

Exactly how much to feed your dog is difficult to determine. Dogs, just like people, have different metabolisms and activity levels. The amounts suggested in the following chart are guidelines for daily rations based on the normal weight and activity level of the average pet dog. You may have to increase or decrease these amounts. Mix ingredients together, divide into half, putting one half into the refrigerator. feed one half in the morning, the other in the evening.

Dogs Weight	NDF 2	Protein	Water
5lbs	1/8 C	1/8 C	¼ C
10lbs	¼ C	¼ C	½ C
25lbs	½ C	½ C	1 C
30-45 lbs	¾ C	¾ C	1 ½ C
50 lbs	1 C	1 C	2 C
60 lbs	1 ¼ C	1 ¼ C	2 ½ C
75lbs	1 ½ C	1 ½ C	3 C
100 lbs	2 C	2 C	4 C
125 - 150 lbs	2 1/2 C	2 ½ C	5 C



Guaranteed Analysis:	
Crude Protein, min.	15%
Crude Fat, min.	10%
Crude Fiber, max.	8%
Moisture, max.	10%

When raw meat (beef 80/20) is added, the percentage of protein goes up to 28-34 %.

To prevent digestive upsets when changing from a kibble diet to NDF2, transition your dog over a period of about 7 days. Feed equal amounts twice a day. If you are already feeding a raw diet, you can make the transition immediately.

The **transition**: Add a small amount of NDF2 and meat (beef, 80/20) to your dog's food and mix with water. As the week progresses, gradually increase the amount of NDF2, meat and water, at the same time decreasing the kibble by a corresponding amount, until you have phased out the kibble. (If you are feeding the same meat protein for six days, you may want to feed another protein, canned mackerel, cottage cheese or chicken, on the seventh day.) At the end of the transition period, weigh your dog. Weigh him again after four weeks. Increase or decrease the amount you feed accordingly

NDF2 is a dehydrated product, so you need to wait 2-3 minutes for the water to hydrate the food (it will quadruple in volume). **A 10 lb bag of NDF2 is equivalent to about 40 lbs of kibble.**

**Puppies: 7 weeks to 7 months:** Puppies 7 weeks through teething are fed double their weight in food and four times a day. For example, if you have a 5-lb puppy, use the guidelines for a 10-lb dog; if your puppy weighs 12lbs, use the guidelines for a 25-lb dog, and so on. Divide the appropriate amount into four equal portions and refrigerate three of them. Feed one portion at 8 a.m., one at noon, one at 4 p.m., and the last at 8 p.m. When the puppy is through teething, reduce feeding to three times a day. Around 6-7 months, reduce to two feedings that will continue throughout the life of your pet. Dogs go through growth spurts up until 2 years of age and for a short period of time you may have to increase the amount fed.

#### Ingredients:

Oats, Wheat Bran, Wheat Germ, Chicken Liver, Calcium Phosphate, Calcium Carbonate, Safflower Oil, Brewers Yeast, Dried Apples, Carrots, Molasses, Eggs, Buckwheat Groats (Omega 6), Cd Liver Oil (Omega 3), Parsley, Kelp, Alfalfa, Burdock Root, Dandelion Root, Rosemary, Garlic, Ginger, Yucca, Apple Cider Vinegar, Diatomaceous Earth, Vitamin C (Calc. Ascorbate), Vitamin E, Natural Mix Tocopherols (Vitamin E), Montmorillonite Clay, Fermented Probiotics: Lactobacillus acidophilus, Bacillus Subtilis, Bifidobacterium thermophilum, Bifidobacterium longum, Enterococcus faecalis, Charcoal, Chelated Zinc, Manganese, Iron, Copper and Cobalt. Vitamin B Complex consisting of Niacinimide, Choline, Niacin, Riboflavin, d Calcium Pantothenate, Thiamine, Pyridoxine, Biotin, Vitamins A, K and D3. Sodium Selenite.

NDF2 does **NOT** contain corn, rye, gluten meal, soy, spinach, celery, bell peppers, tomatoes, artificial preservatives, artificial coloring, trans fats or genetically modified products.

**Refrigerate after opening.**

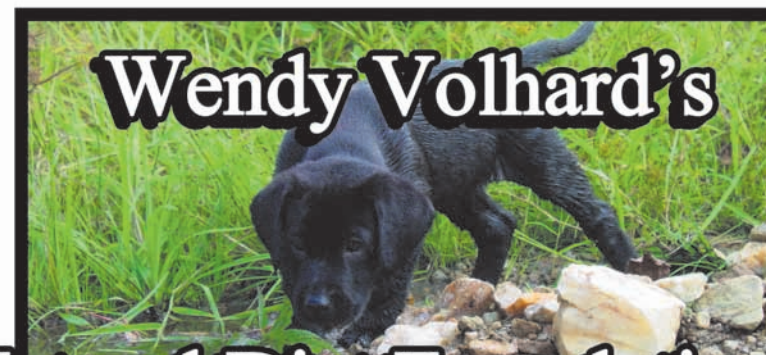
**Store unopened bags in a cool, dark place, a refrigerator or freezer.**

**To reorder go to: [www.handcraftcollars.com](http://www.handcraftcollars.com), or call 1-800-837-2033**

**Part of the proceeds from this sale go to support educational, health and welfare organizations.**

**Net weight:**  5 lbs./2.265kg  10 lbs./4.535 kg

*photographs by Jane Kelso, Mountain Run Kennels, Va.*



# Wendy Volhard's

## Natural Diet Foundation<sup>2</sup>

Natural ingredients with added Vitamins and Minerals

Just add water and meat to make a balanced dog food

The Smart Diet for Smart Dogs!

