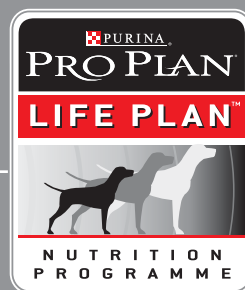


The Purina Guide to achieving Ideal Body Condition by Breed Group

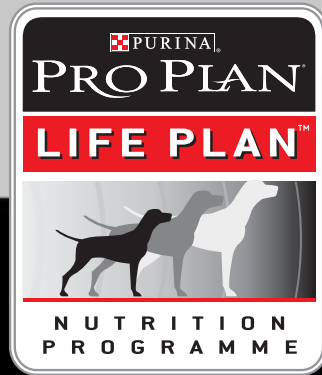


A LANDMARK PURINA STUDY
HAS SHOWN THAT DOGS FED
TO IDEAL BODY CONDITION
LIVED LONGER,
HEALTHIER LIVES.



 **PRO PLAN**
PROTECTS WHILE IT NOURISHES

WHAT IS LIFE PLAN™?



Follow the LIFE PLAN™ nutrition programme from the start and throughout life and your dog could enjoy up to 2 more healthy years.

In a 14-year study, Purina demonstrated that dogs fed to lean body condition from early puppyhood throughout life can enjoy up to two more healthy, active years. These and other findings are incorporated into our LIFE PLAN™ nutrition programme, which helps you control feeding and make body assessments to achieve Ideal Body Condition, while reducing body fat and helping to delay some

age-related health conditions. Purina has introduced the LIFE PLAN™ nutrition programme on every PRO PLAN dog packaging, as a visual aid to help owners to understand and implement proper lean feeding.

Being overweight is one of the greatest health challenges facing dogs (40% of dogs are considered overweight or obese). By following the LIFE PLAN™ nutrition programme, owners can determine the body condition of their dog and then implement proper lean feeding.

The owner may have to adjust food rations according to the pet's needs in order to reach ideal body condition. The owner will have to assess their pet's body condition both visually and manually.

Main elements of an Ideal Body Condition: The outline of the dog's ribs can be felt and seen. The dog's waist is visible when viewed from above. The abdomen is tucked in when viewed from the side.

Purina's advice on managing body condition

- Start from the beginning: Follow your veterinarian's advice to achieve proper puppy growth and help your dog maintain an ideal body condition throughout his life.
PRO PLAN has a wide range of life stage products that can help you.
- Control energy intake. Dogs vary greatly in their energy needs. The LIFE PLAN™ programme recommends different diets depending upon breed size, life stage, and energy requirements. Pay careful attention to breeds that are highly motivated by food – shower them with love and attention instead of extra calories. Limit treats since they contribute to the pet's total calorie intake, which can add up quickly. Use PRO PLAN Biscuits with nutritional guidelines adapted to the LIFE PLAN™ programme.
- Create an exercise regime based on the dog's metabolism. Some breeds need lots of exercise (e.g. Beauceron or Brittany Spaniel), while others are real house dogs (Bulldog). Do not consider the dog's size as a key element. Some smaller-sized breeds are as prone to obesity as giant breeds are. Ask your veterinarian for more information.
- Assess the dog's body condition using Purina's Body Condition Score System. Owners will have to assess their pet's body condition visually as well as manually, especially if the breed is very muscular, have a thick, heavy coat, or long hair – all of which make the assessment more difficult.
- Take into consideration the different breeds' requirements. For example, obesity may exacerbate a Dalmatian's skin condition, or it may cause respiratory problems for the Bulldog.

The following 20 examples will help you to better understand and follow the LIFE PLAN™ nutrition programme.

PROPLAN[®]

BODY CONDITION SYSTEM



TOO THIN

IDEAL

TOO HEAVY

1

Ribs, lumbar vertebrae, pelvic bones and all bony prominences evident from a distance. No discernible body fat. Obvious loss of muscle mass.

2

Ribs, lumbar vertebrae and pelvic bones easily visible. No palpable fat. Some evidence of other bony prominence. Minimal loss of muscle mass.

