1 Neutraceuticals & Supplements for Behavior Patients
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Behavior Solutions

2 Lots out there!

3 What works and what doesn’t?

4 Tryptophan

5 Tryptophan
  • Convert L-tryptophan to 5-HTP (5-hyrdoxytrypotphan), and then to serotonin
  • Supplementation is to provided more building blocks
  • No change in normal dog’s behavior when supplemented [Bosch 2009]
  • Low protein diet [Dodman 1994] decreased aggression in a subset of dogs

6 Melatonin

7 Melatonin
  • Neurohormone secreted by the pineal gland that regulates the sleep:wake cycle
  • Used in dogs with dementia to help regulate sleep disturbances seen with this disease
  • No research to date regarding efficacy in dogs or cats
  • Extrapolated from human literature

8 Omega-3 Fatty Acids

9 Omega-3 Fatty Acids
  • Anti-inflammatory effect? [review article Rizos JAMA 2012]
  • Decreased levels of omega-3s in aggressive dogs [Zanoletti 2008]
  • Improvements when added to diets of dogs with cognitive decline [Dodd 2003]
  • Dogs do not metabolize plant sources [flax] well
  • Little if any research in cats
  • Bauer 2011 review article JAVMA

10 Bach Flower Remedy

11 Bach Flower Remedy

12 Bach Flower Remedy
  • Double blind placebo controlled study in people [Armstrong 1999] found no effect
  • No research studies in animals

13 Zylkene
14 □ Casozepine
  • Casozepine is derived from milk protein
  • Affects GABA receptors
  • Benzodiazepine-like properties
  • Anxiolytic

15 □ L-Theanine-Suntheanine®

16 □ L-Theanine
  • An amino acid naturally found in green tea
  • Binds to glutamate receptors decreasing excitation
  • Causes an increase in GABA an inhibitory neurotransmitter
  • Noise phobias in dogs [Michelazzi 2010]
  • Anxiety related behavior in cats [Dramard 2007]
  • Reduced fearfulness towards people [Araujo 2010]

17 □ Aromatherapy

18 □ Aromatherapy
  • Lavender
  • Chamomile
  • Catnip

19 □ Aromatherapy

20 □ Aromatherapy
  • Aromatherapy for travel induced excitement in dogs [Wells 2006]
  • Recovery after stressful event in horses [Ferguson 2012]
  • Vagal effect in dogs [Komiya 2009]
  • Scents and cats in shelters-prey, lavender, catnip [Ellis 2010]
  • Scents and dogs in shelters-*lavender, *chamomile, rosemary, peppermint [Wells 2005]

21 □ Composure

22 □ Composure Pro

23 □ Solliquin

24 □ Solliquin
  • L-theanine: an amino acid found naturally in black, green, and white teas.
  • Magnolia officinalis: an extract from the bark of the Magnolia tree.
  • Phellodendron amurense: fruit and bark extracts from the Amur cork tree.
  • Whey protein concentrate: a milk protein extract
Magnolia (Harmonease)
- 60% of dogs mildly less fearful when exposed to thunder [DePorter 2012]
- Biologically active compounds of Magnolia officinalis and Phellodendron amurenses

Sollquin
1. Small Dogs & Cats
   - Extracts of Magnolia officinalis and Phellodendron amurense
     - 37 mg
   - L-Theanine
     - 17 mg
   - Dried Whey Protein Concentrate
     - 12 mg
2. Small to Medium Dogs & Large Cats
   - Extracts of Magnolia officinalis and Phellodendron amurense
     - 75 mg
   - L-Theanine
     - 35 mg
   - Dried Whey Protein Concentrate
     - 25 mg

Cannabinoids

Cannabinoids
- *Warning letter from FDA 2/25/2015
- Non-psychoactive CBD vs. THC
- Phytochemicals with over two dozen cannabinoids and terpenes beyond just CBD
- CBD receptors in cerebral cortex, hypothalamus, amygdala, basal ganglia, cerebellum and brain stem

Pheromones

Feliway F3 feline facial pheromone
- Decreased number of days sick for cats with FIC [Gunn-Moore 2004]
- Meta-analysis paper by Mills 2011 showed a significant association (p<0.001) with pheromone use and decreased spraying ~90%
31 Pheromones
  • Spray
  • Wipes
  • Diffuser

32 Pheromones
  • Cat appeasing pheromone (CAP)
  • Encourages cat to be confident and friendly when getting to know other cats
  • After 7 days of use, owners noticed a decrease in their cats negative interactions.* After 1 month, 84% of cat owners using FELIWAY® MultiCat reported significant improvement in cats getting along.
  • DePorter 2014

33 Pheromones

34 Pheromones
  • Feline interdigital pheromone
  • With FELISCRATCH by FELIWAY™ more than 8/10 exhibiting destructive scratching cats started using their scratching post within the first 7 days. 9/10 newly adopted cats never started scratching when FELISCRATCH by FELIWAY™ was used.*

35 Pheromones

36 Pheromones
  • Adaptil dog appeasing pheromone [DAP]
  • Research indicating lasting effects in puppies if used during transitions and socialization [Dennenberg 2008; Gaultier 2008]
  • Additional studies on fear-related behaviors, fireworks phobia and others indicate some positive effect

37 Pheromones
  • Spray
  • Wipes
  • Diffuser
  • Collars

38 Pheromones
  • Many others on market
  • NO research to back claim
  • In most cases have no idea what is in them!
39 □ Diets B/D

40 □ Diets B/D
• Clinically tested to support memory and learning ability in older dogs
• Antioxidants to help protect brain cells
• High in Omega-3 fatty acids to support brain health

41 □ Diets ONE

42 □ Diets ONE
• Antioxidant blend of Vitamins E & A, along with zinc and selenium
• Alternate source of energy called medium chain triglycerides (MCTs)
• Vibrant Maturity

43 □ Diets CALM

44 □ Diets CALM
• Contains alpha-casozepine and L-tryptophan
• Concentration of ingredients effective up to ~ 15kg
• Available for dogs and cats
• Single research paper in dogs [Kato 2012]

45 □ Diets Hills Multicare Urinary Stress

46 □ Diets Hills Multicare Urinary Stress
• C/D with added ingredients to help reduce stress associated with FIC
• L-tryptophan
• Casein
• Omega-3 fatty acids & Vit E
• Beata's 2007 casozopine study in cats
• Pereira 2010 tryptophan study in cats BSAVA Proceedings
• Feeding trial data Kruger 2013 ACVIM Proceedings reduce reoccurrence of FIC signs by 89%

47 □ Comprehensive approach

48 □ Questions?

49 □ www.behaviorsolutions.guru