

Cat Supplement Tracker

Ensuring Optimal Health for Your Cat

Cat's Name: _____ Month: _____

Date	Meal Name	Supplement Added (✓)	Type of Supplement (e.g., Taurine, Fish Oil)	Amount Given	Notes

Common Supplements & Benefits:

- Taurine: Essential for heart, vision, and immune function.
- Fish Oil: Omega-3 fatty acids for healthy skin, coat, and joint function.
- Eggshell Powder: Calcium for bone strength.
- Probiotics: Support gut health and digestion.
- Kelp Powder: Natural iodine source, supports thyroid health.

Supplement Notes & Observations:

Always consult your veterinarian before adding new supplements to your cats diet.

Visit www.FamilyOptimise.com for additional resources