## B-Calm

### FREQUENTLY ASKED QUESTIONS

#### How does it work?

Parrot B-Calm contains ingredients
L-tryptophan & thiamine. L-Tryptophan is a
natural pre-cursor for the synthesis of
serotonin in the body. Serotonin is the key
hormone that stabilizes mood, feelings of
well-being, and happiness. Thiamine plays a
large part in the function of the nervous
system, as well as in the metabolism of
energy in the body.

#### Can my parrot overdose?

L-Tryptophan is self-limiting, meaning when there is enough in the body it stops converting into serotonin, making it a very safe ingredient. However, if your bird has been prescribed any veterinary medications for their anxiety, it is best to speak with your veterinarian before starting Parrot B-Calm.

#### Can I mix Parrot B-Calm with other food?

You can, however you may not see the full effects of the product. Best results are seen when Parrot B-Calm is fed at a minimum of 80% of the diet.

#### What species is Parrot B-Calm suitable for?

All companion parrots.

#### How long should I feed Parrot B-Calm for?

Forever! Parrot B-Calm is designed to be fed as a long-term diet.



### Do I need to convert my parrot to B-Calm?

Time and care should be taken to properly convert your bird from seeds to pellets. If changing from a pellet diet to B-Calm, it is recommended to transition slowly, to avoid digestive upset.

# My parrot is on a prescription medication; can I still use Parrot B-Calm?

We recommend speaking to your veterinarian about using Parrot B-Calm if your parrot is on any prescription medications for anxiety.

## What other strategies can I use to alleviate stress and anxiety?

Other considerations such as your bird's environment, enrichment activities and training should be accounted for when trying to alleviate stress and anxiety.