Anxious Pup Calming Aids

Drs. Foster & Smith Educational Staff

Pets become stressed for many different reasons - travel, unfamiliar guests in the house, being separated during your absence, loud noises like thunder or fireworks, or even from sensing their owner's mood swings. Because your pet is sensitive to his physical and emotional environment, he may occasionally act out in response with excessive barking, inappropriate elimination, or even destructive chewing, scratching, or aggression. Fortunately you can help your pet deal with stress by lessening the root causes of the stress, and, as needed, using stress relievers.

Choosing the right stress reliever
Every pet responds differently to these natural products, so if you find that your pet doesn't respond well to one, consider trying a different product. The right choice for your pet is the one he will readily accept.

Product	Product Type	Active ingredients	Use
Comfort Zone Plug-In	Air Diffuser	Dog Appeasing Pheromones (D.A.P.) mimicking a new mother's natural pheromones	Continuously treats the air supply of the entire room to give your dog a sense of well-being. Excellent for pets with mild separation anxiety or chronic stress. Odorless and non-toxic. Not a drug or tranquilizer. Also available in a spray form.
	Liquid Drops	HPUS 5x dilution of Helianthemum nummularium, Clematis vitalba, Impatiens glandulifera, Prunus cerasifera, and Ornithogalum	Natural relaxant. Calms without making your pet overly sleepy. Can be placed in mouth or disguised in food or water. Administer

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Rescue Remedy		cerasifera, and Ornithogalum umbellatum.	or water. Administer 30-60 minutes prior to the stressful situation.
Ultra-Calm® Bites	Treat	Herbs including valerian extract, inositol, and soothing chamomile; fortified with Vitamin C	Natural relaxant for event related stress: trips to the veterinarian, dog shows, and storms. Delicious beef liver flavored biscuit. Easy to administer.
Ultra-Calm® Tablets or Chews	Tablet or Treat	Passion Flower Extract, Valerian Root Extract, Ginger Root Extract, Milk Protein Hydrolysate, Niacin, Pyridoxine Hydrochloride (Vitamin B6), and Thiamine Mononitrate (Vitamin B1)	Use as needed before travel, thunderstorms, or trips to the veterinarian or groomer.
Nutri-Vet® Travel-Ease™ Soft Chews	Soft chew	L-Tryptophan,Chamomile, Ginger Root	Natural relaxant for use before travel and other stressful times.
Composure SoftChews	Soft chew	Thiamine (Vitamin B1), C3™ (Colostrum Calming Complex), L-Theanine (Suntheanine® brand)	For use before anticipated periods of stress or for pets exhibiting nervousness and hyperactivity.

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Pet-Ease™ for Dogs	Soft chews or tablets	Bio-Calm Complex (propriety blend of Chamomile, Hops, Ginger, Tryptophan and Taurine)	Natural blend of herbs and amino acids helps maintain your dog's contentment during separation, travel, motion sickness, storms, grooming and changes in routine.
Sentry Calming Diffuser for Dogs	Air diffuser	Calming pheromones	Plug-in pheromone diffuser helps modify stress- and fear-related behavior problems. Room-wide protection covers 215 sq ft for up to 30 days.
Sentry Calming Spray	Aerosol spray	Calming pheromones	Spray in any room or automobile to provide calming reassurance in new or fearful situations.
Comfort Zone Spray with D.A.P.	Pump spray	Calming pheromones	Use-anywhere spray releases natural, calming pheromones to help reassure dogs and curb disturbing, stress-related behaviors.

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ThunderSpray for Dogs	Aerosol spray	Calming pheromones,herbal aromatherapy	Apply room-wide, in the car, or directly on a Thundershirt to provide calming reassurance.
Sentry Calming Collar	Neck collar	Calming pheromones	Dog wears around the clock for sustained-release, soothing reassurance for separation anxiety, a baby's new arrival, loud noises, travel and more.
Virbac Anxitane®	Chewable tablets	L-Theanine (Suntheanine)	Eases nervousness, anxiety and environmental stress. Ideal when used in combination with behavioral modification program.
Complete Calm for Dogs	Chewable tablets	Organic Chamomile (flower tops), Organic Ginger (root), Organic Passionflower (flower), Organic Lavender (flower), Organic Valerian (root), Organic Marshmallow (root)	Supports relaxation naturally in an easy-to-give chicken-flavored tablet.
	Chewable tablets	Calcium (Citrate), Potassium, Ginger Extract, Magnesium, Pyridoxine (B6), Tryptophan, Valerian Root.	To be given 1 hour before travel or anticipated stressor like fireworks or visitors, and again every 6-8 hours as

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Vet's Best Travel Calm			needed.
HomeoPet Anxiety Relief	Liquid drops	Aconitum nap, Arg nit, Arsenicum alb, Gelsemium, Avena, Passiflora, Scutellaria, Valeriana and more	Add directly to the mouth, on food, or in water to help sustain calmness before separation, veterinarian and groomer visits, kenneling and other travel.
Natural Pet Anxiety & Stress	Liquid drops	Aconitum Napellus, Apis Mellifica, Arnica Montana, Arsenicum Album, Belladonna, Bellis Perennis, Bryonia, Calendula Officinalis, Chamomilla, Cistus Canadensis, Clematis Erecta, Ferrum Phosphoricum, Histaminum Hydrochloricum, Hypericum Perforatum, and more.	Over 20 natural ingredients in liquid drop form help support calmness in dogs during stressful events.
Relax & Calm Chews	Soft chews	L-Tryptophan, Chamomile, and Ginger Root.	Use chews before travel, separation and other stressful events.

Veterinary Options
For a severe case of separation anxiety, your veterinarian might suggest a prescription anti-anxiety medication such as clomipramine, along with behavior modification training exercises. These combined treatments are effective in treating severe separation anxiety. The medication helps your dog relax so he can concentrate on the behavior modification training exercises; the training is what actually changes the dog's response to a stressful situation.

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