

# WeCalm®

Behavioural changes are very common in dogs and cats. They result from contexts, situations and experiences that may cause them fear and stress.

## But why do common situations cause them so much fear and stress?

Minor changes, many of which we cannot control, are enough to trigger all the mechanisms of stress and fear. These mechanisms become more evident according to some genetic traits as well as past experiences that may have caused any kind of threat.

In the first contact with the threat, the animal shows an attitude of hyper surveillance, trying to solve the problem immediately (running away, barking, etc).

As most of the threats do not disappear with the response of the animal, it reacts with greater intensity, attempting that the increase of this intensity causes them to disappear.

With the repetition of the threat / stimulus, the answers become immediate, automatic and increasingly intense. The animal even starts to react inappropriately to any stimulus (even those of lower intensity) or to normal situations, that remind them of those stress factors.

## The most common manifestations of fear and stress in the animal



Drool



Excessive Licking



Bark



Scratch



Hide



Destroy Objects



Loss of Appetite



Shake



Urinate

## Calm and Happy Again, Naturally

### Peptazine®

It is a hydrolyzed marine peptide with benzodiazepine-like effects in the hypothalamic-hypophysadrenal axis and with sympathoadrenal activity. It promotes increased levels of gamma-aminobutyric acid (GABA) in the hippocampus and hypothalamus. It thus boosts anxiety control and the learning process.

### L-Theanine

It increases the levels of the GABA neurotransmitter, which is crucial in the control of central nervous system responses, namely those related to fear and anxiety. It also helps to increase serotonin and dopamine levels and it reduces noradrenalin levels.

### L-Tryptophan

It is a precursor of serotonin, a neurotransmitter whose functions are to control behaviour and mood. It has been observed that low levels of serotonin are directly related to stress, depression and aggression.

### Vitaminas B1, 3 e 6

These vitamins contribute to the health of neurons and to a good brain function, reducing excitement and improving concentration. They are essential co-factors for the production and activity of several neurotransmitters, namely Vitamin B6 (Pyridoxine), very important in the conversion of 5-Hydroxytryptophan into serotonin.

### Short-term use of WeCalm® or occasional situations:



**Anxiety due to the new environment:** Stay in a kennel, move house, new animal, new child or family member, separation or loneliness.



**Fears and phobias to noises:** Fireworks, thunder, sirens, etc.



**Situational Stress:** Car trips, visit to the vet or grooming.



**Behavioural therapies:** The animal is continuously and gradually exposed to the previous situations. The learning process itself will be improved by the positive effect in the metabolism of dopamine and serotonin.

### Long-term use of WeCalm® or in behavioural problems:



**Behavioural problems:** Inappropriate disposal (urination and / or defecation in unusual places), gnawing objects, vocalization or chasing the tail.



**Separation anxiety:** Signs of objects' destruction, vocalization (barking or howling), loss of appetite.



**Reaction to other animals, people or objects:** Signs of aggression with other animals, people (postman, strangers, etc.) and different objects.

WeCalm® is a natural product that was specifically designed to improve the levels of neurotransmitters such as GABA, Serotonin and Dopamine. It helps the animal to improve its attitude when it comes to threats, fears and phobias. WeCalm® brings calm and happiness back to dogs and cats.

# WeCalm®

## Calm and Happy Again, Naturally



wepharm®  
Animal Welfare

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### WeCalm® Tasty tablets



WeCalm® is a supplement for dogs and cats that soothes and relaxes pets. It is recommended for situations of environmental stress, thunderstorms, fireworks, weaning, separation, travel, stays in kennels and undesirable behaviours.

#### Presentation:

30 Tasty tablets

#### Species of animals:

Dogs and cats



#### References:

(1) Pereira et al (2010) Effect of dietary intake of L-Tryptophan supplementation on working dogs demonstrating stress related behaviours. BSAVA congress 2010 Scientific Proceedings. (2) Casey R (2002) BSAVA Manual of Canine and Feline Behavioural Medicine. Chpt 15. Edited by D Horwitz, D Mills and S Heath. (3) Cheung R, Tzi Bun Ng, Wong J (2015) Marine Peptides: Bioactivities and Applications, Mar. Drugs 2015, 13, 4006-4043. (4) Gary Michael Landsberg & al. (2015) Assessment of noise-induced fear and anxiety in dogs : Modification by a novel fish hydrolysate supplement diet. Journal of Veterinary Behavior 10; 391-398. (7) De Napoli et al (2000) Effect of dietary protein content and tryptophan supplementation on dominance aggression, territorial aggression, and hyperactivity in dogs. Journal of the American Veterinary Medical Association Vol. 217, No. 4, Pages 504-508. (5) Francois Bernet & al. (1999) Diazepam-like effects of a fish protein hydrolysate (Gabolysat PC60) on stress responsiveness of the rat pituitary-adrenal system and sympathoadrenal activity. Psychopharmacology 149:34-40. (6) ETAP Ethologie Appliquée (Dr M Messaoudi & al.), ID MER - ABYSS'INGREDIENTS (Dr P. Allaume) (2002) Anxiolytic-like effects of the HVS hydrolysate (PEPTIDYSS Code name), orally administered at the doses of 300, 600 and 1200 mg/kg, in the conditioned defense burying model in the male Wistar rat. Study not published. (8) Araujo et al (2010) Anxitane tablets reduce fear of human beings in a model of anxiety-related behaviour. Journal of Veterinary Behavior 5, 268-275. (9) Bryan J. 2008. Psychological effects of dietary components of tea: caffeine and L-theanine. Nutr Rev. 66(2):82-90.

### Composition per tablet WeCalm® :

Components	WeCalm®
Fish protein hydrolyzate (Peptazine®)	136 mg
L-Tryptophan	250 mg
L-Theanine	0,15 mg
Vitamin B1	0,68 mg
Vitamin B3	3 mg
Vitamin B6	0,06 mg

#### Instructions for use, recommendations and doses:

Animals up to 5 kg: ½ tablet WeCalm® per day.

Animals from 5 - 10 kg: 1 tablet WeCalm® per day.

Animals from 10 - 25 kg: 2 tablets WeCalm® per day.

Animals from 25 - 40 kg: 3 tablets WeCalm® per day.

Animals over 40 kg: 4 tablets WeCalm® per day.

WeCalm® can be mixed with the animal food or administered directly into the mouth.

#### Use in events or specific situations:

Administer one to two hours before the event. It can be repeated if the desired effect is not reached. The amount may be reduced according to the desired effect.

#### Long-term use and behavioural problems:

Administer half the normal dose. The dose may be reduced once the desired effects are obtained. To boost the stimulus repeat the intake.

Store in a dry place in the original packaging and at a temperature below 25 °C. Preserve from light and heat. Keep out of the reach and sight of children.

#### Wepharm, S.A.

Rua Principal, Lote 12/16C  
Zona Industrial de Porto de Mós  
2480-407 Porto de Mós  
PORTUGAL

tel +351 244 768 700  
fax +351 244 768 705  
info@wepharm.pt



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