

# Anxiety in our Pets

The fear response in pets is natural and is beneficial, when there is a reason to be afraid. However when this response occurs to events that are actually non-threatening, this is called anxiety.

Did You Know?

1 IN 4



dogs demonstrate general fearfulness toward unfamiliar people and in new situations



Behaviour issues are one of the most common causes for relinquishment and surrender of pets to animal shelters.

## Triggers for anxiety in pets



Being separated from owners



Loud Noises



New environments and surroundings

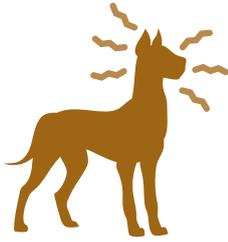


Other dogs or humans

Since pets can't verbally tell us how they are feeling, they communicate their stress and anxiety in different ways. Some of these ways can be destructive and frustrating for pet owners.

# Taking a Closer Look at Anxiety

## On the Outside



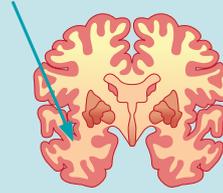
### Signs of Anxiety

- Vocalisation
- Restlessness
- Agitation
- Pacing
- Panting
- Yawning
- Lip-licking
- Hiding

## On the Inside

### Serotonin

Neurotransmitter responsible for mood (happiness) and sleep.



Chronic stress and anxiety can result in decreased levels of serotonin or 'happy hormone'.

Levels of serotonin can influence how dogs respond to stressful situations.



## Restoring the Balance

Medications and supplements exist to help restore the balance of chemicals in the brain, in order to help dogs into the right frame of mind, so they can learn how to cope with their surroundings.

## What is tryptophan?

### Tryptophan



### 5-HTP



### Serotonin

Tryptophan is an amino acid that is converted by the body into serotonin. This conversion is supported by B Vitamins, which also have other roles in nervous health.

Tryptophan is:

- An essential amino acid (meaning that animals cannot produce it on their own)
- The precursor of happy hormone serotonin



Scientific Studies

Scientific studies in dogs demonstrate the benefit of tryptophan in decreasing the frequency of stress related behaviours and anxiety signals

## PAW Complete Calm contains Tryptophan + B Vitamins to support nervous health



### What's in it?

- 180mg L-tryptophan per 5g chew
- 25-50% of RDI for key B vitamins (B1, B5, B6) which are important for maintenance of a healthy nervous system

### What is it?

A flat disc shaped brown kangaroo chew

### How do I give it?

PAW Complete Calm chews are dosed by weight. These chews can be given as a tasty treat on their own or with meals.



"After 2 weeks of consuming the chews as well as continued training, good improvement was noticeable. Jack was more relaxed generally, for example he was relaxed enough to stay on his bed in the evenings rather than insisting on being very close to people all the time." - Lucy, ACT

NOTE: Consult your vet prior to administering Complete Calm if they are currently taking anti-anxiety medications

REFERENCES: 1. Tiira, K. et al. (2016). Journal of Veterinary Behavior, 16:36-44. 2. DePorter, T. (2015). NAVC's Clinician's Brief, 1-4. 3. Da Graca Pereira, G et al. (2010). Conference Proceedings, British Small Animal Veterinary Congress. 4. Mohammed-Zadeh, L et al. (2008). Journal of Veterinary Pharmacology and Therapeutics, 31:187-199.

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