

## **MANAGING EPI IN THE UK**

I thought I would chip in with this in the hope that it will help any of the new members and give them an insight into hopefully reducing their costs and insuring that the dog/cat receives the best treatment.

## **FOOD**

A low fibre diet is best for your dog, i.e. below 4%. Fat need not be restricted unless there is another medical condition. So what do we recommend? Well, a lot of us started with a duck and potatoes product which are manufactured by GA but sold under various names and I have included these below.

Prescription diets are not required unless there is another concurrent condition that the prescription diet, such as hydrolyzed food, might address. We give our dogs 150% of the daily recommended intake initially so a good starting point for a German Shepherd Dog is 3 meals of 200 -250 grams. We continue feeding this until they have reached goal weight.

What other foods are there if you don't want to use grain free? So okay, we have discussed low fiber and most cereal based foods should be avoided. Can you feed rice? Well, some of our members do but most of these tend to stick to the lamb-based ones. Burgess sensitive/ Burns lamb and rice are two..... Whatever works for your dog and gives you tootsie roll poops 2-3 times a day and puts weight on your dog without causing any other issues. My dog does well on the Burns high energy lamb and the Barking Heads lamb products. They are more expensive but they suit my dog.

I will issue a warning: a lot of our dogs don't seem to tolerate chicken .....so give some thought to that. Raw food again is another option but you have to get the balance right with this one and often it can be expensive.

## **ENZYMES**

All of these can be purchased on the internet no prescription is required. Animed direct/Vet.Co.Uk – are a couple of sites that stock the enzymes; you do not need to purchase these from your vets. At the time of publishing some of these are in short supply.

Are all enzymes the same? NO! They all have different strengths (more detail on the enzyme tab of the epi4dogs.com website). Lipase is the main enzyme we look at so I have put those values against each of the major enzymes that we tend to use:

Type of Enzyme	Brand of Enzyme	Amount of Lipase	Cost per Gram / capsule	Approx dose per 100g of Dry Dog food
Enteric Coated: open & empty capsule on food	Lypex	30,000 per capsule	60p	1 capsule
Powder	Panzym	38,000 per gram	18p	1 gram
Powder	Pancreatin	15,000 per gram	22p	2 grams
Granules	Pancrex Granules	5,000 per gram	17p	6 grams
Enteric Coated: open & empty capsule on food ..OR... give whole 5 minutes prior to meal	Creon (RX required)	10,000 or 12,000 to 40,000	refer to vet or pharmacist	start with 10,000 or 12,000. Increase if needed.
Raw organ	Raw pancreas	varies from one animal to the next animal's	talk to your butcher or various on-line resources	start with 50 grams
Powder in capsules	Chemeyes, LLC	20,000 per gram	16p	1.5 grams  For anyone outside the UK using Chemeyes capsules and not measuring their pet's food in grams, the dosing is:  1/2 cup: 1-2 capsules  1 cup: 3-4 capsules  1+1/2 cup: 5-6 capsules  2 cups: 7-8 capsules

Most enzymes are different strengths (confusing). So this is the hard part, finding the right balance for your dog.....so what happens?? A box of Lypex doesn't say what you need per volume of food it refers to the size of the dog for instance I need 1 Lypex per 100 grams of food some need 1.5, some need less. You have to find the right dose for your dog that gives tootsie roll poops 2-3 times per day. With Panzym I need 1.5 ml measure which gives me roundabout the same lipase as two Lypex but at a fraction of the cost this breaks down 200 grams of food... Remember I am referring to dry food here raw or tinned require less. And also what works with my dog!!!! But by giving too little enzymes you will cause problems and likewise so will too much!!!

## ANTIBIOTICS

Initially many of our dogs require these but we have to obtain them from the vets we have to buy Tylan/Metro/Oxyet etc and they should advise you re dosing although we have a good tab on here called SIBO that discusses this. Tylan is the cheapest option and has been proven to work.

## B12

How important is this? VERY IMPORTANT and sadly often overlooked. Why is it important? Well please read the B12 tab for more information but this being low can cause countless issues. So what do we do? Initially I would ask my vet for a 6 week course of injections now some UK vets will sell you that vial of b12 and the needles and let you do this at home.....because B12 can be important for the rest of their lives I used to import from the states for

£50.00 the Wonder Labs b12 product with intrinsic factor (Trinfac B) <http://www.wonderlabs.com/itemleft.php?itemnum=6881> .....However, as of April 2014

**Chemeyes** <http://www.chemeyes.co.uk#!gut-health/c1xam> in the UK now also carries “Trinfac B” that has the same specifications as the USA **Wonderlabs Trinfac**. The specifications are:  
Chemeyes’ TRINFAC-B provides Intrinsic Factor, Folate and Methylcobalamin B-12 for enhanced absorption and utilization of orally administered Vitamin B-12

Each white gelatin capsule contains  
Folate as folic acid – 800mcg  
Vitamin B-12(as methylcobalamin)- 1000mcg  
Intrinsic Factor – 40mg

#### **VETS**

Work with them...point them to this site it contains all the most recent research.

#### **OTHER**

Probiotics and the like: Look at a company called Protexin they carry a good animal range of probiotics and prebiotics <http://www.protexin.com/categories/dogs/24>  
Dorwest also carry some good products such as slippery elm etc.

#### **FOOD – UK Options grain free**

<http://www.workinghprs.com/content/duck-and-potato-working-dog-food-30kg> Larger quantity. <http://www.thenookpetlitter.co.uk/proddetail.asp?navid=2&id=1144&textpage=dogfood&mainpage=dogfood&start=1>  
<http://www.thenookpetlitter.co.uk/proddetail.asp?navid=2&id=878&textpage=dogfood&mainpage=dogfood&start=1>  
<http://www.ardengrange.com/pet-food/dog-food.asp?id=50>  
<http://www.simpsonspremium.com/sensitive-dog-food>  
<http://www.barkingheads.co.uk.php5-18.dfw1-1.websitetestlink.com/product/fusspot> \*  
<http://www.wafcol.co.uk/wafcol-adult-dog-food-range.php>  
<http://www.fish4dogs.com/Products/Salmon-Complete-4-Dogs.aspx>

\* This company is in the process of launching a new food and I will update the forum when I have more details  
There are also some overseas imports and if anybody uses anything that I have missed please check out the epi4dogs forum  
I hope this helps! Ann in the UK