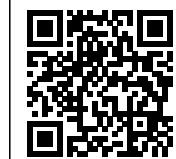


# **budgie tip 8 (Fife)**

Location

**Washington**<https://www.genclassifieds.com/x-679513-z>

Hi friends, the use of supplements can be tricky depending upon the sensitivity of your budgie and diet, yet our little friends seem to require these in addition to the best natural diet.. Here are some that I have found consistently helpful: 1. I have found that a good multivitamin is necessary to maintain healthy and energy for these little guys., I like avianplus and please follow instructions on the label. 2. Milk thistle once or twice a week given as whole seed to the larger birds (cockatiels, etc), ground up or sprouted, soaked for the budgies. (I will describe soaked seed recipe next week, a good addition to sprouting). 3. Extra calcium given when molting. I sometimes grind a little into fine powder on their food on alternate days or give one in water, which works very well. I really like cal- d -solve by Avitech. I also like ground egg shell and that can be purchased "The beaks Aviary.", also or you can make it yourself (please email me for receipe). 4. I am not a big pellet fan, however, it seems that a small amount added to food is helpful in maintaining health, but you must give a good variety of veggies, protein and calcium foods if you limit pellets, please. I feel this is MUCH preferable and has made a BIG difference in my birds health, particularly my little gal with kidney issues. Please write if you want more info about "Pitta's progress" with her kidneys. 5 Finally, I must say that I have found no protein more effective during molting then hard boiled egg, you can scramble a little EACH DAY also, during molting time, then reduce to once or twice a week during non molting, along with other proteins. To be continued., with much sincerity.,

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