# Vitamins & Minerals: How they can support your bird's health

*Drs. Foster & Smith Educational Staff*

## healthy life, healthful supplements

Our caged feathered friends are far away from their natural habitat, so we, as their caretakers in captivity, have to make certain they get proper nutrition. The use of pelleted diets is the ideal way to ensure this,

but when switching from a seed-based diet, or if your bird has specific problems related to nutrition, your bird may also benefit from a nutritional supplement.

**FOR EXAMPLE:**

Healthy, colorful plumage requires plenty of Vitamins A, D, and E.

As a whole, B-complex vitamins help drive enzyme activity, which breaks down food and nutrients for the body to use. They help stress response, which makes them essential when your bird breeds, molts, or is ill.

Red plumage looks brighter when canthaxanthin supplements are given and yellow requires plenty of beta-carotene (a precursor of Vitamin A).

For strong bones, healthy eggs, and feather growth, your bird needs ample calcium.

Arthritis and heart disease in geriatric birds may be helped with essential fatty acids (Omega-3 and Omega-6).

Spirulina is a great all-around supplement ideal for breeding birds.

Different species require different forms of nutrition. A proper pelleted diet for your specific bird will allow you to feed correct levels of essential nutrients. Remember, too, that supplements may also be helpful. All supplementation should be formulated especially for birds.

## WE RECOMMEND

Quiko Mulitvitamins

contain 14 vitamins and 6 essential minerals.

Quiko Intensive Red

with canthaxanthin, for bright red plumage.



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