3

Ribs easily palpated and may be visible with no palpable fat. Tops of lumbar vertebrae visible. Pelvic bones becoming prominent. Obvious waist and abdominal tuck.

4

Ribs easily palpable, with minimal fat covering. Waist easily noted, viewed from above. Abdominal tuck evident.

5

Ribs palpable without excess fat covering. Waist observed behind ribs when viewed from above. Abdomen tucked up when viewed from side.

6

Ribs palpable with slight excess fat covering. Waist is discernible viewed from above but is not prominent. Abdominal tuck apparent.

7

Ribs palpable with difficulty; heavy fat cover. Noticeable fat deposits over lumbar area and base of tail. Waist absent or barely visible. Abdominal tuck may be present.

8

Ribs not palpable under very heavy fat cover, or palpable only with significant pressure. Heavy fat deposits over lumbar area and base of tail. Waist absent. No abdominal tuck. Obvious abdominal distention may be present.

9

Massive fat deposits over thorax, spine and base of tail. Waist and abdominal tuck absent. Fat deposits on neck and limbs. Obvious abdominal distention.

The BODY CONDITION SYSTEM was developed at the Nestlé Purina Pet Care Center and has been validated as documented in the following publications:

Mawby D, Bartges JW, Moyers T, et. al. Comparison of body fat estimates by dual-energy x-ray absorptiometry and deuterium oxide dilution in client owned dogs. *Compendium 2001; 23 (9A): 70*

Lafamme DP. Development and Validation of a Body Condition Score System for Dogs. *Canine Practice July/August 1997; 22:10-15*

Kealy, et. al. Effects of Diet Restriction of Life Span and Age-Related Changes in Dogs. *JAVMA 2002;220:1315-1320*

PURINA
PRO PLAN
 PROTECTS WHILE IT NOURISHES

PRO PLAN® DOG RANGE

LIFE STAGE



SPECIAL NEEDS



BISCUITS

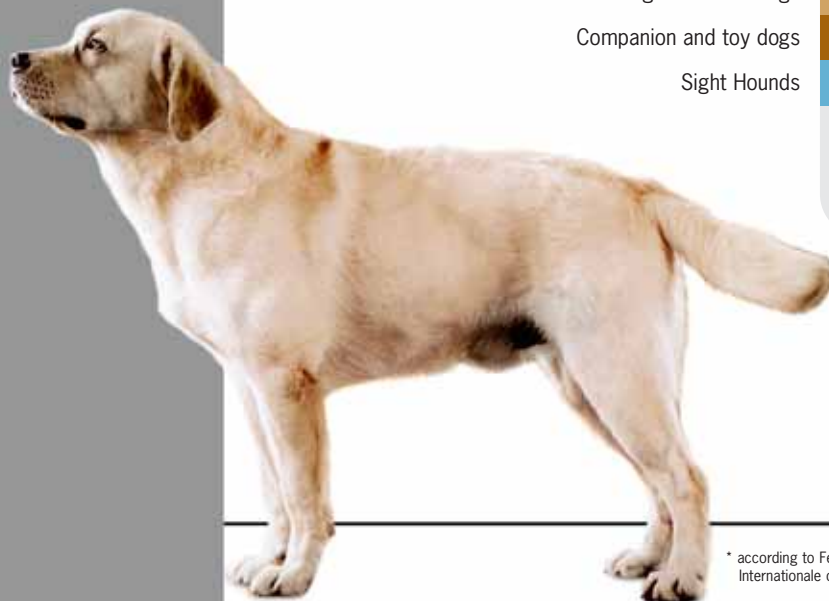


CHEWS



Summary Breeds*

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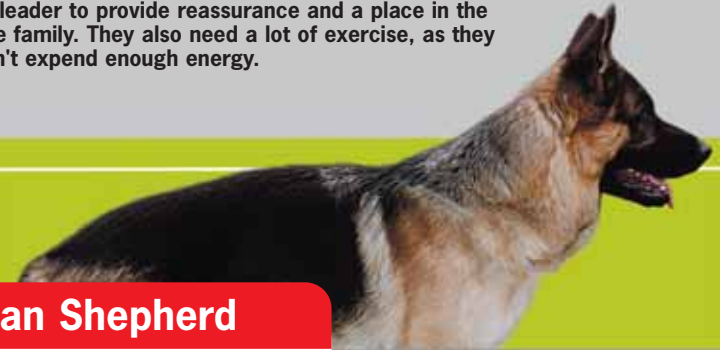
* according to Federation Cynotechnique Internationale classification

