



Natuurdierenapotheek

Integrative and lifestyle veterinary medicine, systems biology
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PRACTICE LOGO

LONGEVITY PROGRAMME FOR DOGS AND CATS

Senior Support Programme

Getting older is not a disease, but the body does change. Energy production in the cells declines, smouldering inflammation develops (inflammaging) and ageing cells accumulate. This programme supports those processes, with a fixed foundation and additions tailored to the animal.

Who is it for?

Less energy or stamina

Stiffness and joint problems

Forgetfulness or disorientation

Restless sleep

Reduced resilience

Prevention from middle age

The programme at a glance

Foundation

ALWAYS

Cell energy and protection

Addition

WITH JOINT PROBLEMS

Mobility

Addition

WITH COGNITIVE DECLINE

Brain and resilience

When to start?

As support once the first signs of ageing appear, or as prevention from middle age. Large breeds age earlier than small ones; your practitioner advises on the right moment.

What you may notice

Weeks 2 to 4 More energy and alertness.

Months 1 to 2 More vitality, smoother movement and better orientation.

Months 2 to 3 More playfulness and better resilience.

From month 3 Daily maintenance, as a long term programme.

Have an older animal checked by the veterinarian at least once a year, with blood tests. Behind 'old age' there may be a treatable condition, such as pain or a thyroid, kidney or heart problem.

The fixed foundation for every older animal.

Longevity Support

NAD+ and resveratrol for cell energy, ergothioneine to protect nerve cells.

Liposomal Co-enzyme Q10

Supports energy production in the mitochondria together with Longevity Support.

Liposomal Curcumin

Reduces the smouldering inflammation of ageing.

Histamine Balance

Quercetin and MSM support the clearance of ageing cells and reduce inflammation.

Liposomal Glutathione

Antioxidant that protects cells and the liver.

ADDITION

Mobility

WITH JOINT PROBLEMS

Mobility Support for cartilage, **PEA Complex** for pain regulation and **O-Mega Blend** against inflammation. Is joint pain the main problem? Then choose the full Joint Support Programme.

ADDITION

Brain and resilience

WITH COGNITIVE DECLINE

Myco Adaptogen Complex with Lion's Mane for the nervous system, **Myco Immune Complex** for resilience and **Adaptogen Complex** for the stress response. Are behaviour problems the main issue? Then continue with the Behaviour Support Programme.

At home

- Calm daily exercise, preferably several short walks rather than one long one.
- Keep the brain active with search games and a new route now and then.
- Fresh food with enough high quality protein for muscle maintenance, and attention to weight and teeth.
- A fixed daily routine, a warm and comfortable bed, and a night light with disorientation.

Dosing. First month: the therapeutic dose twice daily, then once daily as maintenance.

Safety

- With heart, kidney or liver problems and with medication: consult the veterinarian first. If your animal is on heart medication, mention Co-enzyme Q10.
- See the veterinarian straight away with increased drinking and urination, weight loss, coughing or breathlessness, fainting, a seizure or sudden confusion.

PERSONAL ADVICE FROM YOUR PRACTITIONER

Animal's name

Start date

Dose

Additional consultation with practitioner, if needed

Additions from other programmes, if any