# **EXHIBIT I**



DOGS AND TRAINING

GCK9 COURSES

COURSE SCHEDULE 2019/20

Gold Coast K9 has three categories of dog: Home Protection, Corporate, and Tactical. All our dogs are hand selected from top breeders throughout the world and are specifically trained to the client's unique needs and environments. Browse the categories below for more information on the dogs and training offerings available for each category. Gold Coast K9 also offers special services including detection services. Please go here to learn more about our contract detection services.

HOME PROTECTION DOGS

CORPORATE DOGS

POLICE DOGS

## COST OF HOME PROTECTION DOGS

starting at \$30,000.00

Our beautiful and highly trained dogs range in price based on their overall capabilities, training, socialization, and Gold Coast K9 certification. All Gold Coast K9 Home Protector dogs have a minimum standard of capability and training; however, every dog can receive higher levels of customized skills.

#### GOLD COAST K9 HOME PROTECTION DOG

Socialized

Balanced with family, public environments, and other pets

ther pets

Pressure Ready

Inoculated to gun fire and other loud noises

Easy Going

House and kennel trained

Healthy

Medically cleared and healthy

Intelligent

Independently search residence and alert at threat

Environmental Confidence

Agility trained for climbing, jumping, and tunnels

Mature

Go to designated place and lie down

Recall

Stop and return on command

Obedience

Fully obedient on and off leash

Ready

Bark on command

Threat Protection

Able to protect against multiple attackers

Gold Coast K9 Certified

Tested and monitored

**PURCHASING & TRAINING** 





## HOME PROTECTOR TRAINING OFFERINGS

\$1,500.00 per day

#### HOME PROTECTION DOG MAINTENANCE TRAINING

We recommend that you and your dog receive up to 16 hours of training per month (best if broken up every two weeks if possible). This level of training will ensure you and your companion are working flawlessly together and it allows us to continue working on the core skills and obedience. However, we understand there are busy schedules and lives, so we can recommend options that will suit your personal needs. These training sessions can be held at the Gold Coast K9 facility or buyer's location. Buyer provides lodging and transportation.

starting at \$5,500.00

#### HME ANNUAL REFRESHER TRAINING

Annual refresher training is an important part of ensuring your companion is as ready and sharp as possible. We will conduct an Annual Refresher training course of 40 hours at Gold Coast K9 facility in Southern California. Options to travel to buyer's location are possible. Buyer provides lodging and transportation.

\$1,500.00 (dependent on training and requirements)

#### HOME PROTECTION DOG SPECIAL TRAINING PROGRAMS

Develop specialized training programs to suit client needs at Gold Coast K9 facility or buyer's facility. Buyer provides lodging and transportation. Cost depends on training and requirements.

**CALL US TODAY** 

805.647.1799

Contact us to set up a consultation to talk about your needs.

Sign up for Police Dog Training Class Alerts and Schedules

SUBSCRI



## ABOUT OUR DOG TRAINING COURSES

FAO

Gold Coast K9 offers training courses designed for teams or individuals to take their dogs' techniques and abilities to the next level. Here you can view the training courses that we offer, available for police, military, agencies, or dog enthusiasts.

160 hours

#### GOLD COAST K9 BASIC PATROL HANDLER COURSE

OUR DOGS

ABOUT US

The Basic Patrol Handler Course is a 160-hour training block that focuses on the core aspects of first responder K9 team skills. This course is outstanding for any police, military, agency, or dog enthusiast that wants to take their team skills to the next level. The K9 team will be taught the following handling techniques, procedures, and exercises that support effective team operations in the operational environment.

Obedience, on and off leash	Tactical Obedience	Obstacle course	Evidence Search
Guard & Bark if applicable	Call off	Building Search	Area Search
Wind Scenting	High Risk Traffic Stops	Out of the Patrol Unit	Handler Protection
Muzzle Exercises	Remote Collar Training	Legal Updates and Opinions	Problem Solving

200 hours

#### GOLD COAST K9 DUAL PURPOSE (NARCOTICS)

This is a 200-hour training block that focuses on the core aspects of first responder K9 team skills with an emphasis on narcotics detection. This course is outstanding for any police, military, agency, or dog enthusiast that wants to take their team skills to the next level. The Dual-Purpose program would consist of Basic Patrol Handler Course information with the inclusion of the following odors and exercises.

