

Vitality Science Pet Food Recommendations for 2021



by Vitality Science

Vitality Science's Food Recommendation List

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

"The Easy Go New is working for my 15 year old chronically constipated cat. It is very easy to administer and it is truly making a difference in our lives. Thank you!!!"

-SCOTT



Validity Science's Food Recommendation List

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.



More Energy, Softer Fur and Better Appetite
My cat was slowing down in appetite and energy. I wondered if her body needed something extra. My very picky cat, Sheba, loved the **Super Food** from the first taste! Her appetite is better, so is her energy and demeanor. Thank you for all you do.

For this we recommend
Super Food Supplement

Vitality Science's Food Recommendation List

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.



Vitality Science's Food Recommendation List

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**



Soil Based Probiotics with Humic Acid



- Broad Spectrum Formula
- Fast Acting
- Highly Resilient Microflora
- Thrive in the Intestines
- Restores Normal GI Functions
- Reduces Yeast and Fungi
- Reduces Acidity
- Improves Nutrient Assimilation



Pet Flora Helps My Aging
Cats

**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.**

Vitality Science's Food Recommendation List

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.

Sautee Carrots and Celery in coconut oil. For cats you can puree after sauteing.

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



Validity 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



Validity 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.ziwapets.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

Validity Science's Food Recommendation List

www.Acana.com

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



Healthy Pet. Happy You. Medicine from Nature that WORKS!"

www.VitalityScience.com