How to Utilize Our Supplements

Glacier Peak Holistics (GPH) supplements can be utilized in a rotation throughout the year to provide an overall healthy balance. Whether a pet is struggling or thriving, they can benefit from a rotation of the products.

GPH Supplement Breakdown:

All herbal GPH supplements can be used in conjunction with **Pro-Bio Complete** & **Paw-Gest**.

Daily Defense & **Super Cleanse** both contain *kelp* and are recommended to either rotate between the two or to cut the dose of each in half.

HerbAprin is <u>not suitable for cats</u> and should not be given within 10 days prior to surgery. Wait 24 hours after surgery before dosing.

Peak Immune & **Daily Defense** can be used together. However, since they are both used to support the immune system, it could be used as an opportunity to *take a break from Daily Defense during the 10 day use of Peak Immune*.

Inflapotion & **HerbAprin** can be used together. However, we recommend using Inflapotion during the day and using HerbAprin in the evening (since HerbAprin contains 4 mild sedative herbs).

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Pulsing Supplements

Supplements are meant to be used intermittently and supplementary, meaning at some point the body can use a break. The term "pulsing" is just another way of saying to *rest from an item*.

If you are giving supplements long term, at some point the body will either stop responding or not respond *as well* if it doesn't get a break once in a while. So, you can **pick a day of the week to rest from daily-used supplements**.

Supplements are only as good as the body's ability to absorb them. That being said, it needs time to reset and relax from a constant input of the same supplements.

For example, there are some pets using Inflapotion that just cannot go a day without, as the inflammation returns between doses. One way to pulse in this circumstance would be to feed half of the recommended dose. Another example would be to feed a supplement for two weeks straight, then one week off.

What works for one pet may not work for another. At the end of the day, it's up to the pet parent to get a read on their pet to see if they need more or less of a supplement. If you're concerned about the use of any GPH products with a pet's current medication or treatment plan, we recommend you consult your holistic vet.

If you do not have a holistic vet, <u>Dr. Katie Kangas</u> and <u>Dr. Ruth Roberts</u> are two options that provide virtual appointments. They are also familiar with our products.

You can also use this link - Holistic Vet Finder: https://www.ahvma.org/find-a-holistic-veterinarian/