

The nutrients your vet probably isn't testing - but should

Most vets don't test for Vitamin D or Magnesium - and that's a big miss. These aren't fringe nutrients, they're core players in your dog's health story. Vitamin D acts like a hormone, touching nearly every system from immunity to gut health. Magnesium is the partner that flips the switch and makes it all work. When they're strong together, your dog thrives. When they're missing, the whole system starts to falter.

Vitamin D (The Quarterback)

Whole Food Sources

Oily fish, liver, pastured meats, eggs, mushrooms.

Key Principle

recision over guessing - always test before supplementing.

Testing Note

Must be a fasting sample for accuracy.

Steady State

Fat-soluble - takes 8-10 weeks to stabilize, then recheck.

Why it Matters

Regulates immunity, gut health, bone strength, hormones, and more.

Magnesium (The Offensive Line)

Whole Food Sources

Organ meats, dark muscle meats, sardines, salmon, mackerel

Key Principle

Quality over cheap - low-grade forms may carry heavy metals or be poorly absorbed.

Testing Note

Always be tested alongside Vitamin D for clarity.

Steady State

Different types support muscles, brain, digestion - whole-food blends cover all bases.

Why it Matters

Activates Vitamin D, supports muscles, heart, stress resilience, energy metabolism.

The Bottom Line:

- Test them together.
- Balance with food first.
- Supplement with precision, not guesswork.

Because when Vitamin D and Magnesium are in sync, your pet's whole health team wins the game.



Want to see how your dog's team is playing?

Contact us at Revitalizing Pet Care and ask about our Signature Offer: The Whole Pet Reset - a proactive plan to keep your pet thriving, not just surviving

START NOW AT [REVITALIZINGPETCARE.COM](https://revitalizingpetcare.com).