Group 1

Sheep dogs and
cattle dogs

GROUP CHARACTERISTICS

This relatively heterogeneous group includes all breeds with a temperament markedly suited for herding, in other words, guiding and protecting. These are very intelligent dogs, gifted in canine sports (agility, ring, obedience). They must be trained as they have a strong pack instinct and need a leader to provide reassurance and a place in the pecking order of the family. They also need a lot of exercise, as they run away if they don't expend enough energy.



Group 1

Beauceron



FCI GROUPING:

Group 1 (Sheepdogs and cattle dogs).

EXERCISE NEEDS:

The Beauceron is a healthy, hearty and active breed. He should be given lots of exercise. This breed needs lots of space to express and use his energy.

DID YOU KNOW?:

Like most large breeds, the Beauceron is prone to hip dysplasia. This dog, therefore, needs to have his body weight managed to reduce the risk to develop hip dysplasia. Bear in mind that dogs weighing more than 35 kg need about 15% fewer calories per kg of body weight than dogs weighing 10-35 kg.

PURINA RECOMMENDATION:

Moderate energy requirements and high exercise needs.



German Shepherd



FCI GROUPING:

Group 1 (Sheepdogs and cattle dogs).

EXERCISE NEEDS:

German Shepherd dogs love strenuous activity, preferably combined with training of some kind.

DID YOU KNOW?:

Because of the downward slope from the shoulder to the hip and his far-reaching gait, extra weight on this dog will add even more stress on the joints. As a large breed dog, he is also prone to hip and elbow dysplasia. Thus, the owner should carefully manage his dog's body condition to reduce risk and pain.

PURINA RECOMMENDATION:

Moderate energy requirements and high exercise needs.



Group 2

**Pinschers,
Schnauzers,
Molossians,
Bernese Mountain
Dogs.**

GROUP CHARACTERISTICS

This group encompasses all variety of sizes, from the Great Dane (80 cm) to the Miniature Pinscher (between 20 and 30 cm), and all temperaments, as well: compared to the molossoïd type breeds, the Pinschers or Schnauzers are willful! The Molossians are all impressive for their size and strength, but also for their extreme gentleness. Some, like the Bulldog or the Bernese Mountain Dog, are particularly affectionate with children.



Great Dane



FCI GROUPING:

Group 2 (Pinsher, Schnauzer & Molossians).

EXERCISE NEEDS:

Regular exercise and training is essential for the Great Dane. He needs a long daily walk at the very least.

DID YOU KNOW?:

Great Dane is a giant breed dog, but with an athletic body shape and particular energy requirements. The leaner you keep these dogs, the more likely they are to live to their fullest potential. Great Danes have a greater than average incidence of hip and elbow dysplasia, therefore, keeping these dogs lean will reduce stress on joints. Keep in mind that it takes almost 30 months until Great Danes reach their full adult size. Therefore, it is especially important to follow proper lean feeding guidelines for proper skeletal development.

PURINA RECOMMENDATION:

Moderate energy requirement and requires moderate exercise

English Bulldog



FCI GROUPING:

Group 2 (Pinsher, Schnauzer & Molossians).

EXERCISE NEEDS:

The bulldog appreciates a daily outing but should not be expected to jog or walk great distances, or to jump from any heights.

DID YOU KNOW?:

This breed is brachycephalic, so if these dogs become overweight or obese, their ability to breathe can become compromised. This breed also tends to have problems with thermoregulation - they have trouble cooling off in very hot weather. Excess weight will make it even harder for these dogs to become and stay cool. Because they are very muscular, some owners do not realise when their dogs are gaining weight. It is especially important to pay close attention to body condition. This breed has loose skin, which is different from fat folds. You should be able to see the skin folds, but the dog should have a definite waist and the ribs should be palpable.

