog:

Air-Dried Dog Food: all proteins

Wet Dog Food: all proteins

Cat:

Air-Dried Cat Food: all proteins

Wet Cat Food: all proteins
Dog:

**Wholesome Grains** made with ranch-raised Beef, Yorkshire Pork and grass-fed Lamb

**Freshwater Fish** made with rainbow trout, blue catfish and yellow perch

**Red Meat** made with ranch-raised Beef, Yorkshire Pork and grass-fed Lamb

American Waters + Wholesome Grains, Wild Atlantic, and Appalachian Ranch

Lamb & Pumpkin, Pork & Squash, Lamb & Apple, and Beef & Pumpkin

Cat:

Appalachian Ranch

Wild Atlantic

Grasslands
Vitality Science's Food Recommendation List

www.tikipets.com

**Dog:**

- Tiki Dog HEARTY: Spring grill
- Tiki Dog Petites: Beef Pate, Lamb Pate, Pork Pate
- Tiki Dog RAW: Beef with Beef Liver

**Cat:**

- **Tiki Cat Aloha Friends:** Tuna with Calamari and Pumpkin, Tuna with Ocean Whitefish and Pumpkin, Tuna with Pumpkin, Tuna with Shrimp and Pumpkin, Tuna with Tilapia and Pumpkin
- **Tiki Cat Grill:** Ahi Tuna, Ahi tuna with Crab, Ahi Tuna with Prawns, Mackerel & Sardines, Sardine Cutlets, Tuna
- **Tiki Cat Raw:** Lamb
Vitality Science's Food Recommendation List

www.Soulisticpet.com

Cat:

**Canned:** Carrageenan Free: Pure Bliss, Aqua Grill, Nautical Nirvana, and Seaside Serenity

**Pouches:** Autumn Bounty, Island Illusion, Midnight Delight

www.Kohapet.com

Cat

**Canned:** Kangaroo Pate and Rabbit Au Jus

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www.VitalityScience.com