Marijuana	Heroin	Cocaine	Methamphetamine
Passive or Aggressive Alerts	Vehicles	Residences	Luggage
Mail Packages	Open Area		

160 hours

#### GOLD COAST K9 BASIC EXPLOSIVE DETECTION

Open Area

This is a 160-hour training block with a heavy focus on explosives detection. This course is outstanding for any police, military, agency, or dog enthusiast that wants to improve or maintain team skills. This course would include these basic team skills and odors:

Eight Odors	Passive Alert	Obedience	Obstacle Course
Vehicles	Residences	Luggage	Mail Packages

BLOG





#### GOLD COAST K9 BASIC EXPLOSIVE DETECTION

This is a 160-hour training block with a heavy focus on explosives detection. This course is outstanding for any police, military, agency, or dog enthusiast that wants to improve or maintain team skills. This course would include these basic team skills and odors:

Eight Odors	Passive Alert	Obedience	Obstacle Course
Vehicles	Residences	Luggage	Mail Packages
Open Area			

#### 20 hours

#### GOLD COAST K9 REALITY BASED DETECTION

This 20-hour course serves as an essential phase for the modern police K9 handler's training portfolio. This course introduces real world K9 detection searches through a five-pronged approach to training and deployments. This system of training will provide both the handler and canine with core understanding and capabilities that will ensure better performance in the field. This course is critical for any police, military, agency, or dog enthusiast that wants to ensure best of class performance in the field. The course will include a two (2) hour power point presentation followed with eighteen (18) hours of field training in the following areas:

Masking Agents	Food Distractors	Animal Odors	Open Areas
Vehicles	Changing Environments		

#### 20 hours

#### K9 STRESS INOCULATION DURING DEPLOYMENTS

This 20-hour reality based training course will cover stress and the effects caused by stressful encounters during deployments. Moreover, participants learn how inoculating the K9 to doses of stress through reality based training scenarios will increase the K9's confidence and effectiveness in the field. Actual deployment case studies, illustrating the importance and the benefits of stress inoculation training, will be examined and discussed during the lecture. This course is critical for any police, military, agency, or dog enthusiast that wants to ensure best of class performance in the field. The course will include certificate of participation, power point, video, and field training.

20 hours

#### ELECTRONIC DOG TRAINING COLLAR

This 20-hour course serves as an essential phase for the modern police K9 handler and assists in modern training and deployment situations. This course will cover all aspects of Police Service Dog training utilizing the Electronic Dog Training Collar. The K9 team must have an electronic collar prior to course (one can also be provided upon request). The course will include:

History	Myths	Desensitizing	Sensitivity
Drives	Tying physical & e-collar corrections together	Marking behaviors	Guard and Bark
Searches	Handler Aggression	Choreography	Scenarios
Problem Solving			

**BLOG** 

FAQ





8 hours

#### AGITATOR COURSE

This 8-hour course is recommended for police officers, military, or other agency personnel that are interested in being K9 handlers or would like to improve their agitator skills. The purpose of this course is to familiarize participants with different techniques used to read and stimulate service dogs as well as achieve the desired results from the canine. In addition to lecture, participants will actually work with police service dogs and/or protection trained dogs. The course is limited to ten (10) participants and will include:

> Agitator safety Agitators role in successful Understanding drives, Proper understanding and use of a whip and stick training aggression and prey How to properly work a dog Properly utilize bite suit, inner Apprehension placement Guard and bark during muzzle agitation arm, legs and back behind doors and in vehicles

#### ON-SITE TRAINING

Gold Coast K9 can provide on-site training as desired by the client. Our staff is available to travel to an agency and can conduct most of our course curriculums at your facility. On-site training hosted by an agency typically saves significant money from your training budget by eliminating some costs normally associated with travel, lodging, and per diem.

#### CUSTOMIZED TRAINING COURSES

Gold Coast K9 realizes every agency does not train the same nor deploy the same as other agencies. The courses offered by Gold Coast K9 can be customized and modified to the specifications of an agency with respect to its training standards, policies, and deployment procedures.