PURINA RECOMMENDATION:

Low energy requirements and low exercise needs.



Group 3

Terriers

GROUP CHARACTERISTICS

They are named for their ability to dig animals out of their burrows, each breed having a technique of its very own. Barkers and hunters, the Terriers maintain their strong instincts, even when they are kept as companion animals.



Group 3

Wire Haired Fox Terrier



FCI GROUPING:

Group 3 (Terriers).

EXERCISE NEEDS:

In a small yard, these dogs will get enough exercise running around by themselves. But if you live in an apartment, you will need to take them for regular long walks or romps in the park.

DID YOU KNOW?:

The Fox terrier is a highly energetic dog who loves to jump about and play. These dogs are more likely to have patellar luxation (joint disease), which is usually related to excess bouncing. Obesity or unwanted weight will put extra pressure on the knee joint, which increases the likelihood that the knee joint will pop out of place more quickly. Being obese or becoming obese after this diagnosis will exacerbate this condition. It is important to keep an eye on body condition so that these dogs are kept in ideal shape.

PURINA RECOMMENDATION:

Requires daily exercise and has high activity requirements.

Staffordshire Bull Terrier



FCI GROUPING:

Group 3 (Terriers).

EXERCISE NEEDS:

The Staffordshire Bull Terrier must have plenty of regular exercise. He needs a daily outing, preferably in the form of a long walk on a leash or a vigorous game in the yard.

DID YOU KNOW?:

Dogs do not have subcutaneous fat like humans do. Because of this, many owners will mistake the fat for muscle when feeling behind the dog's waist. Since this breed is very muscular, some owners do not realise when their dogs are gaining weight. It is especially important to pay close attention to this breed's body condition. Surprisingly, even though the Staffordshire Bull Terrier isn't tall or extraordinarily large, he is prone to hip dysplasia. As it can be difficult to assess body condition appropriately in very muscular dogs, owners have to take extra care in managing body condition and implementing proper lean feeding so as to reduce the risk of hip dysplasia.

PURINA RECOMMENDATION:

High energy requirements and moderate to high activity needs.



Group 4

Dachshunds



GROUP CHARACTERISTICS

There are so many varieties of Dachshunds—thirty in all—that this breed has been given its very own group.

Since the XIXth century, the British have used selective breeding to improve the morphology and temperament of this breed. However, the Germans have mostly favored them for their hunting skills.

Dachshund Smooth Hair



FCI GROUPING:

Group 4 (Dachshund group).

EXERCISE NEEDS:

The Dachshund needs a fair amount of exercise. This dog was bred for hunting, so although he has short legs, he does need to get out for a good walk at least once a day, preferably twice. Dachshunds are not motivated to exercise in the yard by themselves, so a leash walk is critical to getting this dog proper exercise.

DID YOU KNOW?:

Because these dogs are so long and low to the ground, the added length in the back makes them predisposed to back problems. Being so low to the ground, they have to stretch their legs more to climb stairs and jump up on the furniture to snuggle with their owners, thus making them prone to patellar luxation (joint disease) and intervertebral disc disease (Dachshund paralysis). Keeping this dog in ideal body condition will decrease the stress on the joints and back while performing everyday activities. Because this breed is at risk for obesity, managing ideal body condition through energy intake and regular exercise is a necessity.

PURINA RECOMMENDATION:

High energy requirements and moderate to high activity needs.

Dachshund Long Hair



FCI GROUPING:

Group 4 (Dachshund group).

EXERCISE NEEDS:

Like their smooth-haired cousins, these are active dogs with surprising stamina and they love regular walks or play sessions in the park.

