



Dr. Harvey's

*Fine Health Foods
for Companion Animals*

Veg-To-Bowl

FEEDING GUIDE

Thank you for choosing to feed your companion dog Dr. Harvey's Veg-To-Bowl. You will soon discover what makes Veg-To-Bowl uniquely different from all other dog foods.

The principle behind Veg-To-Bowl is simple – feeding a diet rich in fresh, high-quality protein and other natural ingredients allows your companion dog to absorb a powerful, healthy dose of vitamins, minerals and other essential nutrients – which is the key to ensuring a healthy, happy and long life. Feeding fresh food *will* make a noticeable and remarkable difference in the health and well-being of your dog. **Good health begins in the kitchen.**

Yours in truth and health,

Dr. Harvey & The Team

If you have any questions about how to use Veg-To-Bowl, questions regarding a specific health challenge facing your dog, or just want to say “Hi” – we'd love to hear from you!

Call us toll free at 1-866-362-4123
or e-mail info@drharveys.com

Instructions

Preparing fresh food for your dog takes just minutes a day and it's **really easy to do**.

PLEASE SEE PAGES 3-5 FOR SUGGESTED AMOUNTS OF VEG-TO-BOWL, PROTEIN, AND OIL.

1

Add hot water to Veg-To-Bowl.

Let sit for 8 minutes or until Veg-To-Bowl has absorbed the water and has the consistency of cooked vegetables. Stir occasionally.

2

Add your choice of quality protein.

Beef, poultry, fish, eggs, tofu, lentils, etc. Alternate the type of protein you use about once a week. Protein can be raw or cooked.

3

Add your choice of oil.

Flax, borage, olive, hemp, sesame oil, fish oil, Dr. Harvey's Health and Shine (see page 7) or any healthy oil of your choice.

4

Watch a happy and healthy dog eat.

Mix thoroughly. Serve at room temperature. Always make sure your companion dog has fresh, clean water to drink.



Feeding Guidelines

The following amounts are only general guidelines. Individual requirements will vary depending upon factors such as metabolism, daily activity, breed, health, genetics, and environment. You are the one that actually knows your dog, so you are in the best position to fine tune this general guideline.

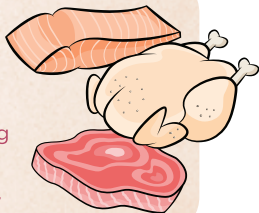
Part of healthy feeding is monitoring your pup's weight. If your dog is too thin, feed *more* than the suggested amount. If your dog is overweight, feed *less*. When in doubt, remember that it's better to feed a little less than to overfeed your companion dog.

The amounts below are “per day” requirements and may be divided into two or more meals.

Adult Dogs (1½-7 years old) AMOUNT OF FOOD PER DAY

DOG'S WEIGHT IN POUNDS	SCOOPS OF VEG-TO-BOWL	SCOOPS OF WATER	OUNCES OF PROTEIN	TEASPOONS OF OIL
3 - 8	1 - 1 ½	1 - 1 ½	5 - 8	½
9 - 18	1 ½ - 2	1 ½	8 - 11	1
19 - 30	2 - 2 ½	1 ½ - 2	11 - 14	2
31 - 50	2 ½ - 3 ½	2 - 3	14 - 18	3
51 - 70	3 ½ - 4	3 - 3 ½	18 - 22	4
71 - 90	4 - 5	3 ½ - 4 ½	22 - 27	5
91 - 110	5 - 6 ½	4 ½ - 5 ½	27 - 32	6
110 - 140	6 ½ - 7 ½	5 ½ - 6 ½	32 - 39	7

Rotating Proteins - Change the type of protein you use about once a week. Meats, poultry, eggs and fish each have different compositions of amino acids, as well as different levels of fats, vitamins and nutrients. By mixing or interchanging different protein sources, dogs receive the nutritional benefits of all these essential nutrients.



Older Adult Dogs (7+ years old) AMOUNT OF FOOD PER DAY

Nutritional requirements for dogs modify slightly as they age. The chart below allows for the change that will help your senior maintain good health during their golden years.

DOG'S WEIGHT IN POUNDS	SCOOPS OF VEG-TO-BOWL	SCOOPS OF WATER	OUNCES OF PROTEIN	TEASPOONS OF OIL
3 - 8	1 ½ - 2 ½	1 ½	4 - 6	½
9 - 18	2 ½ - 3	2 - 2 ½	6 - 8	1
19 - 30	3 - 3 ½	2 ½ - 3	8 - 11	2
31 - 50	3 ½ - 4 ½	3 - 4	11 - 14	3
51 - 70	4 ½ - 5	4 - 4 ½	14 - 18	4
71 - 90	5 - 6	4 ½ - 5	18 - 21	5
91 - 110	6 - 7 ½	5 - 6 ½	21 - 25	6
110 - 140	7 ½ - 9	6 ½ - 8	25 - 31	7

1 pound = 16 ounces ½ pound = 8 ounces ¼ pound = 4 ounces

Puppies (Up to 18 Months) AMOUNT OF FOOD PER DAY

***Important:** For the first 18 months of your puppy's life add 1 tablespoon of cottage cheese daily for every 10 pounds your puppy weighs. In addition, add 1 teaspoon of plain yogurt or kefir daily, for every 5 pounds your puppy weighs.

The feeding amounts below are “per day” requirements. Puppies should be fed 3 times a day for the first six months of their lives. Simply divide the amount below into three meals.

