



PAW COMPLETE CALM FOR CATS

MULTIVITAMIN CHEWS WITH TRYPTOPHAN

PAW Complete Calm for Cats is a tasty fish and chickpea-based chew that contains key ingredients such as tryptophan, B group vitamins, and a blend of multivitamins and minerals to support general health, and nervous function in cats. Used daily, this product may assist with reducing feline anxiety.



BENEFITS:

- ✔ Contains tryptophan, a serotonin precursor, which may aid in reducing the signs of anxiety in cats
- ✔ Contains B group vitamins (including B1, B5 and B6) to help support healthy nervous system function
- ✔ Provides key vitamins and minerals to help maintain a healthy immune system
- ✔ Contains DHA to support cognitive health
- ✔ Palatable tasty chew format for ease of administration with fussy cats

WHEN TO RECOMMEND:

Ideal for cats that are:

- ✔ Timid, anxious or fearful
- ✔ Vocalising excessively
- ✔ Experiencing a period of transition e.g. moving house, new pet or new baby
- ✔ House soiling
- ✔ Frequently developing recurrent cystitis

Each PAW Complete Calm Chew contains:

Active ingredients	Amount per 1.2g chew
Tryptophan	45.23 mg
Pantothenic acid (B5)	0.13 mg
Thiamine (B1)	0.13 mg
Pyridoxine (B6)	0.05 mg

Dosage:

Complete Calm for Cats Dosage Size: 75 g Tub (approx. 63 chews)	
Body weight	Daily Dose
1 - 4.9 kg	2 chews
5 - 10 kg	4 chews

Administration: Feed daily with food. Chew can be given whole, or crumbled over food.

Size: 75g Tub (Approx. 63 x 1.2g chews)

Warnings/Safety:

- For animal consumption only.
- Do not use if your cat is on behavioural medication.
- Please read the label and follow the directions for use.

EDUCATION

Understanding serotonin

In the central nervous system (CNS) of humans and animals, serotonin (5-hydroxytryptamine, 5-HT) serves as a neurotransmitter.^{1,2} Brain-derived serotonin is important in the regulation of many behavioural and neuropsychological processes including:³

- Mood
- Perception
- Reward
- Anger
- Aggression
- Appetite
- Memory
- Attention

Despite the relatively low concentration of brain-derived serotonin compared to that in the rest of the body, it has a broad impact and is involved in numerous psychiatric conditions and psychological processes, such as depression in people.^{4,5}

L-tryptophan: the precursor to serotonin

L-tryptophan is an essential amino acid found in many protein-based foods, such as meat, dairy, fruits and seeds.⁴ Of all the amino acids in the body, it is found in the lowest concentrations.⁴ L-tryptophan is the sole precursor of peripherally and centrally produced serotonin.⁶ Only 3% of dietary tryptophan is used for serotonin synthesis throughout the body, and it is estimated that only 1% is used for serotonin synthesis in the brain.⁵

L-tryptophan supplementation and its anxiolytic effect on multi-housed cats⁷

In a double-blinded placebo-controlled study, a total of 25 multi-housed cats were observed. Cats were randomly assigned, with half of the group receiving dietary supplementation of L-tryptophan (L-trp) starting on the 7th week, whilst the other half received a placebo product. The daily dose of L-trp was 12.5 mg/kg administered at mealtime. Cats were observed 5 days a week during a period of three and a half months (2 weeks for habituation, 4 weeks without supplementation, and 8 weeks with supplementation).

After L-trp supplementation, all the stereotypic vocalisation, agonistic, exploration, and sustaining behaviours decreased. In the same way, house soiling, scratching, and agonistic interactions inside the group significantly decreased. Stress-related behaviours including avoidance, threatening behaviour, fighting, displacement activity, staring, and vocalisation decreased significantly in cats supplemented with L-trp.

Consequently, L-trp supplementation can be regarded as a valuable tool to assist in the treatment of some behavioural disorders in cats. As L-trp supplementation reduces some of the animal's anxiety signs and stress-related behaviours, this suggests that it is also beneficial in improving their overall welfare.

References:

1. <<https://www.eastsidevets.com.au/pet-conditions/mental-health-issues-pet/>> [Accessed 20 November 2020].
2. DePorter, T., 2020. The Fearful, Anxious, & Worried Pet. [online] Cliniciansbrief.com. Available at: <<https://cliniciansbrief.com/article/fearful-anxious-worried-pet>> [Accessed 20 November 2020].
3. Horwitz, D., 2020. Cognitive Function In Older Dogs. [online] Cliniciansbrief.com. Available at: <<https://www.cliniciansbrief.com/article/cognitive-function-older-dogs>> [Accessed 20 November 2020].
4. Crowell-Davis, S., 2008. Cognitive Dysfunction in Senior Pets. COMPENDIUM, [online] Available at: <https://vetfolio-vetstreet.s3.amazonaws.com/mmah/24/c2da4aa709476f93d5259d83f49ece/filePV_30_02_106.pdf> [Accessed 20 November 2020].
5. Horwitz, D., 2020. Cognitive Function In Older Dogs. [online] Cliniciansbrief.com. Available at: <<https://www.cliniciansbrief.com/article/cognitive-function-older-dogs>> [Accessed 20 November 2020].
6. DePorter, T., 2020. The Fearful, Anxious, & Worried Pet. [online] Cliniciansbrief.com. Available at: <<https://cliniciansbrief.com/article/fearful-anxious-worried-pet>> [Accessed 20 November 2020].
7. Pereira & Fragoso, 2010, L-Tryptophan supplementation and its effect on multi-housed cats and working dogs. Proceedings of the 2010 European Veterinary Behaviour Meeting.