DID YOU KNOW?:

Because of this breed's coat, it may be difficult to determine if your dog is gaining weight. It is important to pay close attention to body condition. As with other heavy-coated or long-haired dogs, BCS cannot be readily assessed visually, and you must place your hands on your dog and feel his ribs and waist. It is essential to monitor the Dachshund's body condition to help prevent obesity, which can lead to serious health problems (intervertebral disc disease and patellar luxation). Keeping this dog in ideal body condition will decrease the stress on the joints and back while performing everyday activities. Because this breed is at risk for obesity, managing ideal body condition through energy intake and regular exercise is a necessity.

PURINA RECOMMENDATION:

High energy requirements and moderate to high activity needs.



Group 5

Spitzes and Primitives

GROUP CHARACTERISTICS

This group encompasses a variety of very different dogs, classed in eight categories: Northern Sled Dogs, Northern Hunting Dogs, Northern Guard and Sheep Dogs, European Spitzes, Asian Spitzes, Primitive dogs, Primitive hunting dogs, Primitive Ridgeback hunting dogs.



Siberian Husky



FCI GROUPING:

Group 5 (Spitz & primitive types).

EXERCISE NEEDS:

Siberian Huskies need a fair amount of exercise, but should not be exercised excessively in warm weather.

DID YOU KNOW?:

This breed originated in the Arctic and has a thick outer coat and dense under coat. Many owners mistakenly think that the dog's thick, fluffy hair coat makes them look so big, not realizing that their dog is overweight or obese. As with other heavy coated dogs, body condition cannot be readily assessed visually and you must place your hands on the dog and feel his ribs and waist. Like most large breeds, the Siberian Husky is prone to hip dysplasia. This dog, therefore, must have his body weight managed to reduce risk. These dogs are born to run and are typically very athletic. If he becomes overweight or obese, the extra weight will alter his gait and add stress on his joints.

PURINA RECOMMENDATION:

Moderate energy requirements and moderate to high activity and exercise needs.



Rough-haired Chow Chow



FCI GROUPING:

Group 5 (Spitz & primitive types).

EXERCISE NEEDS:

The Chow Chow does not need a lot of activity, but they will be more fit with regular exercise.

DID YOU KNOW?:

Chows were originally developed to have a very thick, luxurious haircoat and loose skin because they were originally cold-weather fighting dogs. This makes it difficult to determine their body condition, therefore, the owner must physically determine body condition. As this breed has developed and this dog has become more of a pet (and had less of a job to do), he has become more brachycephalic. Because of this, if he becomes overweight or obese, he suffers from respiratory distress. The Chow Chow is also predisposed to hip dysplasia and patellar luxation. Therefore, it is mandatory to manage body condition to reduce risk.

PURINA RECOMMENDATION:

Low energy requirements and low exercise needs.



Group 6

Scent Hounds

GROUP CHARACTERISTICS

The dogs in this group are meant for hunting. They live in packs and need a strong hierarchy. Bred selectively since the Middle Ages for stag, fox or hare hunting, they are not companion dogs, with the exception of the Dalmatian, the Rhodesian Ridgeback and the Thai Ridgeback.



Dalmatian



FCI GROUPING:

Group 6 (Scent Hounds).

EXERCISE NEEDS:

The Dalmatian is a very energetic breed and needs daily romps to prevent destructiveness. They love to run!

DID YOU KNOW?:

This breed is prone to skin allergies, which is an inflammatory process. Because obesity is also an inflammatory process, weight gain may actually exacerbate an underlying skin condition on the Dalmatian. Thus, it is important to pay close attention to his body condition. It is easy to assess body condition visually thanks to the breed's hair coat.

PURINA RECOMMENDATION:

High energy requirements and high exercise needs.



Beagle



FCI GROUPING:

Group 6 (Scent Hounds).

EXERCISE NEEDS:

The beagle needs daily exercise, either a long walk on a leash or a romp in a safe area. Regular exercise will keep him fit.

DID YOU KNOW?:

This fun-loving breed can find food just about anywhere. Therefore, these dogs tend to consume more calories than planned by getting more treats, and finding food in the rubbish and outside in the yard. Owners also tend to reinforce the dog's happy nature with food. This breed is at risk of obesity and predisposed to back problems and hip dysplasia. Owners need to manage his body condition to reduce these risks. The challenge is that this breed tends to be highly motivated by food. And since these dogs tend to be very good at coaxing their owners into feeding them more food than they need, it can be challenging for owners to manage body condition.

