



**Your guide to everything  
happy, healthy,  
hardworking dogs need**

[www.autarkyfoods.com](http://www.autarkyfoods.com)



# AUTARKY

## COMPLETE DOG FOOD

The combination of locally sourced, quality ingredients that are rigorously tested and our unique holistic approach has created a range of tasty, nutrition rich foods that are balanced and free from wheat, gluten and soya.

All our range is Hypoallergenic with our Grain Free range also including a mobility joint care package.

Specially formulated by one of Britain's leading canine nutritionists and made by us in our own mill in Northamptonshire, **Autarky** gives working dogs everything they need to keep them healthy and energetic no matter their age or activity.

You won't find any artificial colours, flavours or preservatives either and we protect every bag with a natural antioxidant package that ensures your bag stays as fresh as they day we packed it.

We don't make anything we wouldn't feed to our own beloved dogs, with many of our staff having a keen interest in Agility, Fly-Ball and Cani-x.

### **Want to chat more about your dog's specific needs?**

Our nutritional team have combined experience of over 100 years!

Give them a call on **0845 345 2630**.



**Want to know more? Please contact us at  
[enquiries@autarkyfoods.com](mailto:enquiries@autarkyfoods.com)**



Or join us on  
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# UNDERSTANDING AUTARKY

The sole purpose of a diet – whether for a dog, ourselves or indeed any other creature – is to provide nutrients. These nutrients need to be supplied in appropriate levels and must be in balance with one another in order to be useful and effective. Contrary to increasingly popular belief the dog is a, carnivorous-omnivore, not a true carnivore. This means that the dog can thrive upon a combination of animal and plant based material when included in their diet.



## NATURAL ANTIOXIDANTS

As your dog works excess free radicals are produced through the process oxidation. Therefore, a blend of additional antioxidants are there to help 'mop-up' those free radicals and provide further support to your dog's own physiological systems.



## GRAIN-FREE RECIPE

It is important to understand that dogs are not true carnivores, they are what are known as carnivorous-omnivores. This means that their digestive systems are adapted to digest meat, grains, vegetables and berries. A grain free diet may be more appropriate for those dogs who have developed an intolerance to the proteins in grains.



## NO ARTIFICIAL COLOURS, FLAVOURS OR PRESERVATIVES

We protect all of our recipes with the natural antioxidant package, which helps ensure that each bowl is as fresh and tasty as the day it was packed.



## JOINT SUPPORT

Within the two grain-free recipes there is a unique joint care package, which provides nutrients to support joint health and flexibility.



## HYPOALLERGENIC & WHEAT-GLUTEN, SOYA FREE

Autarky has been formulated to contain ingredients that are reported to be more acceptable and less likely to cause dietary upsets.

Kibble sizes may vary from brand to brand. However, you can trust Autarky to provide the ideal kibble size from brand of research and popularity. Autarky Puppy/Junior has a kibble size that is small (11mm x 12mm) with a small round hole in the middle, which makes it easier to form into a mash and for the puppy to crunch down on. The remaining Autarky range have the same kibble size (taking into account natural variation), which is approximately 14mm x 14mm x 7mm.

## INTRODUCING A NEW FOOD

Unlike us who can enjoy a different meal everyday a dog's digestive system needs time to adjust to a new food. Therefore, it is important to introduce any new food gradually over a period of about 5-7 days.

# DID YOU KNOW?

## PROTEIN

Your dog is made up of many different types of proteins which is found in their muscles, skin, hair and even some hormones. Protein is made up of building blocks called amino acids. Therefore, protein quality is based on how well the amino acid profile of the diet meets the needs of the animal.

## CHICKEN, LAMB OR FISH MEAL

These by-products have been heat dried, which means most of the moisture and some of the fat have been removed, leaving a concentrated source of valuable protein that is bacteriologically safe.

## MEAT & ANIMAL DERIVATIVES

Meat & animal derivatives is a legal definition that refers to any animal ingredients from fillet steak to chicken meal used within dog food.

