Human Grade & Organic Ingredients
- Dried Egg Yolk
- Calcium Lactate
- Gelatin
- Psyllium Husks Powder (organic)
- Kelp (Organic)
- Taurine
- Adrenal Glands (New Zealand range fed)
- Vitamin E (D-alpha tocopheryl succinate)
- Complex B Vitamin
- Magnesium Citrate

All of our ingredients are approved by the USDA. The formulation of our ingredients is based on the recommendations of our holistic veterinarians expressly for our feline diets and you can rest assured that our Feline Instincts’ diet represent the best knowledge of professionals. All our diets have been approved and recommended by holistic veterinarians across the country.

Feline Instincts ® is available in two sizes:
Our Large 22.5 oz. (640 g) makes about 4 1/2 months supply of food for one adult cat.
Our Small 4.5 oz. (128 g) makes about one month supply of food for one adult cat.

Customer Service and Support
We all know that our felines will benefit the most with a knowledgeable caregiver. Therefore, I am available to help with the preparation of Feline Instincts if you need it. Call 352-423-1054 or visit www.felineinstincts.com

Feline

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Cats have a naturally pH acidic system. Cooked foods or commercial pet foods will NOT keep them healthy long. Even those dry foods that say they are from raw meats are still COOKED foods. Your cat’s immune system has the ability to resist and recover from disease and injury. Their immune system regulates production of antibodies that aid in destruction of bacteria and viruses.

By feeding a balanced cat or dog raw diet you can help keep their immune system strong. Raw meat helps to maintain the cats pH acidic environment necessary for its digestion and absorption of calcium from bones; the acidic environment stimulates the pancreas to produce its digestive enzymes - this maintains pancreatic health and prevents atrophy of this important organ; the strong digestive secretions allow very few parasites to get past the stomach. It is important to note that cereals, i.e., grains, are pH alkaline forming - this means that commercial pet foods, which are cereal based do not nurture a naturally pH acidic stomach environment. Only raw diets can naturally keep your cat or dog system pH acid. Alkaline diets will eventually cause problems in your cat or dog. Cat and dog raw diets allow your fur friend to thrive not just survive.

AKA “Cat Instincts”
Www.felineinstincts.com

"It does take time and energy to prepare a fresh raw meat for your cat, but that dedication is a rich reflection of the love you share."

Alex

Nature Created Felines As Carnivores
Their constitution is meant for enzyme rich raw meat.
Recipe Instructions

**DO NOT** add other ingredients because you dilute the calcium and meat ratio!

Shake premix well. Mix the following ingredients in a large bowl and stir well as you add each item.

- Add 1 + 1/2 (337ml) cups filtered water
- 1/2 cup/100gr raw liver pureed
- Use 1/2 cup (64 grams) **My Natural Cat premix**
- Add 2 Salmon Oil Capsules (2000 mg) or 1 stroke of the salmon oil pump.
- Add 2 pounds of raw meat (900grams)
- Stir completely.

Our way of making the recipe

I begin by adding the water to a bowl, pierce the salmon caps and squeeze the oil into the mixture, stir, add the **My Natural Cat** powder and stir. Add small chunks or ground meat or the meat you have chopped in the food processor and stir again. I use 100% skinless boneless chicken thighs. I also use the darker ground turkey for the turkey recipes. You need to have between 10% - 15% fat from the meat, not totally lean.

Measure daily meals in pint size Zip Lock freezer bags. Or use 100% skinless boneless chicken thighs. Rabbit– ground or boneless stewing meat, back or hind legs. Sheep– ground or boneless boneless meat, shank leg or butt.

No pork; pigs can carry many disease-causing pathogens including Trichinella and the virus that causes Pseudorabies (Aujeszky’s disease).

No Fish ; Fish can be fed sparingly as treats, but it is not recommended to be used as the meat ingredient in the recipe. Raw fish fed in excess can lead to a Thiamine deficiency. This presents a problem since we urge caregivers to feed meat raw. Cats also get all too easily hooked on the potent taste of fish.

### Feeding Tips

It is my experience that most kitties will want to eat more of the raw diet than the suggested serving. There are three reasons: (1) They are more active and need the extra calories, (2) Processed pet foods of ALL kinds are filled with carbohydrate; when you remove your feline from this type of diet their bodies continue to crave it. (3) most of all their bodies are crying out for truly nutritious food, therefore they need more raw in their meals.

### Recipe Tips

Don’t have enough powder? It may be the method you use to portion your ingredients. I use a scale and weigh everything now, powder, liver, meat, everything. And measure the water with a measuring cup. Before, I used the “that’s close” method of weighing and measuring I would end up with powder remaining or not enough to make a complete recipe. Weigh and measure, that’s the KEY.

### Recipe

**Finicky Kitty?**

If you have a finicky cat on your hands, first stop all dry foods feeding at once, feed your kitty at least 8 hours after their last meal. Remember, unfamiliar foods don’t smell the same as they have been eating. Take a small amount and put it in the kitty’s mouth. This should help them accept the new food. Our liver powders and Nutritional Yeast Flakes (not brewers yeast) are also very good for transitioning your kitty to the new raw meats.

If that fails, stir in a small amount of spring water tuna juice in their meal just to flavor it. If they eat the meal, then gradually reduce the tuna juice each day until you are serving the meals without tuna juice. I used this method for my cats in the beginning and they where eating the raw diet in five days without any tuna water enticements. Our chicken liver powder and Whole Life 100% Chicken treats work well as will anything your cats love to eat; such as crushed finely the dry foods they love and sprinkle that on their meals.

### Drinking Water & Stools

Don’t be surprised if you don’t notice your kitty around the water dish as before the raw diet. Nature designed felines to receive sufficient amount of water from the raw diet that they are designed to eat. Cats will urinate more and pass stools less often; this is normal when on a raw diet. If kitty has a hard time passing stools, this will pass in time but you could try adding more water to her meals.

### Don’t use meat with bones in the recipe

I use a food processor to chop the beef meat and chicken thighs. You can slice and dice the white chicken meat because some cats love to chew chunks of meat. Use only skinless and boneless chicken and dark turkey meats. Use chicken livers when making the recipe with Turkey.

### Meats to use

- **Poultry**– ground or boneless skinless chicken or turkey breast, thighs.
- **Rabbit**– boneless skinless stewing meat, back or hind legs.
- **Beef**– semi lean ground, stewing meat, steak or roast. Some cats throw up beef meats.
- **Lamb or Venison**– ground boneless stewing meats, shank leg or butt.

### Recipe

- **Age**
  - 4-8 weeks
  - 2 months
  - 3 months
  - 4-5 months
  - 6-12 months
  - Adult 1 year plus

<table>
<thead>
<tr>
<th>Age</th>
<th>Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>4-8 weeks</td>
<td>1-2 tbsp.— 4-6 times a day</td>
</tr>
<tr>
<td>2 months</td>
<td>3 tbsp./50g — 4 times a day</td>
</tr>
<tr>
<td>3 months</td>
<td>3-5 tbsp./50-80g — 4 times a day</td>
</tr>
<tr>
<td>4-5 months</td>
<td>1/2 cup/100g— 3 times a day</td>
</tr>
<tr>
<td>6-12 months</td>
<td>1/2 cup /100g—2 times a day</td>
</tr>
<tr>
<td>Adult 1 year plus</td>
<td>1/2-3/4 cup /100g-150g—2 x a day</td>
</tr>
</tbody>
</table>

### Recipe

**My Natural Cat**

King Ramses always enjoyed licking the bowl after we made the recipe..