#### MAINTENANCE AND CERTIFICATION COURSES

Gold Coast K9 offers maintenance and certification courses for our clients that ensure your dog and primary handler are both in top working order. These training sessions are available at standard rates and are offered for:

Home Protector Dogs

Corporate Dogs

Tactical Dogs

BLOG

Gold Coast K9 always puts the client and our dogs first. We are not simply a training group providing dogs to clients, we actively work in the real world with our K9s to conduct searches and protect dignitaries. Our team is proven in the real world every day and we understand the importance of selecting and training the best dogs. That is why we are always adapting to the changing world and providing the right solution for the situation.

We strive to improve selection and training techniques and capabilities through innovative approaches to metrics and analytics. By combining historically proven and modern innovations, we are working to always advance the industry. Moreover, we train our private clients in these best practices as well as share our expertise with K9 industry experts, police, and military.

VIEW PURCHASING INFORMATION

ALL DOGS DETECTION DOGS HOME PROTECTION DOGS POLICE DOGS

AVAILABLE ▼



Vixen ♀ German Shepherd Home Protection Dogs



Jimmy ♂ Narcotics (Police Dogs)

AVAILABLE



AVAILABLE



Donder ♂ AVAILABLE German Shepherd

Home Protection Dogs



Begetta ♀ Belgian Malinois Detection Dogs (Explosives)



Enyi o AVAILABLE Malinois / German Shepherd Mix Detection Dogs



Balotelli & German Shepherd Home Protection Dogs



Lalina ♀ German Shepherd Home Protection Dogs

AVAILABLE



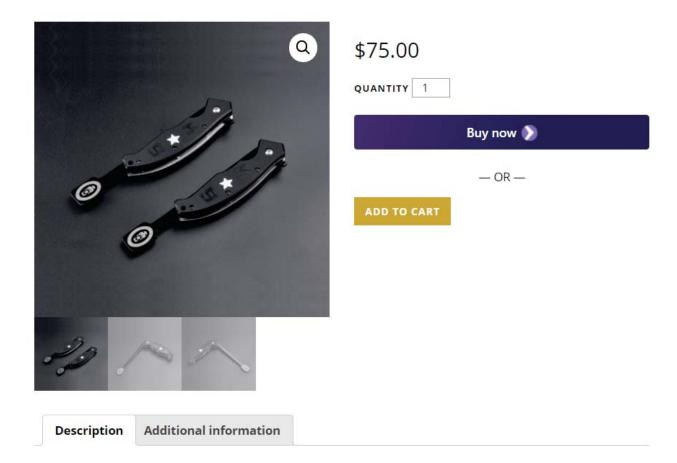




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## Breaker Quick Release Tool



## DESCRIPTION

This tool was designed for Police and Military K9 use in both patrol and detection scenarios. During a K9 apprehension scenario some dogs may refuse to "release" from the apprehension due to a variety of reasons. In this day and age when deployments can be videotaped and uploaded to social media, the noncompliance of the dog to release on command may give the perception of control issues in the courtroom and with agency administration. This innovative quick release tool removes those concerns and the conflict that comes with the "tactical" release of a K9.



Publications Meetings Consumers Laboratory Regulatory Industry

Home ▶ Consumers ▶ What is in Pet Food

### What is in Pet Food

#### What's All That Stuff in the Ingredient List?

At first glance, an ingredient statement on a pet food product can be pretty overwhelming. Here are a few basic things to remember. First, an ingredient list is required to display all ingredients in decreasing amounts (by weight) used in the product, so the biggest contributors are first and the smallest are last. Next, think of ingredients as major ingredients and minor ingredients. The major ingredients will be the first few listed at the beginning of the ingredient list; and most of them will bear names a person would recognize as animal or plant products. The minor ingredients are mostly ingredients supplying minerals, vitamins, and other nutrients and will have a few names that you would recognize; but there will be a lot of "chemical sounding" names. Other minor ingredients include preservatives, conditioning agents, emulsifiers, stabilizers, and colors or flavoring agents. When it comes to minor ingredients it becomes a bit harder to figure out ingredient names; but, since regulations require the use of correct, standardized common ingredient names, at least a person can make a comparison from product to product.

#### Common Ingredients and what can be in them

It can be a challenge reading pet food ingredient lists and trying to figure out what is included in certain major ingredients shown on the label. Animal sourced materials are very common major ingredients used in both dog and cat foods. The following descriptions are the AAFCO ingredient definitions as they occur in the official publication. Guarantors cannot modify the name; and the ingredient must comply with the ingredient definition.