## HYPOALLERGENIC



When the term is used it is with the intention of indicating that the ingredients used within that dog food are less likely to cause a dietary reaction. It does not mean that the food is universally useful to all dogs with allergies. It will depend upon what they are allergic to.

## MAIZE

Maize is a useful ingredient and certainly no filler! Maize is very rarely associated with allergies in dogs, so makes a very useful cereal. Maize is a rich source of carbohydrates, providing energy and dietary fibre, as well as some essential fatty acids (important for cell membrane, skin and coat health).

## PRAIRIE MEAL

Prairie meal is not a cheap source of protein, but has a very special amino acid profile, which can be used to balance up animal protein for muscle support and also helps to maintain a good coat colour.

## GRAIN FREE



It is important to understand that dogs are carnivorous-omnivores not true carnivores, so it's no surprise cereal grains can form a valuable proportion of a dog's diet. However for those dogs who have developed an intolerance to the proteins in grains, a grain free diet may be more appropriate.

## WHEAT, GLUTEN AND SOYA FREE



Autarky diets are wheat gluten and soya free recipes. These two ingredients are perceived by some and reported by others to be one of the more common cause of allergies in dogs.

# FOR PUPPIES & YOUNG DOGS

## FEEDING A PUPPY

When feeding your puppy or a new litter with a complete feed, the ideal time to introduce a kibble is around 3 weeks of age, and to mix with a little warm water to form a porridge like meal.

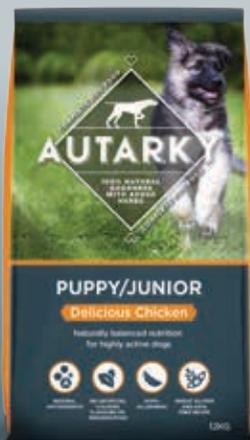
Care should be taken to ensure that all puppies in the litter get an equal share. Once weaned, the food can be fed dry or moistened with a bit of water to the consistency the puppies prefer.

Puppies stomachs and digestive systems are still developing, so divide the total amount of feed into 6 meals a day up to 2 months of age, reducing to 4 meals from 2-3 months and gradually reduced to 2 meals per day thereafter.

Do not overfeed your puppy, it is important to make sure growth is steady so there is no unwanted weight on their developing bones and joints.



## PUPPY/JUNIOR Delicious Chicken



A complete dog food, suitable for working dogs during the growth phase (typically 2-3 weeks of age through to the onset of adulthood).

A wheat gluten, soya free formulation containing the correct balance of minerals, energy, protein and trace nutrients to support growth and development.

Whilst also enriched in vitamin E, selenium, omega 3 fatty acids and taurine for support of neural development.

### Analytical Constituents:

<b>Protein</b>	<b>28.0%</b>
<b>Fat Content</b>	<b>17.0%</b>
<b>Crude Fibres</b>	<b>3.0%</b>
<b>Crude Ash</b>	<b>8.0%</b>

### Composition:

Poultry meal (min 35% chicken), Maize, Chicken fat, Rice (min 5%), Full fat linseed, Yeast (source of mannan oligosaccharides), Alfalfa, Prairie meal, Peas, Carrot, Salmon oil, Marigold, Blackcurrant, Milk thistle, Nettle, Seaweed, Beetroot, Tomato, Thyme, Yucca schidigera, Peppermint, Fennel, Paprika, Turmeric, Dandelion, Ginger, Fenugreek, Oregano, Aloe vera (min 0.4% herbs and 4% vegetables)

Sizes: 2kg, 6kg & 12kg

# FOR PUPPIES & YOUNG DOGS

## FEEDING INSTRUCTIONS

When feeding your puppy or a new litter introduce the diet gradually over a period of 5-7 days. The food should be mixed with hot water and stirred until a gruel is formed. Care should be taken to ensure that all puppies in the litter get an equal share. Once weaned, the food can be fed dry or moistened with water or gravy to the consistency that your puppy prefers.

Below we have a handy table to guide you through your puppy's feeding needs.

