

Weekly Health Programme for Conures, Quakers & Kakarikis

Add to Drinking Water

Mix into Sterile Food

Ongoing Health Care

Day 1	KD Powder ¹	Turbobooster, E Powder & Fvite ⁴
Day 2	Dufoplus & Ioford ²	Turbobooster, E Powder & Fvite ⁴
Day 3	Dufoplus & Ioford ²	Turbobooster, E Powder & Fvite ⁴
Day 4	Fresh water	Fresh seed ⁵
Day 5	Quik Gel ³	Fresh seed ⁵
Day 6	Quik Gel ³	Fresh seed ⁵
Day 7	Fresh water	Fresh seed ⁵

Lice & Mite Protection: S76 should be administered in the drinking water every month during summer and each three months during the cooler seasons. Add 0.5ml of S76 into 100mls drinking water and leave for two days. A lice and mite spray (AIL) should be applied on the same days

Worm Protection: Gentle Wormer should be administered in the drinking water each three months. Add 3mls of Gentle Wormer into 100mls drinking water and leave for two days.

^{3 & 5} **Moult Support:** Between December and March Quik gel is added to drinking water for 2 days a week and Turbobooster, E-Powder & F-vite mixed into the seed every day.

¹ KD Powder is given in the drinking water for one day a week acting as a mouth and crop wash to maintain protection from environmental germs. It is made up by adding 1/4 teaspoon (1gm or a level white spoon) into a litre of water. The drinking vessel is filled from this litre and the remainder is used to clean out the cage.

² Dufoplus (5 drops) & Ioford (10 drops) are mixed together in 100mls of drinking water and safely left for two days as they are sugar free. Dufoplus and Ioford provide the vitamins and trace elements necessary for good health but missing from a seed diet.

³ Quik Gel provides an immediate energy boost to your bird and should be given whenever you feel your bird is tired or unwell. Quik Gel is also given for two consecutive days a week to protect health during the moult, which is a period when many budgerigars fall ill. Quik Gel is prepared by mixing 1 drop (0.1ml) thoroughly into 100ml drinking water.

⁴ 6 drops of Turbobooster is mixed thoroughly into 100gm of seed, then 1/4 teaspoon (1 gm or heaped white spoon) of E-Powder and F-vite are mixed into it. These powders stick to the Turbobooster oil impregnated seed providing your bird with additional energy and together provide the required balance of protein, vitamin and minerals necessary for top health. For some birds, and during the moult Dr Marshall may recommend Turbobooster, E-Powder and F-vite be given daily.

Food Preparation: Fruit, Vegetables, Cous Cous and Rice

The morning and evening meal may be comprised of organic fruit, vegetables or a special rice or couscous treat as detailed below. Vary your bird's diet according to what is fresh and in season. One of the following foods - butter pumpkin, sweet potato and carrot - should be included in at least one daily meal as these are the best sources of vitamin A & vitamin E. The best seasonal fruits are passion fruit, grapefruit, mango, rockmelon, watermelon, kiwifruit, pomegranate and papaya. Corn, capsicum, green peas and broad beans are other good vegetable choices. Fresh fruit and vegetables should be diced into 0.5-1cm cubes or strips to encourage a foot holding eating habit, dexterity and confidence. Large fresh food items such as corn on the cob can be hung on a skewer to encourage natural foraging behaviour.

Boiled Cous Cous or Rice Treat

1. Boil rice, cous cous or cob of corn until soft.
2. Mix in diced steamed vegetables as well as green peas and corn kernels.
3. Include food supplements. To 100gm of this treat **add 6 drops Turbobooster, 5 drops Dufoplus, 5 drops Ioford and mix thoroughly. Then, sprinkle 1/4 tspn E Powder & 1/4 tspn Fvite onto the mix and provide as a meal.**

Passionfruit Treat

Passionfruit is another treat meal into which you can provide nutritional supplements each morning. When providing supplements using this method, there is no need to add them to the seed mix. **Mix 6 drops Turbobooster, 5 drops Ioford and 5 drops Dufoplus inside a passionfruit and sprinkle 1/4 teaspoon each of E Powder and F vite on top.**

Food Hygiene is Essential

Wash all fresh foods in KD solution prior to preparation to remove surface contamination. During the warmer months uneaten food remnants must be removed within an hour of feeding to prevent food spoilage diseases. Foraging branches should be soaked in KD before being placed into the cage.

