

Ingredient Information Sheet

Elle & Bryson's Delicious Doggy Health Treats –Delicious and oh so Healthy!

No other ingredients used; all ingredients are of human grade and quality!

Ingredients list is correct as at: Friday, 23 September 2011

Every ingredient used has been carefully chosen to ensure optimal nutrition for your dog.

Flours, Grains, Cereals & Beans - For Dogs with allergies and special needs it, can be very difficult to find treats that won't upset their digestive systems. We specialise in offering these very special treats. All our treats can be made with wheat-free and/or gluten-free flours.

Arrowroot is mainly used as a thickener and in place of gluten in gluten-free baking. It is wheat-free, gluten-free and very low in kilojoules and fat.

Baking Powder (Gluten-free & Aluminium-free) we use "Honest to Goodness" baking powder which contains only Bicarbonate of Soda, Cream of Tartar & Organic Rice Flour <1%. This is important to note because as cream of tartar is quite costly, the food manufacturing industry has started using cheaper, aluminium based acid products. There has been much controversy about whether aluminium is linked to Alzheimer's and the jury is still out, but we're not about to take any chances!

Besan (Chickpea) flour is outstandingly high in easily digestible protein. It is wheat-free and gluten-free.

Quinoa flour is a grain that is high in protein, high in omega 3's and most importantly, dogs with allergies tolerate it well. It is wheat-free and gluten-free.

Rye flour contains fluorine which is responsible for the formation of good tooth enamel and strong nails. Rye is low in carbohydrate and fat which makes it excellent for overweight dogs. It is wheat-free with low levels of gluten.

Traditional whole-grain oats are low in starch and high in mineral content, especially potassium and phosphorus. Oats are also high in protein and contain iron, calcium, manganese, zinc, and B vitamins (pantothenic acid, B5, and foliate, B9). They cleanse the intestines of impurities and help to build strong bones, nails and teeth.

Wholegrain wholemeal flour (unbleached) is made from the whole grain kernel and contains nutrients such as protein, fibre, B vitamins, antioxidants, and iron, zinc, copper, and magnesium.

Herbs, Roots & Shoots

Alfalfa powder and sprouts contain many vitamins and minerals including calcium, copper, folate, iron, magnesium, manganese, phosphorous, potassium, silicon, zinc and vitamins A, B1, B12, C, D, E and K. For older dogs, this herb is one of the best for arthritis and gout. For puppies, alfalfa sprouts are highly nutritious and stimulate the production of growth hormones.

Cinnamon like carob soothes the gastrointestinal tract. It helps with diarrhoea, indigestion and digestive upsets. Cinnamon helps in regulating blood sugar levels and has antifungal and antibacterial properties which are highly effective in dealing with internal and external infections.

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Cinnamon is good for dogs suffering from painful joints due to arthritis because its anti-inflammatory properties reduce the stiffness and help ease the pain associated with this musculoskeletal disorder.

Cloves are great because they are parasite killers so they are natural de-wormers. Because cloves are a natural enemy of parasites, the worms don't become immune or made stronger over time by this use.

Dandelion root is an anti-inflammatory herb good for older dogs. It contains vitamins A, C, D, E, K, B complex as well as potassium, calcium, iron, thiamine, chlorine, lecithin and riboflavin. Dandelion root is also especially beneficial for the liver and gallbladder.

Ginger is the premium anti-nausea herb, and is well tolerated by dogs of all ages. More importantly, ginger acts as a digestive tonic and relieves stomach, and intestinal gas. Ginger stimulates digestive juices and helps to expel worms.

Parsley is rich in iron and vitamin C, and also contains provitamin A. It also contains calcium, phosphorus, and manganese. Parsley is known as one of our most concentrated food sources and also helps keep fresh breath.

Rosemary is an excellent remedy for flatulence and other digestive disorders. It is considered to be a calming agent and a heart tonic. Rosemary acts as a natural barrier against food borne bacteria, and it also has antioxidant and antimicrobial properties. It is a natural preservative.