DOG'S WEIGHT IN POUNDS	SCOOPS OF VEG-TO-BOWL	SCOOPS OF WATER	OUNCES OF PROTEIN	TEASPOONS OF OIL
3 - 8	1 ½ - 2	1 - 1 ½	7 - 10	½
9 - 18	2 - 2 ½	1 ½ - 2	10 - 14	1
19 - 30	2 ½ - 3 ½	2 - 3	14 - 17	2
31 - 50	3 ½ - 4	3 - 3 ½	17 - 20	3
51 - 70	4 - 5	3 ½ - 4	20 - 25	4
71 - 90	5 - 6	4 - 5	25 - 29	5
91 - 110	6 - 7	5 - 6	29 - 34	6
110 - 140	7 - 8	6 - 7	34 - 40	7

1 pound = 16 ounces ½ pound = 8 ounces ¼ pound = 4 ounces

Storing Veg-To-Bowl in the Refrigerator or Freezer

Veg-To-Bowl can be made in advance and stored in the refrigerator for up to 3 days. Simply double or triple the recipe to make enough for multiple days. Store in an airtight container.

You can also freeze Veg-To-Bowl in individual zip lock bags for your dog sitter when you are away. When freezing Veg-To-Bowl **do not** add the oil. The oil should be added just before feeding and never frozen.



Transitioning Your Dog to Veg-To-Bowl

Most dogs transition very easily to Veg-To-Bowl - even dogs with sensitive stomachs. You can begin by adding a small amount of Veg-To-Bowl to the food you are currently feeding and increase the amount daily. Continue increasing the Veg-To-Bowl, while decreasing the old food, making the complete switch in about a week.



To watch a video of how to make Veg-To-Bowl, please visit www.drharveys.com/videos

Health & Shine

Health and Shine is Dr. Harvey's essential oil supplement. These golden capsules contain a special mixture of flax, borage and fish oil. Together these oils provide nutrients that are necessary for optimal health. When used daily, Health and Shine promotes healthy skin and a beautiful shiny, flake-free coat. These oils help support the cardiovascular system and are a powerful aid in promoting joint health.

Health and Shine is the perfect choice of oil to use when making Veg-To-Bowl. For larger dogs, the capsules can be added directly into the mixture. For smaller dogs, the capsules can be pierced and the oil poured right onto the mix. Health and Shine is a very smart choice for your companion dog!



Whole Food Herbal Supplements

Each one of Dr. Harvey's unique herbal supplements is formulated to gently aid the body to heal without drugs or chemicals. Each formula is made with a highly nutritious base of whole foods including bee pollen, spirulina, kelp and nutritional yeast. This base is then combined with powerful and specific healing herbs that are highly effective in improving your dog's health. Dr. Harvey's Whole Food Supplements come in an easy-to-administer powder that is simply sprinkled on your dog's food daily.

- MultiVitamin & Herbal Supplement
- Relax & Stress Supplement
- Ortho-Flex Supplement
- E-mune Boost Supplement
- Golden Years for Seniors
- Formative Years for Puppies
- FEM - Female & Pregnancy Supplement





Power Patties

Power Patties are irresistible freeze-dried tripe treats. Tripe is one of the most nutrient-rich proteins for dogs and cats. Power Patties are not just healthy, they are absolutely scrumptious. These amazing treats are high in protein, low in fat, grain-free and support digestive health. Power Patties are great for training because dogs and cats cannot resist the smell or the taste!



Sweet Potate'r Chews

Sweet Potate'r Chews are made with one ingredient, all-natural sweet potatoes. Sweet Potate'r Chews are a healthy, delicious, safe alternative to rawhide and molded chews. Sweet Potate'r Chews are loaded with vitamins and minerals which make this treat healthy *and* fun.



Barkotti

Barkotti is Dr. Harvey's organic biscotti for dogs. They are made in a human bakery in the USA, using only organic and human-grade ingredients. Barkotti's recipe is chock-full of vitamins and minerals. This hard cookie will promote healthy gums and teeth, and because they are so delicious they make a great training treat.



Le Dogue Bites

Le Dogue Bites are healthy freeze-dried bits of pure beef or fish. They are a high-protein, low-fat treat for dogs. Le Dogue Bites are great for dogs with grain sensitivities and other food allergies. They are made in the USA with only human grade ingredients. Dogs absolutely love Le Dogue Bites!

Herbal Grooming Essentials



Dr. Harvey's Herbal Grooming Essentials naturally clean and defend your companion animal. Our ear wash and shampoo gently clean with herbal ingredients, safe for even the most allergic dogs. And our protection products defend without the use of toxic chemicals like DEET. Dr. Harvey's herbal grooming products contain no harmful chemicals or preservatives—only honest, pure holistic ingredients.

- Organic Herbal Shampoo
- Organic Herbal Protection Shampoo
- Herbal Protection Spray
- Herbal Earwash
- Herbal Protection Concentrate

Organic Healing Cream



Dr. Harvey's miracle Healing Cream contains powerful herbal extracts in a base of organic shea butter. This “must-have” topical first-aid cream will help to heal cuts, abrasions, rashes, hot spots, cysts, and other skin irritations. Of course, our Organic Healing Cream contains no harmful chemical additives. Healing Cream soothes irritations and works quickly to promote healing.



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For more information please visit

www.drharveys.com

or call us toll free at

1-866-Doc H-123



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