The first four ingredients below are all raw products. These ingredients are cooked in the process of manufacturing pet food to destroy any harmful bacteria, just as food is cooked for human food.

"Meat is the clean flesh derived from slaughtered mammals and is limited to that part of the striate muscle which is skeletal or that part which is found in the tongue, in the diaphragm, in the heart or in the esophagus; with or without the accompanying and overlying fat and portions of the skin, sinew, nerve, and blood vessels which normally accompany the flesh. It shall be suitable for animal food. If it bears a name descriptive of its kind, it must correspond thereto."

In other words, "meat" is primarily the muscle tissue of the animal, but may include the fat, gristle and other tissues normally accompanying the muscle, similar to what you might see in a portion of raw meat sold for human consumption. This may include the less appealing cuts of meat, including the heart muscle and the muscle that separates the heart and lungs from the rest of the internal organs, but it is still muscle tissue. However, it does not include bone. Meat for pet food often is "mechanically separated," a process where the muscle is stripped from the bone by machines, resulting in a finely ground product with a paste-like consistency (similar to what might be used in hot dogs).

In addition to using the term "meat," the pet food manufacturer may also identify the species from which the meat is derived, such as "beef" or "pork." However, to use the generic term "meat" on the label, it can only be from cattle, pigs, sheep or goats. If it comes from any other mammal, the species must be identified (for example, "buffalo" or "venison"), so you can rest easy that if any other species was used, it would have to be declared. Also, if the muscle is from non-mammalian species, such as poultry or fish, it cannot be declared as "meat" but must use the appropriate identifying terms.

"Meat by-products is the non-rendered, clean parts, other than meat, derived from slaughtered mammals. It includes, but is not limited to, lungs, spleen, kidneys, brain, livers, blood, bone, partially de-fatted low temperature fatty tissue, and stomachs and intestines freed of their contents. It does not include hair, horns, teeth and hoofs. It shall be suitable for use in animal feed. If it bears a name descriptive of its kind, it must correspond thereto."

To put it another way, it is most of the parts of the animal other than the muscle tissue, including the internal organs and bones. It includes some of the parts people eat (such as livers, kidneys and tripe), but also parts that are not typically consumed by humans in the US. Some by-products, like udders and lungs are not deemed "edible" by USDA for human consumption, but they can be perfectly safe and nutritious for animals not inclined to be swayed by the unappealing nature of these parts of animals. As with "meat," unless the by-products are derived from cattle, pigs, sheep or goats, the species must be identified.

"Poultry is the clean combination of flesh and skin with or without accompanying bone, derived from the parts or whole carcasses of poultry or a combination thereof, exclusive of feathers, heads, feet and entrails. It shall be suitable for use in animal food. If it bears a name descriptive of its kind, it must correspond thereto. If the bone has been removed, the process may be so designated by use of the appropriate feed term."

In other words, it is the parts of the bird as you would find if you purchased a whole chicken or turkey at the grocery store. Frankly, it often consists of the less profitable parts of the bird, such as backs and necks. Unlike "meat," it may include the bone, which when ground can serve as a good source of calcium. If the bone has been removed (typically by mechanical senantion), however, it can be declared as

"deboned poultry." If a particular species of bird is used, it may be declared by the more common name, such as "chicken" or "turkey."

"Poultry By-Products must consist of non-rendered clean parts of carcasses of slaughtered poultry such as heads, feet, viscera, free from fecal content and foreign matter except in such trace amounts as might occur unavoidably in good factory practice. If the product bears a name descriptive of its kind, it must correspond thereto."

Similar to "meat by-products," it is most of the parts of the bird that would not be part of a raw, dressed whole carcass. That may include the giblets (heart, gizzard and liver) but also other internal organs, heads and feet.

The following materials are all rendered products that have been subject to cooking to destroy any harmful bacteria before they are shipped to a pet food manufacturing plant. Rendering is a process where the materials are subject to heat and pressure, removing most of the water and fat and leaving primarily protein and minerals. You will notice that the term "meal" is used in all cases; because, in addition to cooking, the products are ground to form uniform sized particles.