Age- Months (Weeks)	Adult Size			
	Small (5-10kg)	Medium (10-25kg)	Large (25-45kg)	Very large (45kg+)
<1 (<4)	20-25g	25-30g	30-35g	35-45g
1-2 (48)	75-130g	100-175g	130-220g	150-335g
2-4 (816)	130-145g	175-285g	220-320g	335-465g
4-6 (16-24)	145-160g	270-285g	320-400g	465-530g
6-8 (2432)	150-160g	265-270g	400-410g	530-610g
8-10 (32-40)	Autarky Adult	265g Adult	390-400g	585-610g
10-12 (40-48)	Autarky Adult	Autarky Adult	380-390g	540-585g
12-18 (48-72)	Autarky Adult	Autarky Adult	Autarky Adult	530-550g

## WATER

Always ensure a ready supply of fresh, cool water is available.

Water is often a forgotten nutrient however, hydration is key to a successful and healthy working dog. A loss of just 3% can impact on performance; reducing capacity to work, decreasing strength and even lead to overheating - even on cool days.



For nutritional advice, please call our friendly and helpful team on 0845 345 2630

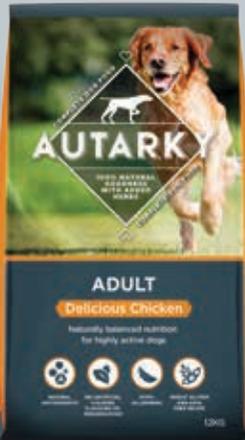
# FOR ADULT DOGS

A complete dog food, suitable for adult working dogs up to the onset of old age, typically around 7 years of age.

Our adult diets are available in two delicious recipes: **Chicken** and **Salmon**. Both are wheat gluten soya free formulations, and should you have a fussy eater you might want to give the **Salmon** a try.

- High levels of B-vitamins to help support coat condition.
- Prebiotics helping to provide nutritional support to a healthy digestive system.
- High levels of essential fatty acids for great coat condition and scenting ability.
- Blend of natural antioxidants to help support the immune system.

## ADULT Delicious Chicken



### Analytical Constituents:

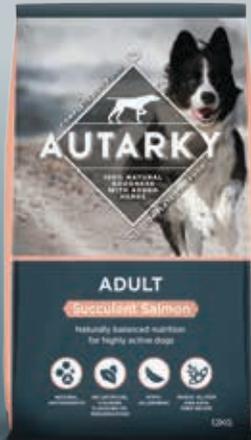
<b>Protein</b>	<b>23.0%</b>
<b>Fat Content</b>	<b>12.0%</b>
<b>Crude Fibres</b>	<b>3.0%</b>
<b>Crude Ash</b>	<b>6.0%</b>

### Composition:

Maize, Poultry meal (min 26% chicken), Rice (min 5%), Chicken fat, Full fat linseed, Prairie meal, Alfalfa, Peas, Yeast, Carrot, Seaweed, Milk thistle, Marigold, Nettle, Yucca schidigera, Blackcurrant, Kale, Beetroot, Rosemary, Rosehip, Thyme, Peppermint, Fennel, Paprika, Turmeric, Dandelion, Ginger, Fenugreek, Oregano, Aloe vera (min 0.4% herbs and 4% vegetables)

Sizes: 2kg, 6kg & 12kg

## ADULT Succulent Salmon



### Analytical Constituents:

<b>Protein</b>	<b>24.0%</b>
<b>Fat Content</b>	<b>14.0%</b>
<b>Crude Fibres</b>	<b>3.0%</b>
<b>Crude Ash</b>	<b>6.0%</b>

### Composition:

Salmon (min 35%), Rice (min 33%), Oats, Chicken fat, Yeast, Full fat linseed, Alfalfa, Prairie meal, Peas, Unmolassed beet pulp, Dicalcium phosphate, Mannan oligosaccharides, Milk thistle, Marigold, Nettle, Seaweed, Yucca schidigera, Blackcurrant, Carrot, Thyme, Beetroot, Tomato, Peppermint, Fennel, Paprika, Turmeric, Dandelion, Ginger, Fenugreek, Rosemary, Oregano, Aloe vera (min 0.4% herbs and 4% vegetables).

