Human Grade & Organic Ingredients
- Dried Egg Yolk
- Chicken Liver Powder
- 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 28.2 oz. (800 g) makes about 4 1/2 months supply of food for one adult cat.

Our Small 5.6 oz. (160 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

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.

"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."

Made in the USA
# Feline Nutritional Needs

## Raw Meat Is Real Cat Food!

Cats (and larger exotic cats too) are designed with short and acidic digestive systems so they can process raw meat. They need the undamaged enzymes and amino acids that a raw meat diet contains; these are their protein building blocks. These enzymes are essential biological catalysts for decent nutrient absorption that allows your carnivorous pet to conserve its own enzyme energy for more important life health benefits such as longevity & good health. Many of the important amino acids and all digestive enzymes are destroyed when raw meats are cooked. All processed pet foods are cooked.

Animals that eat processed foods often become nutritionally compromised and manifest dry and itchy skin, dull coats, weight problems, lethargy, and many illnesses. Feeding an alkaline diet of processed/cooked foods can easily create an imbalance in your pets’ natural acidic pH, and it’s this imbalance which substantially contributes to urinary and kidney problems. Raw meat diets will naturally keep their systems acidic, healthy and strong, while helping to prevent illnesses.

## Feeding Tips

It is my experience that most kittens 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 foods, 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.

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### Recipe Instructions

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**
- **Use 2/3 cup (80 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 of 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 freeze portions in ice cube trays and then pop them in freezer bags or jars when frozen.

Keep meals frozen for up to 6 months and keep thawed only 48 hours. Warm meals in a covered glass or stainless steel bowl in hot tap water. Do not microwave. Don’t leave food out for feeding more than 45 minutes, then put back in fridge.

My way of freezing this recipe is not the only way. Some of my customers freeze the finished recipe in ice cube trays, others use small plastic containers. Do what is comfortable for you.

### Daily feeding amounts

These are approximate serving sizes. Make adjustments as necessary for your cat.

<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>

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