"Meat Meal is the rendered product from mammal tissues, exclusive of any added blood, hair, hoof, horn, hide trimmings, manure, stomach and rumen contents except in such amounts as may occur unavoidably in good processing practices. It shall not contain extraneous materials not provided for by this definition. .... {the definition goes on to include the required mineral specifications and required nutrient guarantees}..... If the product bears a name descriptive of its kind, composition or origin it must correspond thereto."

The rendering process is designed to destroy disease-causing bacteria, leaving an ingredient high in protein that while unappetizing to people appeals to the carnivore's palate. Unlike "meat" and "meat by-products," this ingredient may be from mammals other than cattle, pigs, sheep or goats without further description. However, a manufacturer may designate a species if appropriate (such as "beef meal" if only from cattle).

"Meat and Bone Meal is the rendered product from mammal tissues, including bone, exclusive of any added blood, hair, hoof, horn, hide trimmings, manure, stomach and rumen contents except in such amounts as may occur unavoidably in good processing practices. It shall not contain extraneous materials not provided for by this definition. .... {the definition goes on to include the required mineral specifications and required nutrient guarantees}..... If the product bears a name descriptive of its kind, composition or origin it must correspond thereto."

Similar to "meat meal," but can include added bone in addition to what is normally found in whole carcasses.

"Animal By-Product Meal is the rendered product from mammal tissues, exclusive of any added hair, hoof, horn, hide trimmings, manure, stomach and rumen contents except in such amounts as may occur unavoidably in good processing practices. It shall not contain extraneous materials not provided for by this definition. This ingredient definition is intended to cover those individual rendered animal tissues that cannot meet the criteria as set forth elsewhere in this section. This ingredient is not intended to be used to label a mixture of animal tissue products."

May consist of whole carcasses, but often includes by-products in excess of what would normally be found in "meat meal" and "meat and bone meal."

"Poultry By-Product Meal consists of the ground, rendered clean parts of the carcasses of slaughtered poultry such as necks, feet, undeveloped eggs and intestines, exclusive of feathers except in such amounts as might occur unavoidably in good processing practices. .... {the definition goes on to include the required mineral specifications and required nutrient guarantees}..... If the product bears a name descriptive of its kind, it must correspond thereto."

Essentially the same as "poultry by-products," but in rendered form so most of the water and fat has been removed to make a concentrated protein/mineral ingredient.

"Poultry Meal is the dry rendered product from a combination of clean flesh and skin with or without accompanying bone, derived from the parts or whole carcasses of poultry or a combination thereof, exclusive of feathers, heads, feet and entrails. It shall be suitable for use in animal food. If it bears a name descriptive of its kind, it must correspond thereto."

Basically the same as "poultry," but in rendered form, so most of the water and fat has been removed to make a concentrated protein/mineral ingredient.

#### Some other ingredients

Animal and vegetable fats or oils are commonly used to supply additional energy and flavor to a pet food.

Plant ingredients like corn, barley, peas, and potatoes also supply energy and help hold kibbles together.

There are a number of sources of dietary fiber used in pet food, including dried beet pulp, dried chicory root, fructooligosaccharide, powdered cellulose, and inulin.

#### What are some of the ingredients used to supply vitamins and minerals in a pet food?

There are many inorganic compounds used to supply minerals and most of them can be identified by what they supply with names beginning with elements such as calcium, cobalt, copper, ferric or ferrous (meaning Iron), magnesium, manganese, potassium, sodium, or zinc. Others may have the mineral as part of the second half of the name, such as "\_\_\_iodate" (for iodine) or "\_\_\_selenite (for selenium). Some may include two useful minerals, such as "dicalcium phosphate" (supplying both calcium and phosphorus).

There are several classes of synthetic mineral ingredients that are called metal amino acid complexes, metal amino acid chelates and polysaccharide complexes. You may see specific designations, for example, "Iron Amino Acid Complex", "Magnesium amino acid chelate" or "Zinc polysaccharide complex". The theory behind these synthesized ingredients is improved bioavailability compared to strictly inorganic mineral compounds.

Some examples of ingredients used to provide vitamin activity include such materials as Cholecalciferol (supplies vitamin D from animal sources), Ergocalciferol (supplies vitamin D from plant sources), Vitamin B12 supplement, Riboflavin supplement (a source of vitamin B2), Vitamin A supplement, Vitamin D3 supplement, alpha-Tocopherol acetate (supplies vitamin E), Thiamine mononitrate (source of vitamin B1) and pyridoxine hydrochloride (source of vitamin B6). That is far from all of the ingredients used to supply vitamin activity, but enough to give you an idea.

