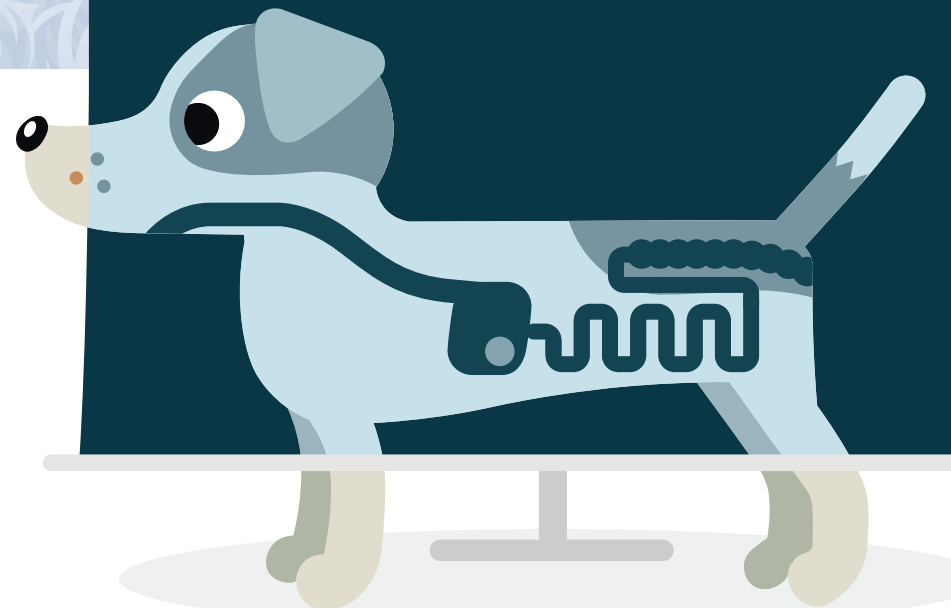


Top tips to support a healthy gut

- **Sudden diet changes** can upset the balance of beneficial bacteria in the gut and cause digestive upset. Any changes to your pet's diet should be introduced gradually.
- **Scavenging** is a top cause of pet tummy trouble, so make sure you keep a close eye on your pet whilst out on walks.
- **Avoid giving your pet human foods/scraps** as not only can some of the foods we eat cause digestive disturbances in your pet, they can also be potentially harmful.
- **Only feed your pet treats that they are used to.** Also ensure that all treats are 'pet safe' and fed in moderation.
- **Talk to your vet** about the benefits of giving your pet a probiotic/prebiotic supplement to help support healthy digestive function.
- **If you are concerned** that your pet may have a digestive disturbance or is unwell, then speak to your vet.



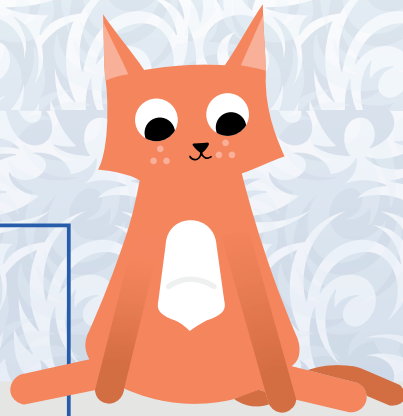
Understanding your pet's gut.



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1. Mouth

This is where the digestion journey begins. Food is ground up by the teeth into smaller particles and coated with saliva which contains enzymes; these enzymes are special protein molecules that start the process of digesting food.



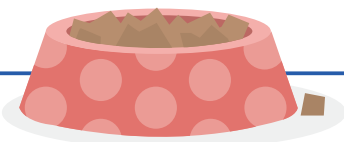
2. Oesophagus

The oesophagus is a muscular tube that carries the food from the mouth to the stomach using strong 'wave-like' muscle contractions known as peristalsis.



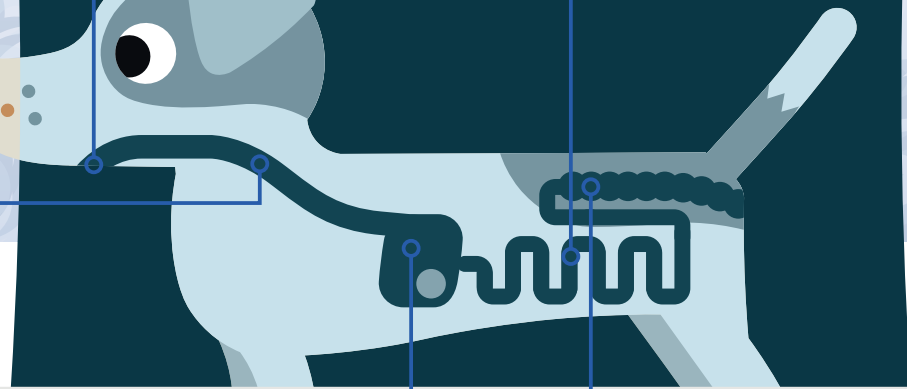
3. Stomach

The stomach is made up of several layers of strong muscle which contract and relax to produce 'churning' and 'grinding' motions. These muscle contractions mechanically break down food, turning it into chyme, a semi-fluid mass of partly digested food, which is then expelled into the small intestine. The stomach also contains acid which helps to kill harmful organisms and aids digestion.



4. The Small Intestine

The small intestine is a very long muscular tube that connects to the stomach. The job of the small intestine is to further digest food molecules (using enzymes) and to absorb all the nutrients the body needs. The small intestine contains a large number of different types of bacteria (and other micro-organisms) which all work together to aid the breakdown and absorption of nutrients, vitamins and minerals.



5. The Large Intestine

The large intestine also contains a lot of different bacteria but is much shorter than the small intestine. It is here that excess water from the food is absorbed. The large intestine is also the place where waste products from food are collected and turned into faeces before being excreted out of the body.

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