Contains all the non-meat ingredients your dog needs for a healthy, vigorous and long life. Made with whole foods and herbs that come from Lancaster County, PA. The recipe behind NDF2 has been clinically tested for over 30 years.

The food for all life stages.

Hypoallergenic no GMO products used

# 10 lbs of NDF2

*is the equivalent of*

# 40 lbs of kibble

Refrigerate after opening

**Wendy Volhard**

Senior author of the best-selling classic

*"The Holistic Guide for a Healthy Dog"*

(Howell Book House 1996 & 2000)

Exclusively distributed by:

Handcraft Collars Inc., Pell City, AL 35125

## Why NDF 2?

Those of you who have been feeding the Natural Diet Foundation (NDF) A.M. & P.M. mixes, have more than likely been perfectly happy with the results. So you might ask why **NDF 2**? The reason is quite simple: There has been a continuous request of individuals who consider NDF still too involved and time-consuming to prepare for their dogs – two different mixes, adding meat to one and veggies and yogurt/kefir to the other, etc. To provide their dogs with the nutritional benefits of the Natural Diet they deserve, I developed **NDF 2**.

**NDF 2**, except for its ease of feeding, is not very different from the existing NDF A.M. & P.M. mixes. The ingredients of NDF A.M. & P.M. are combined, with the addition of **probiotics** and **carrots**, thereby making feeding a one-step process.

**Probiotics**, vital for proper digestion, were increased to help synthesize Vitamin K, prevent the overgrowth of yeast and other pathogens.

**Carrots**, which most dogs like, were added because they benefit the lungs, strengthen the spleen and pancreas, aid in the elimination of waste from the body and help to strengthen the liver.

**NDF 2** contains dehydrated, natural, human grade food, plus vegetables, herbs and fruit, proteins, essential fatty acids, carbohydrates, vitamins, chelated minerals, probiotics and enzymes. All the ingredients are in the exact proportions to provide the maximum nutrients for proper digestion and support of the digestive tract. All you have to do is add water and fresh raw meat. **NDF 2** is NOT subjected to heat in the manufacturing process, so no nutrition is lost. **NDF 2** is made monthly at a plant in Pennsylvania to insure the freshness of every batch. NO artificial preservatives or coloring agents are used.

By feeding **NDF 2** you provide the necessary foundation that allows your dog to have abundant good health and a long life. As with any of my recipes, **NDF 2** has undergone **rigorous clinical testing**.

**NDF 2** is not intended to supplant NDF, but to answer the call of those who wanted an even easier way to feed the Natural Diet to their dogs.

**NDF 2** – just add water and meat.

**NDF 2** is not intended to supplant NDF, but to **ANSWER THE CALL** of those who wanted an **even easier way** to feed the Natural Diet to their dogs!

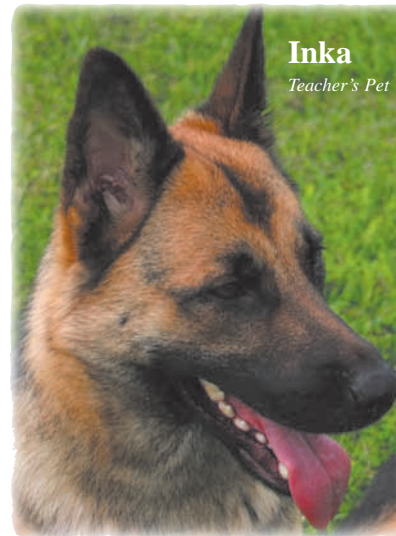
## Reviews of NDF 2

*“I have been in WY the past 10 days (family reunion). John stayed home with the kids, feeding them NDF 2. He reported as of Wed (6 days on NDF 2), Amelia is like a puppy again. She is initiating play with Shane, AND boxing him around a bit! NDF 2 is the way to go.” Marcia L., NM.*

*“Susan, my partner, absolutely loves the NDF 2, as does her other 1/2 who is now willing to be involved in the feeding!” Christa M., TX.*

*“My dogs loved the NDF 2 – their coats are shiny, skin is good and they really look forward to being fed. It is so easy to make I can’t believe it. Thank you for producing such a good food.” Marc G., IL.*

*“My two Shepherds were overweight, had allergies and continuously shed. We tried many of the premium brand dry foods. They would only eat in the evening when we put human food on their food and then they overate, thus getting so heavy. We were spending a fortune on veterinary care per month with digestive enzymes and allergy shots.*



**Inka**  
Teacher's Pet

*Since NDF 2, I can't get the bowl of food down on the floor fast enough – the dogs love it. They are now playing with the grandchildren in the swimming pool. The shedding almost stopped completely and they have regained their German Shepherd shape. We loved being on the “test” diet – thanks for asking us. Of course, we will continue to use NDF 2.” Claire D., VA.*

*“Do your dog a favor – feed him NDF 2!” Randy J., VA.*

**The Smart Diet for Smart Dogs!**