Yucca Root Traditional use internally for arthritis and rheumatism. Yucca Root may purify the blood and act as an anti-inflammatory that can be beneficial for arthritis, osteoporosis and other inflammatory conditions. It contains steroid saponins, calcium, potassium, iron, manganese, copper, phosphorus, vitamins A, C, and B-complex. Yucca Root has been found to reduce pain and increase mobility by production of natural steroids in the body. Yucca Root also aids digestion and is a liver, blood, and digestive system detoxifier. It is helpful for allergies, asthma, skin problems, body odor, and stress. Yucca Root is gaining increasing attention among dog owners for its success in treating arthritis, hip dysplasia, and other degenerative bone and joint diseases

Fruit & Vegetables – Dogs are omnivores. This means they eat both plants and animals. In the wild, dogs also eat grasses, berries, roots and other vegetable matter as well as the stomach contents of their vegetarian prey. Here the dog gets the full benefit of all the nutrients and phytochemicals of their prey's vegetarian diet.

100% Apple, Apple puree is high in antioxidants and is believed to be helpful in the prevention of cancer. It is also used as a natural and healthy way to sweeten foods. We puree our own apples and leave the skin on to obtain maximum nutrition.

Bananas are full of doggy goodness as they are low-fat and contain vitamins B6 and C, potassium, manganese and fibre. Bananas help to normalise blood pressure and keep the bowel healthy.

Broccoli is a fantastic source of protein, antioxidants, bioflavonoids, calcium, iron, fibre, selenium, and vitamins A, C, D and B6. It is believed to be beneficial in the prevention of cancer in both dogs and cats.

Carrots contain beta-carotene, vitamin B complex, vitamins C, D, E and K, iron, calcium, phosphorus, sodium, potassium, magnesium, manganese, sulphur, copper and iodine. All of these make carrots a valuable digestive aid, glandular tonic, skin cleanser and, of course, contributor to eye health.

Kale is one of the healthiest greens we can give to dogs and to ourselves! For those who don't know, kale is from the broccoli family but looks a lot like spinach. Kale is rich in vitamins A, B1, B2, C, E and K. It has twice the calcium of milk, is very high in fibre, is

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packed with anti-cancer flavonoids and contains essential mineral sulphur which is great for relieving muscle and joint tension. It has heaps of anti-oxidants, and heaps of beta-carotene and lutein which means it's excellent for eye health.

Pumpkin is gentle on sensitive and upset stomachs and assists with both constipation and diarrhoea. Pumpkin is often called a miracle food because of its high amounts of vitamin A and antioxidant carotenoids, particularly alpha and beta-carotenes. It is also a good source of vitamins C, K and E, and several minerals including magnesium, potassium and iron plus it has fibre. It is great for improving night vision, stabilising blood pressure, and strengthening the immune system. We leave the skin on the pumpkin to obtain maximum nutrition.

Peas are an excellent natural source of B complex vitamins, vitamin C and K, potassium and several trace minerals. They contain a relatively high concentration of insoluble fibre which helps to control appetite by making dogs feel full longer. Plus, they have a low Glycemic Index which means they are perfect for weight control and help prevent diabetes.

Spinach is a rich source of antioxidants and beta-carotene as well as lutein and zeaxanthin. It is high in calcium, potassium, vitamins A, B6 and K as well as being a good source of fibre. Spinach helps support a strong immune system, strong vision and cognitive development.

Seeds, Nuts, Berries & Oils – Our seeds are bought whole and then ground on the premises so to provide maximum freshness and nutritional value.

100% Peanut, Peanut butter Peanut Butter is one the most popular flavours in dog treats and is perfect for puppies and high energy working dogs. Peanuts are high in energy, are a great source of dietary proteins with high quality amino acids that are essential for growth and optimum health. (Did you know: Peanuts are actually legumes?)

100% Pure Extra Virgin Olive Oil - oh yeah, we get the good stuff! Just as this wonderful oil is exceedingly healthy for humans, so it is for dogs too. Olive oil is rich in anti-oxidants, vitamins A, D, E and K along with many essential fatty acids. It adds wonders to the condition and shine of coats, keeps nails and cuticles strong and healthy and helps lubricate the bowel.