PURINA RECOMMENDATION:

Moderate energy requirements and moderate activity level. Requires daily exercise.



Group 7

Pointing dogs

GROUP CHARACTERISTICS

This group is made up of bird dogs that hunt by pointing. That is, when they spot game, they freeze and take up the famous pointer pose, front paw drawn up, awaiting the arrival of the hunter. They also make excellent pets.



Group 7

English Pointer



FCI GROUPING:

Group 7 (Pointing dogs).

EXERCISE NEEDS:

Exercise is of paramount importance for these tireless and energetic animals. Without enough exercise, this breed can become restless and destructive.

DID YOU KNOW?:

This breed's gait is smooth, light and ground-covering. Extra weight will add stress on the joints and may interfere with his gait. This dog is very athletic and like human long distance runners, tends to have long, thin muscles. These dogs should have a pronounced waist when viewed from overhead. It is easy to assess body condition visually thanks to the breed's coat.

PURINA RECOMMENDATION:

High energy requirements and high exercise needs.



French Spaniel



FCI GROUPING:

Group 7 (Pointing dogs).

EXERCISE NEEDS:

The French Spaniel requires an hour or more of good exercise every day. It is not sufficient to take them on walks. They need extensive exercise and do best with an active outdoor person or hunter.

DID YOU KNOW?:

This breed's natural athletic ability may be compromised by excess body weight. As this breed tends to be compact between the ribs and hips, it can be easy for owners not to notice extra weight accumulating at the waist. This is why it is important to keep an eye on their body condition so that the risk of developing of hip dysplasia is reduced.

PURINA RECOMMENDATION:

High energy requirements and high exercise needs.



Group 8

Flushing and water dogs

GROUP CHARACTERISTICS

The breeds in this group are broken down into three distinct categories:

- Breeds that retrieve game, such as the Labrador Retriever and the Golden Retriever.
- Breeds that flush out game, such as the Spaniels.
- Water dogs, such as the Barbet, that love to wade, swim, dive and retrieve game in shallow and deep water.

Golden Retriever



FCI GROUPING:

Group 8 (Flushing & water dogs).

EXERCISE NEEDS:

The Golden Retriever needs daily exercise, which is achieved fairly easily, as they enjoy play sessions which include fetching and retrieving.

DID YOU KNOW?:

Due to their sensitive, affectionate personalities, these dogs end up being housedogs. Because they are often kept indoors, it is important to exercise them daily to maintain their body condition. Be sure to exercise this dog well and do not overfeed him, as he tends to put on weight. Extra weight may exacerbate skin conditions, increase the risk of hip and elbow dysplasia and place added stress on the joints and interfere with proper gait. The feathering skirt of these dogs tends to mask their chest and stomach, so it can be difficult to determine if they have a nice tuck underneath when visually assessing them from the side. Owners need to physically assess body condition.

PURINA RECOMMENDATION:

Moderate energy intake and exercise needs.

Cocker Spaniel



FCI GROUPING:

Group 8 (Flushing & water dogs).

EXERCISE NEEDS:

English Cocker Spaniels enjoy as much exercise as they can get. Daily walks and a free run should be part of their routine as they are a sporting breed.

DID YOU KNOW?:

The Cocker Spaniel requires daily exercise but tends nowadays to be more of a house dog. Thus, it is important to pay close attention to his body condition and food intake. Extra calories will be stored as fat and obesity may exacerbate any skin conditions to which this breed is prone. If this dog is kept in his naturally full coat, it may be difficult for some owners to determine if their dogs are gaining weight. Body condition cannot be readily assessed visually - you must place your hands on the dog and feel his ribs and waist.

PURINA RECOMMENDATION:

Moderate energy intake and exercise needs.



Group 9

Companion and toy dogs

GROUP CHARACTERISTICS

This group includes breeds that were developed for the sole purpose of keeping people company.