What about some of the other ingredients used in pet foods with "chemical sounding" names?

Some additives which supply amino acids: DL-Methionine, L-Lysine, L-Threonine, DL-Tryptophan, Taurine (particularly important to cats), DL-Arginine, L-Tyrosine.

Some ingredients which function as chemical preservatives: Ascorbic acid, Benzoic acid, Butylated hydroxyl anisol (BHA), Butylated hydroxyltoluene (BHT), Calcium ascorbate, Citric acid, Ethoxyquin, Potassium sorbate, Sodium bisulfite, Mixed Tocopherols. Some of these preservatives have limits to the amount that can be used or what types of products the preservative can be added to. The fact that a preservative has been added must be shown, such as preserved with BHT or mixed tocopherols (preservative).

Other ingredients you may find on an ingredient list that are often used as conditioning agents, thickeners, emulsifiers, sequestrants, flavors and seasonings might include:

Carrageenan, propylene glycol (in dog food only, propylene glycol is unsafe for cats and is prohibited from use in cat food), sodium hexametaphosphate (dental – tartar reduction in dogs and cats), agar-agar, and guar gum.

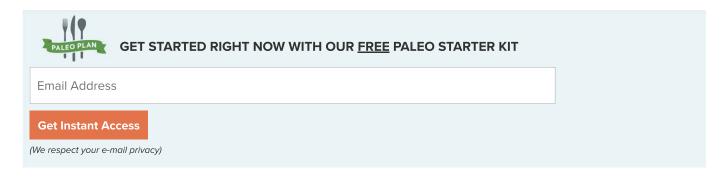
There are a large number of spices and extracts that are used for flavorings. Some examples include ginger, chamomile, fennel, rosemary, and a number of extracts of commonly known plants.

If your interest in ingredients carries you beyond a basic understanding of what is what, a recommended reference is the AAFCO Official Publication which can be purchased on the AAFCO website at www.aafco.org/Publications. A two week trial subscription can be purchased for \$20.

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## 12 Toxic Ingredients Lurking in Dog Food



As a dog owner, it's easy to assume that the biggest dog food brands out there have your pooch's best interests at heart.

Unfortunately, many dog food companies are adding a host of chemicals, preservatives, and other dangerous items to your dog food that can cause major harm to your pet.

Read on to discover these ingredients and how you can find a dog food that actually keeps your dog healthy.

## 12 Toxic Ingredients to Avoid in Dog Food

## 1. Butylated Hydroxyanisole (BHA)

BHA is a synthetic antioxidant added to pet and other preserved foods in order to prevent fats from turning rancid. While this sounds like a good thing at first glance, it turns out this synthetic has been shown to cause cancer and

promote its growth in rat stomachs, and has also been listed as a carcinogen (even to humans) on California's Prop 65 list. (1, 2)

## 2. Butylated Hydroxytoluene (BHT)



BHT is very similar to BHA, and is added to packaged foods for the same reasons: to prevent fats from becoming rancid. Unfortunately, this version is no better than its cousin, having been found to act as an endocrine disruptor and carcinogen in animals. One study found BHT increased incidence of pulmonary and pituitary tumors in mice, even at a low dosage. (3, 4)

## 3. Ethoxyquin ("Fish Meal")

Ethoxyquin (also sometimes listed as "fish meal") is yet another chemical preservative used to prevent fats in pet food from going rancid. The effects of ethoxyquin are so detrimental that it has been banned in the European Union; however, the U.S. still uses it. Side effects include: hemorrhage, <u>liver damage</u>, cancer, kidney damage, and thyroid damage. (5)

## 4. Propylene Glycol

Propylene glycol, an ingredient also found in antifreeze, is a colorless chemical found in processed foods as well as cosmetic products. Studies have shown it can cause skin irritation, kidney damage, and negative effects on the liver. (6, 7)

## 5. Food Dyes



Food dyes, like Red Dye 40, are chemical colorings added to dog food. They have no nutritional value, and have in fact been shown to increase hyperactivity, impulsiveness, and inattention (common ADHD symptoms in humans). (2) If your dog is having behavior problems, you might want to take a look and see if any of these colorings are in his or her current food brand.

