

Helping Calm Nerves & Hyperactive Dogs

Do you have a Great Dane that is a bit nervy/highly strung/Hyperactive and could do with some help to relax?

There are a number of products available to our canine buddies that can help de-stress them and take the edge off.

Many of these products are 'alternative/complimentary' and therefore your Vet may not be well versed in them, however it is important you speak to your Vet before giving supplements to your dog.

A Vet check could bring to light a medical problem that could be contributing to the problem, your Vet may also like to discuss the possibility of drug / supplement interactions.

It is first recommended that you [take a close look at what you're feeding your dog](#). Consider using our Kibble Comparison Spreadsheet to see if your dogs Kibble contains mostly high quality ingredients vs low quality fillers that could be affecting your dog's behaviour. Diet does affect behaviour just as it does in children and adults a-like.

Also [consider ditching the processed expensive commercial dog treats](#) full of chemicals, artificial flavor & colour enhancers and make your own – a \$4 pack of sausages cooked and put in a zip lock bag can last a whole week or more in the fridge and you can just break off what you want and dogs love them.

[Exercise is very important](#), dogs genetically are 'migratory', this means in the wild they would migrate many KM's per day. Consider upping your walks to 2 a day (if age appropriate), consider safe off lead runs where the dog can really stretch their legs and consider increasing the distance of your walks (if age appropriate). If you have a treadmill your adult Dane can learn to use it.

[Supplements are not a miracle cure](#), they are typically recommended to assist dogs who are participating in a behavioural modification program / training. Not all supplements work for all dogs and sometimes it's a case of trial and error.

If your dog's quality of life is being hampered by its nerves/emotions please seek the help of a qualified Behaviourist. On our downloads page we have a list of Behaviourists we can recommend.

It is important to understand that a dog like any animal is a product of its genes; the environment however can turn on and off genes so if something traumatic (such as a dog fight, heavy discipline, abuse etc.) occurs in your dog's life this can affect the dogs personally going forward.

LOVE IS A GREAT DANE!

Some dogs are born with nervy/highly strung temperaments, although they may never be cured, they may be assisted with supplementation and behavioural programs.

Some dogs only experience short term stress and anxiety such as car travel, going for walks etc.

Why is it important to help nervy dogs?

- A nervy dog can become a fear bitter if the right situation presents.
- You may not be able to do all the fun things you wanted to do with your dog because they emotionally cannot cope with those activities.
- It's not a nice way for a dog to live, and very rarely does it get better on its own.
- Helping a nervy dog to become more stable will make them more enjoyable to live with which means you have a stronger bond with your dog.

The following are products some that other dog owners use to work alongside with behavioural programs, these are not necessarily a recommendation and you should always speak to your Vet & behaviourist before starting any supplement.



PetArk Calm



Make a difference to your dog or cat's day by reducing their level of stress naturally. PetArk Calm assists in the maintenance of normal muscle and nerve function and contains a range of nutrients that have a role in assisting the transmission of nerve impulses.

This product contains: Natural Liver Flavouring; Magnesium Phosphate; L-Tryptophan; Passion Flower; Hops; Chamomile; Vitamin B6; Vitamin B3; Vitamin B1; Vitamin B2; Vitamin B12.

GDRR NSW uses PetArk Calm with most of our foster dogs and purchase it from www.k9pro.com.au and many behaviourists are now recommending it for their clients.

Approx \$35.00 for 125 grams.



Natural Animal Solutions Calm

Calm is a blend of nervine herbs that may help relieve nervous tension, stress and mild anxiety. Used daily, Calm will assist with your pets general well being. A gentle alcohol-free formula that is palatable for pets and easy on the stomach, making it safe for dogs and cats.

Approx \$30.00 for 110 grams.



D.A.P

Use to modify behaviour in dogs. Has a calming effect by releasing dog pheromones into the air via a 240v plug in diffuser. Lasts for approximately 30 days if left on 24 hours a day.

Independent observations from a Behaviourist has suggested that DAP may not be a suitable solution if the dog did not have a good start to life i.e. when it was still feeding from its Mother getting the natural pheromones.

Approx \$80.00 for diffuser and D.A.P. Refills are approx. \$40.00.



Vetalogica Canine Tranquil Calm formula

Dogs are often subject to distressing situations such as thunderstorms, being frightened of strangers, aggression or even being left alone. Canine Tranquil Formula contains Tryptophan and essential B group vitamins to help maintain normal emotional balance in dogs.

Approx \$25.00 for 120 chews.



Paw Multi + Tryptophan Multivit

Tasty kangaroo based chews with B group vitamins to maintain a healthy nervous function and tryptophan, an essential amino acid for balanced health.

Approx \$24.00 for 300 grams.

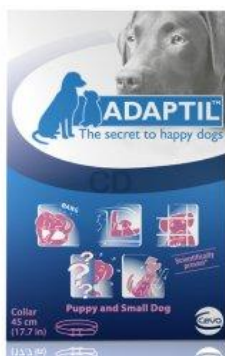


Value Plus Calming Paste

Value Plus 4 calming paste is an aid for anxiety, nervousness, distraction and stress in horses and dogs.

Each 30ml contains: L-tryptophan 3,000mg, Thiamine 600mg, Riboflavin 500mg, Niacin 500mg, Pyridoxine 300mg, Extract of matricaria recutita (chamomile) 4,500mg.

Approx \$20.00 for 30 mls.



Adpatil Pheromone Collar

Adaptil, formally known as DAP, is a synthetic copy of the natural canine appeasing pheromone proven to help support dogs in a range of stressful situations.

