Koi Stress Reducers: Clays, Salts & Vitamins

Drs. Foster & Smith Educational Staff

REDUCE STRESS for healthy koi

The most common cause of fish stress is poor water quality. Fish can also stress due to sudden changes in pH or temperature, breaks in their routine, and a host of other causes. To spot stress, you need to observe your fish regularly. Your fish may be sluggish or swim erratically, have less than vibrant color or tattered fins, become thin, or lack an appetite. Other clues might be more subtle. For example, fish may suspend near the surface or hold their fins close against their body.

Stress causes physical or mental discomfort resulting in the release of stress-related hormones. In simplest terms, when your fish get upset, for any reason, their immune systems are put to the test.

Even though you may be feeding a high quality diet, it may not have enough vitamins and minerals for times of high stress. This is the time when supplements are needed most.

Vitamins & Minerals

Vitamins and minerals promote a healthy metabolism, and are especially important to young, growing, or spawning fish. Deficiencies can result in poor food conversion, poor skeletal growth, anemia, cataracts, and more. Supplements like Drs. Foster & Smith Probiotic Boost Kit helps your koi, goldfish, and other ornamental pond fish absorb the maximum amount of nutrients from their food.

Pond Salts

Pure, all-natural evaporated seawater economically reduces fish stress and adds essential electrolytes. It improves gill function, protects fish against nitrite toxicity, and is milder than medications.

Montmorillonite Clay

Added to your pond daily or weekly, Montmorillonite Clay can provide up to 64 minerals and trace elements vital for all life of koi and goldfish.

Most fish suffering from a deficiency will not recover overnight. It may take several days, weeks, or even months for them to return to complete health.

*Unauthorized use of any images, thumbnails, illustrations, descriptions, article content, or registered trademarks of **Foster & Smith, Inc.** is strictly prohibited under copyright law. Site content, including photography, descriptions, pricing, promotions, and availability are subject to change without notice. These restrictions are necessary in order to protect not only our copyrighted intellectual property, but also the health of pets, since articles or images that are altered or edited after download could result in misinformation that may harm companion animals, aquatic life, or native species.*