In addition, several food dyes are confirmed carcinogens. (9)

#### 6. Rendered Fat

Rendered fat is fat obtained from (usually) some type of animal fat. The problem with rendered fat is that it's nearly impossible to tell where it came from. And unfortunately, in the majority of cases, this fat comes from leftover meat byproducts (aka scraps from slaughtered animals) that can be contaminated with plastics, antibiotics, and all manner of nasties – even traces of sodium pentobarbital, the drug used to euthanize animals. (10)

#### 7. Wheat Gluten

For the same reasons Paleo dieters avoid wheat and gluten, your pet should as well. Not only is the majority of wheat produced in the U.S. genetically modified, but has also been shown to cause gut inflammation and an immune response, as well as autoimmune <u>thyroid disorders</u>. (11, 12) Furthermore, dogs are carnivores, meaning they have no need for grains of any type in their diets.

## 8. Meat Byproducts



Meat byproducts are the organs and other tissues obtained from dead animals that aren't used for human consumption. While dogs are meat eaters and would indulge in organ meats in their native habitats, the problem with meat byproducts lies in their sourcing. Some companies use byproducts from reputable, clean sources. However, it's usually extremely difficult to identify these, as the terms are vague.

Most byproducts come from roadkill, dead zoo animals, diseased or dying livestock, and even euthanized pets from animal shelters. These can contain harmful pathogens, chemicals, and even traces of euthanasia drugs. (13)

## 9. Carrageenan

Carrageenan is a common thickener, stabilizer, and texturizer found in many processed food products. Studies have shown it causes intestinal ulcerations, gastrointestinal inflammation, and even cancer in humans and animal studies. (14)

## 10. Corn and Soy

Corn and soy are popular main ingredients in dog food, mostly used to thicken the product and cut costs. Unfortunately, the problems with <u>corn and soy</u> are plentiful. To begin, the majority produced in the U.S. is genetically modified and has been sprayed with potentially cancer-causing chemicals like Monsanto's RoundUp. (15) The chemical used in RoundUp, glyphosate, has been banned in several other countries over concern of the links to cancer and kidney disease, and has additionally been linked to a higher rate of non-Hodgkin lymphoma in farmers in the Midwest. (16)

Corn and soy are also far from the carnivorous diet natural to canines, making it incompatible with their species.

#### 11. Sorbitol



Sorbitol is a sugar alcohol extracted from corn that is sometimes added to pet foods and is used as a sugar substitute in human foods. Unfortunately, it has a strong laxative effect and has been found to raise blood sugar in dogs, which could lead to hyperactivity or behavior issues. (17)

## 12. Xylitol

Xylitol is another sugar alcohol that should never be fed to your dog. Studies have found that it not only causes hypoglycemia in dogs, but also acute, life-threatening liver disease. (18) Since xylitol is present in so many human desserts, avoid feeding your dog any of these as well.

## How to Choose Healthy Dog Food

Now that you're aware of the hidden dangers in most commercial dog foods, let's take a look at how you can choose a healthier brand for your pooch.

## Look for minimal, quality ingredients.



The ingredient list on your pet food should look similar to the ingredient list on something you would eat. For instance, it should contain whole food ingredients like turkey, sweet potato, berries, chicken, carrots, etc., and be free of any lengthy chemical names aside from fortified nutrient ingredients, like vitamin C or B vitamins.

Also, when you're looking for meat ingredients on the label, make sure the meat sources are named, such as "turkey," "chicken," or "beef." Avoid terms like "meat," "poultry," and "animal." This ensures there are no byproducts or strange ingredients hiding under obscure labels.

## Avoid grains.



Dogs are carnivores, meaning they have no nutritional requirement for grains. Processed grains are added to most

The reason grains are unhealthy for dogs is similar to why they aren't ideal for humans: grains contain anti-nutrients (lectins and phytates) that can irritate their gut lining and cause all sorts of digestive issues, as well as increase chronic inflammation. (19)

Look for natural preservatives, like vitamin C and vitamin E. Also called "tocopherols," these vitamins act as natural preservatives in food, ensuring you're avoiding preservatives like BHA and BHT.

