

Complementary and Alternative Medicine



Product	Action	Dosage	Formulation	Risks/contraindications	Notes
ALPHA-CASOZEPINE	anxiety reduction (benzodiazepine type effect)	15.0 mg/kg (or higher up to 25.0 mg/kg) daily, beginning 1-2 days in advance of need	oral; may be in combination with other products or diets	no reported risks or contraindications	tryptic hydrolysate of milk protein
L-THEANINE	fear and anxiety reduction	2.5-5.0 mg/kg PO twice daily, 2-4 weeks to effect Acute dosing, 2.5-5.0 mg PO 12 hours prior and again 2 hours prior to a fearful event	oral	no reported risks or contraindications	amino acid found in green tea leaves
L-TRYPTOPHAN	anxiety reduction; serotonin precursor may increase serotonin levels	10-15 mg/kg per day	oral	may increase serotonin; therefore use cautiously with drugs that increase serotonin	most effective when combined with a low protein diet; may take several weeks to see effects
PHEROMONE THERAPY	appeasing and calming	N/A	spray, wipes, diffusers – dogs and cats collars (dogs only)	no reported risks or contraindications	effects are species specific - products do not have effect on all animals

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Disclaimer

The National Center for Complementary and Integrative Health attempts to define through rigorous scientific investigation, the usefulness and safety of complementary and integrative health interventions. Their website is nccih.nih.gov. Practitioners must evaluate and consider the level of evidence when making recommendations for use of complementary therapeutics. It is important to note that studies evaluating efficacy may only apply to the brand tested as quality, ingredients, standardization, and concentrations may vary.

The AVMA Policy on Owner Consent states that veterinarians or staff should provide sufficient information in a form and manner that enables owners or their authorized agents to make appropriate decisions when choosing the veterinary care provided. An assessment of risks and benefits of recommended treatments should be provided. In response owners or their authorized agents should indicate:

- Their questions have been answered to their satisfaction
- The information received by them has been understood
- They are consenting to the recommended treatments

The consent can be verbal or written and should be documented in the medical record by the veterinarian or staff member.

Taken from the AVMA Policy on Owner Consent in Veterinary Medicine. You should review the complete policy here:

<https://www.avma.org/KB/Policies/Pages/Owner-Consent-in-Veterinary-Medicine.aspx>