100% Pure Virgin Coconut Oil

Amaranth seeds have an incredible nutritional content, with vitamins, minerals, fibre, and amino acids. They are rich in the amino acids lysine, methionine, and cysteine and they are also high in fibre, with three times the fibre of wheat. Amaranth seeds contain calcium, iron, magnesium, and folate, are a good source of potassium, phosphorus, and vitamins A, C, and E and are very high in protein.

Blueberries are a well-known superfood due to their excellent antioxidant properties. They also contain manganese, Vitamins B6, C, and K and are a source of fibre. Blueberries also taste good to many dogs and puppies.

Chia seeds This superfood is used like flaxseed, but contains 10% more Omega 3 fatty acids plus has a lower fat content and higher fibre content. Chia seeds contain a massive 631 mg of calcium per 100 grams and also have loads of anti-oxidants to remove free radicals from the blood and purifying it resulting in a better blood circulation. Chia seeds also control blood sugar levels which benefits and prevents diabetes.

Cranberries & 100% Cranberry Juice have many health benefits for dogs. They are rich in vitamins A, B1, B2, C, and many nutrients. They are full of minerals and contain

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heaps of antioxidants. Cranberries are an excellent supplement to your dog's diet especially for the promotion of urinary tract health.

Linseeds (Flaxseed) There is a world of benefit when dogs, (or people), consume linseeds. The trick is to grind them up otherwise the nutritional value is never released. Linseeds are known for their phytoestrogens, natural cancer-protective compounds. They are high in alpha linoleic acid, which has also found to be promising as a cancer fighting agent. Linseeds are high in both soluble and insoluble fibre promoting regular bowel movements. They are also known to help fight heart disease and support the immune system. Linseeds are high in Omega 3 fatty acids that have the ability to reduce inflammation. Great for dogs with arthritis.

Other Essential Ingredients

Activated charcoal is charcoal that has been impregnated with oxygen. It is given to dogs in small amounts to treat flatulence and in large doses to prevent poisoning. It also helps solve problems with bad breath.

Blackstrap Molasses Want a shiny coat? Use molasses. Molasses is also an excellent source of calcium, iron, copper, manganese, potassium, magnesium and B vitamins. A tablespoon of molasses contains approximately the same amount of calcium as a glass of milk. Molasses contains stigmasterol, a steroid compound similar to cholesterol which occurs naturally in plants. It is a proven remedy for wrist stiffness and arthritis.

Carob is rich in natural sugars and contains calcium, phosphorus, iron, potassium, silicon, magnesium, vitamins B1 and B2, niacin, some vitamin A and protein. Plus, the tannins in carob bind to toxins which helps neutralise them.

Cheezly non-dairy cheese has a great flavour for dogs and avoids the lactose and high-fat problems of regular cheese.

Nutritional (savoury) yeast is a non-active yeast that is a natural flea deterrent and is incredibly nutritious. It contains folic acid and essential fatty acids and helps keep coats shiny. It is often used in vegan diets as a replacement to parmesan cheese and as a source of vitamin B12.

Vegemite is one of the world's richest sources of vitamin B which is essential for energy production and maintaining healthy skin and nerve function. It also contains folate and dogs absolutely love the taste.

Vegetable water this is the water saved from steaming vegetables. It is a great way to add back the minerals that are quite often lost through cooking.

*** A very important Did You Know? ***

The Australian Pet Food Industry is currently self-regulated and sets its own standards using a 'voluntary' code of practice. Under this 'voluntary' code, the listing of "other" ingredients (including preservatives) is optional, and can prevent pet owners from making informed decisions regarding the contents and safety of the foods they feed their pets. RSPCA Australia is currently working with the Pet Food Industry Association of Australia and Federal and State Governments to rectify this.

We at **Elle and Bryson's Delicious Doggy Health Treats** are very proud of each and every ingredient we use in our treats. As such, you will find ALL ingredients are fully listed on the

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outside packaging of our treats in descending weight order which is same requirement that is used for Human foods.

Thank you for choosing to provide healthy treats for your dog.

To order please contact us at:

Elle and Bryson's Delicious Doggy Health Treats

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