You can also avoid preservatives of any kind altogether by purchasing brands that only use real, whole foods as their ingredients. These types of brands will typically require you to keep the food frozen until ready to serve.

### Look for natural food colorings, like beet juice.

In general, the best dog food won't have any need for food dyes or colorings. If you see any color names (e.g., Red Dye 40) followed by numbers or letters, skip that particular brand, as they're using artificial food colorings. Instead, look for no colorings or natural food colorings from beet juice or annatto.

## Research brands before you buy: reputable brands will have transparent information on their websites.

The best brands of dog food are usually the most transparent: they want you to know what ingredients are in their food, how it's made, and why it's better than the rest. Because of this, these brands will have every quality ingredient they use listed on their website. If you're in doubt or can't find the information, contact them directly.

#### Some suggestions:

- Just Food For Dogs: Prepares and delivers human-grade, whole food meals for your dog. They are available in select stores and online.
- Darwin's Natural Pet Products: Raw, grain-free, free-range meats and vegetables.
- Merrick: Grain-free, raw, freeze-dried meats and vegetables focused on ancestral canine nutrition.
- Blue Wilderness: Grain-free meat, vegetable and fruit-dried kibble with added antioxidants and minerals.

Check for a nutritional adequacy statement from AAFCO (the Association of American Feed Control Officials).

AAFCO insures the blend meets minimal nutritional requirements.

### **The Bottom Line**

Why companies add these toxic ingredients to pet food in the first place is simple: to cut costs. It might seem outrageous and unethical (and most would agree), but it is the reality we and our pets live in. The simplest solution to help solve this problem is to protest with our pocketbooks. Purchasing healthy, nourishing dog food from caring brands will help drive out these nefarious practices and reduce the demand for the type of chemicals and additives listed here.



The ingredients below have been shown to cause cancer, liver damage, kidney damage, gut problems, behavioral problems, and more.

Read pet food labels carefully and avoid the ingredients below at all costs.



**Tip:** Share this pin with your friends, so they can keep their fur babies safe, too!



Butylated Hydroxyanisole (BHA)



Butylated Hydroxytoluene (BHT)



Ethoxyquin ("Fish Meal")



Propylene Glycol



Food Dyes



Rendered Fat



Wheat Gluten



Meat By-Products



Carrageenan



Corn and Soy



Sorbitol



Xylitol







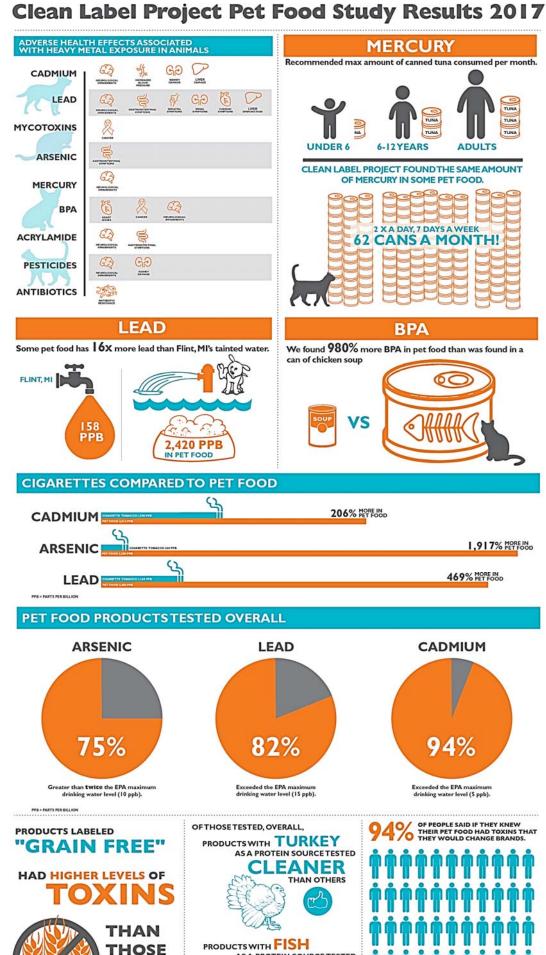
#### **MEGAN PATIRY**

Megan Patiry is an inquisitive food and nutrition writer, harboring an editorial love affair with the decadent and the nutritious. She is a dedicated health foodie, and has spent years researching ancestral diets and their impact on modern health.





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