Approx \$45.00 for 1 collar that lasts approx 30 days.



Skullcap & Valerian

These supplements are often used for Separation Anxiety:

Valerian - Valerian can be dosed at 4mg/lb for use with anxiety problems in the powder form, or 1/4 human dose for small dogs, 1/2 dose for medium, and full dose for large dogs when using the liquid tincture. Beware - Valerian WILL "wire up" some dogs, and cause them to become more anxious/energetic. Best results are achieved when you'll be absent for shorter periods, and when the Valerian is given 30-45 minutes before departure.

Skullcap - Skullcap often works well with dogs who have a poor reaction to Valerian. The same basic dosage protocol applies.



L-Theanine

L-theanine is a free-form amino acid, and is recommended for use in treating anxiety in humans, as well. It is not widely available in Australia, your health food store may be able to order it or you'll need to Google in Australia.

Dosage is 100mg for a 50lb dog, once per day, scaled up/down from there.



Melatonin

Melatonin has been found to be helpful when used with dogs who have "thunder-phobia," other noise-related reactions and other stressful situations. Melatonin has been used effectively to reduce seizures in dogs that seize between 11:00 PM and 6:00 AM. Quite a few members of our Canine Epilepsy community have also discovered that it seems to lessen the frequency and/or severity of seizures at other times of the day.

Dosages of 3mg can be used for dogs up to 50lbs, and increased proportionally from there. When purchasing melatonin, look for a regular variety as opposed to a "time release" - it seems to be more effective for canine use. Melatonin can also be useful for thunderstorm anxiety, and is best given 45-60 minutes before departure.

Approx \$20.00 for 90 tablets.



Clomicalm – Vet only medication

CLOMICALM is used to treat behavioural problems in dogs and cats. CLOMICALM is a combination of a tricyclic antidepressant and a selective serotonin reuptake inhibitor.

In dogs, CLOMICALM is used to treat anxiety disorders such as destructiveness, excessive vocalisation and loss of toilet control associated with separation anxiety.

In dogs, CLOMICALM is used to treat stereotypic behaviours (obsessive-compulsive disorders), such as tail chasing and over-grooming.

CLOMICALM decreases anxiety in animals by increasing the level of certain chemicals in the brain. It must be used in conjunction with behavioural training.

Once an animal is less anxious, they can undergo training to improve behavioural problems.

CLOMICALM is not indicated to treat aggression in dogs.



Thundershirt



Are you looking for a solution to your dog's anxiety issues? Whether the problem is thunderstorms, fireworks, travel, shyness, separation anxiety or even problem barking,

Thundershirt's patent-pending design applies a gentle, constant pressure that has a dramatic calming effect for most dogs.

Based on surveys completed by over two thousand customers, over 80% of dogs show significant improvement in symptoms when using Thundershirt. Thundershirt is already helping tens of thousands of dogs around the world, and is recommended by thousands of veterinarians and dog trainers.

Available from some large pet shops and online stores.

[GDRR NSW use Thundershirt's with most of our foster dogs and purchase them from www.k9pro.com.au](http://www.k9pro.com.au)

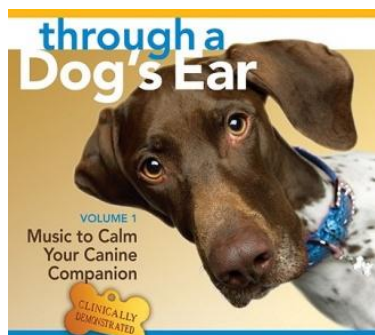


Storm Defender Cape

Research shows that dogs sense the static charge build up before a thunderstorm. This same charge, if it gets big enough, produces lightning. Knowing that, it makes sense for dogs to be afraid and seek shelter. It is an "early warning" system for lightning.

When properly used, the Storm Defender cape will reduce the dog's anxiety. The cape has a special metallic lining that discharges a dog's fur and shields him from the static charge build up reducing his sensitivity to the charge. The dog gets relief, and after a few storms begins to learn that the secondary triggers like rain, wind, thunder, barometric pressure and smells are no longer to be feared. With the cape on, the dog feels as though he has found a safe place. <http://www.stormdefender.com>

Approx \$60.00.



Through a Dog's Ear

Music can soothe the savage beast--including your dog! Millions of dog guardians have grappled with behaviour problems caused by their dog's anxiety--from fits of barking when their beagle is left home alone to the nervous whimpering of their dachshund during a thunderstorm. In tests conducted in kennels, shelters, clinics, and dog households, Dr. Wagner and team made amazing strides in learning how dogs respond to music. Created to resonate specifically with the canine nervous system, this psycho acoustically designed classical music has been demonstrated to ease stress and reduce canine anxiety. In the research trials, twice as many anxiety behaviours were reduced with this special music as compared to conventional classical selections.

Approx \$30.00.



Rescue Remedy – Bach Flower Remedy

- * Rescue remedy supports calm behavior in pets, including dogs, cats, and horses
- * Blends together five different flower extracts to support serene behaviour

Rescue Remedy Pet is a flower remedy, natural way to help support calm behaviour in pets during stressful situations. Ideal for times such as travel, thunderstorms, or just going to the veterinarian's office. Made from a combination of five soothing flower essences including helianthemum, clematis, and impatiens.

Suggested Use

Drops: Four drops in mouth, water dish, or food, as needed.

Spray: Bring nozzle to pet's tongue and apply 2 sprays on the tongue.

Approx \$20.00.