What is the best supplement for my reptile?

Reptiles · https://shirleyaquatics.co.uk/knowledge/what-is-the-best-supplement-for-my-reptile/

Our recommended supplements are:

- Pro Rep Calci Dust
- Exo Terra Calcium
- Reptile Systems Calcium Ultra
- Vetark Nutrobal
- Reptile Systems Vit-a-min

Baby Lizards:

Need 5 feeds per week. Calci dust 3-4 times a week and Vitamin/mineral/D3 supplement once a week.

For example hatchling bearded dragons will require more frequent feeds due to their phenomenal growth rate during their first year. Hatchling dragons (4 months old or younger) should receive 10 appropriate sized insects no more than 5 times per week. After 4 months of age portion sizes should be decreased to 6 appropriate sized bugs 4 times a week and 1 treat day. A treat can be waxworms, mealworms, fruit or ecobugs.

Adult Lizards:

No more than 3 feeds per week. Calci dust 1-2 times a week and a Vitamin/mineral/D3 supplement once a week.

If we use Bearded Dragons as an example, once the dragon has reached adulthood (12 months +) they should not be fed insects more than 3 times per week. The remainder of their diet should be made up of leafy greens, vegetables and salads. In the wild adult dragons will only eat a handful of bugs per week. This should be reflected in captive specimens by feeding no more than 5 insects per feed.

A mix of the following insects can be used as part of a varied and interesting diet for most species of insectivorous and omnivorous reptiles:

- Locusts
- Crickets
- Cockroaches
- Morio-worms
- Mealworms
- Waxworms
- Calciwroms
- Pachnoda grubs
- Earthworms

For Omnivorous species, a similar pattern should be used but lightly dust salad with calci dust as well.

Tortoises:

Calci dust 3-4 times a week, Vitamin/mineral/D3 supplement 1-2 times a week

Vitamin and D3 supplements are particularly important for chelonian species as they need to metabolise a lot of calcium for a healthy shell and bones, particularly during their fist 5 years. Tortoises need a higher intake of vitamins, minerals and D3 as part of a balanced and healthy diet. Using D3 supplements is a perfect way to add these to their diet.

Dry foods such as Pro Rep Tortoise Food can also be used, once a week, to give extra calcium, vitamins, minerals and D3 and prevent vitamin deficiencies.

Do Not Mix Supplements

Care should also be taken to provide tortoises with a wide variety of leafy greens, vegetables and salads to ensure they are getting adequate levels of fibre and protein. Fruits should only be offered as a once a week treat to avoid flushing out the system.

If you have any more questions about supplements for your reptiles don’t hesitate to get in touch!