KINGSFOIL VETERINARY CARE

Your Pet's *Calm* Check

November 2026 • Whole-Body Notes from Dr. Tiffany Diab

Once a week, notice and jot down

- ☐ Sleep: settling easily, or restless? _____
- ☐ Reactions: startling at sounds, visitors, or changes in routine _____
- ☐ Mood: clingy, withdrawn, irritable, or "spacey" _____
- ☐ Energy: steady, or crashing and wired? _____
- ☐ Appetite and digestion _____

Overall, rate your pet's calm this week: (1) (2) (3) (4) (5)

The Calm Protocol *(daily, by weight)*

	Up to 20 lb	21–50 lb	51+ lb
Neuroplex	2 per day	3 per day	4 per day
Tuna Omega-3 Chewables	1 per day	2 per day	3 per day
Kava Forte	¼–½ per day	1–2 per day	2–3 per day

Remember

- Herbs calm. Nutrients rebuild. Pets do best with both.
- The brain is about 50% fat, so healthy fats matter.
- Quality matters. Ask where an herb comes from.
- Ask us about a Hair Tissue Mineral Analysis (HTMA).

Questions? (719) 247-1517 • support@kingsfoilvet.com