They come in a wide variety, with many differences. From the Giant Poodle to the Chihuahua, including the Löwchen (Little Lion Dog) and the Pekinese, this diverse group has no less than eleven categories, including Bichons, Poodles, Belgian and Tibetan dogs.



Chihuahua



FCI GROUPING:

Group 9 (Companion & toy dogs).

EXERCISE NEEDS:

The Chihuahua is a lively dog who is able get his exercise running from room to room indoors. He enjoys exploring the yard or going for short walks on a leash and especially enjoys accompanying his owner on outings.

DID YOU KNOW?:

Although it is tempting to carry these dainty creatures about, they will stay more fit if they are taken for walks. Don't think that just because he is small he should be confined to a small space and fed freely. On the contrary, he should be fed lightly as he tends to gain weight. With a dog this small, his energy requirements are approximately 250 kcals/day or less. Most high quality dog foods are 350-400 kcals/cup. Many owners feel like they are not feeding enough since they are only feeding the dogs one cup or less twice per day. Don't be seduced into feeding more kibbles. It's too energy-dense.

PURINA RECOMMENDATION:

Moderate activity and exercise needs.

Cavalier King Charles Spaniel



FCI GROUPING:

Group 9 (Companion & toy dogs).

EXERCISE NEEDS:

Exercise needs: The Cavalier needs a fair amount of exercise every day, either in the form of a moderate walk on a leash or a romp in a safe area.

DID YOU KNOW?:

This breed is very people oriented and like to be with their owners. They will jump up on the furniture and climb the stairs just to be near their owners. All these activities add stress on the joints, especially if they are overweight. Do not overfeed these dogs as they tend to gain weight easily. Extra weight may increase the risk of developing hip dysplasia and back problems. In addition, because they are brachycephalic, if these dogs become overweight or obese, they may experience respiratory problems. This dog's haircoat may make it more difficult to assess body condition than in a smooth-coated dog. The owner will need to physically assess body condition.

PURINA RECOMMENDATION:

Moderate activity and exercise needs.

Group 10

Sight Hounds

GROUP CHARACTERISTICS

This ancient hunting breed group is now only put to work in beauty pageants and dog races. The sight hounds are broken down into three groups: longhaired (such as the famous Afghan or Borzoi hounds), wirehaired and shorthaired. The sight hounds were no doubt one of the first breeds of dogs to be domesticated. They originate from Africa, Asia and Europe.



Greyhound



FCI GROUPING:

Group 10 (Sight Hounds).

EXERCISE NEEDS:

Greyhounds that are kept as pets should have regular opportunities to run free on open ground as well as have long, brisk walks.

DID YOU KNOW?:

Greyhounds tend to have a low basal metabolic rate (BMR), therefore, they do not need to consume many calories - owners should not be fooled by the breed's height. This breed will adjust their exercise needs based on their owners - so if the owner does not provide daily exercise, this breed will become overweight and develop into couch potatoes. Greyhounds are long-ribbed dogs, meaning there is not much space between the ribs and hips. This breed is well muscled, but not heavily, so the ribs should be visibly prominent and the dog should have an indentation behind the waist when viewed from overhead.

PURINA RECOMMENDATION:

Moderate energy and exercise needs.

Afghan Hound



FCI GROUPING:

Group 10 (Sight Hounds).

EXERCISE NEEDS:

The Afghan needs daily exertion, either in the form of a long walk followed by a short sprint, or preferably, a chance to run full speed in a safe, enclosed area.

DID YOU KNOW?:

Originally bred for hunting, the Afghan Hound requires considerable exercise in order to maintain good physical condition. These dogs rarely become obese. They are not food-motivated, tend to be a bit nervous, and may be finicky eaters. In fact, they may just decide not to eat some days. As such, the owner should pay careful attention to body condition to ensure that it is not too low, especially if they have a long haircoat. If this dog is kept in his full coat, BCS cannot be readily assessed visually and you must place your hands on the dog and feel his ribs and waist.

PURINA RECOMMENDATION:

Moderate energy and exercise needs.





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Your Pet, Our Passion.[™]