Sizes: 2kg, 6kg & 12kg

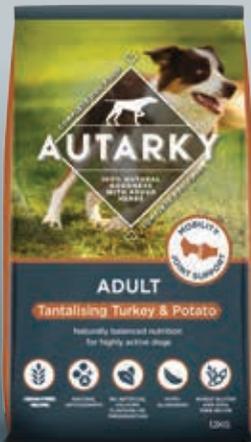
# GRAIN FREE FOR ADULT DOGS

Grain-free! Ideal for those dog's that have an intolerance to the proteins within grains.

Both the **Turkey** and **White Fish** diets contain potato and sweet potato to help provide the energy requirements for today's working dog. Plus the **White Fish** is perfect for those fussy eaters.

- Unique joint care package: olive extract, green lipped mussel (natural source of chondroitin and omega 3's), marine algae (source of omega 3's) and glucosamine.
- Reduced stool odour from added yucca schidigera.
- Inclusion of vitamin A and Mannan oligosaccharides helping to provide nutritional support to the immune system.
- High levels of vitamin E and taurine helping support your dog's own antioxidant status.

## ADULT Turkey & Potato



### Analytical Constituents:

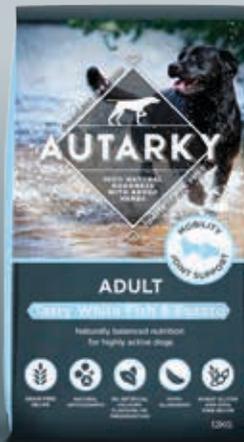
<b>Protein</b>	<b>27.0%</b>
<b>Fat Content</b>	<b>14.0%</b>
<b>Crude Fibres</b>	<b>3.0%</b>
<b>Crude Ash</b>	<b>8.0%</b>

### Composition:

Turkey (min 20% turkey meal and 10% freshly prepared turkey), Potato (min 14%), Pea starch, Sweet potato, Chicken fat, Full fat linseed, Peas, Unmolassed beet pulp, Yeast (source of mannan oligosaccharides, 0.1%), Dicalcium phosphate, Alfalfa, Seaweed, Marine algae (source of omega 3 fatty acid DHA), Carrots (min 4% vegetables), Glucosamine, Potassium chloride, Milk thistle, Nettle, Olive extract, Green lipped mussel, Yucca schidigera, Blackcurrant, Thyme, Peppermint, Oregano, Fennel, Pomegranate, Turmeric, Dandelion, Ginger, Fenugreek, Rosemary, Aloe vera (min 0.3% herbs)

Sizes: 2kg, 6kg & 12kg

## ADULT White Fish & Potato



### Analytical Constituents:

<b>Protein</b>	<b>27.0%</b>
<b>Fat Content</b>	<b>13.0%</b>
<b>Crude Fibres</b>	<b>3.0%</b>
<b>Crude Ash</b>	<b>8.5%</b>

### Composition:

Fish (min 26% white fish meal and 8% freshly prepared fish), Potato (min 24%), Pea starch, Sweet potato, Rapeseed oil, Fish oil, Unmolassed beet pulp, Peas, Yeast (source of mannan oligosaccharides, 0.1%), Alfalfa, Seaweed, Parsley, Carrots (min 4% vegetables), Marine algae (source of omega 3 fatty acid DHA), Glucosamine, Potassium chloride, Milk thistle, Nettle, Olive extract, Green lipped mussel, Yucca schidigera, Blackcurrant, Thyme, Peppermint, Oregano, Fennel, Pomegranate, Turmeric, Dandelion, Ginger, Fenugreek, Rosemary, Aloe vera (min 0.3% herbs)

Sizes: 2kg, 6kg & 12kg

# FOR ADULT DOGS

## FEEDING INSTRUCTIONS

Introduce the diet gradually over a period of 5-7 days until it replaces the previous food completely. It is suggested that the total daily intake be divided into two meals.

### Suggested Daily Feeding Guide:

#### Delicious Chicken:

Size of dog	Quantity
Small (5-10kg)	105-170g
Medium (10-25kg)	170-330g
Large (25-45kg)	330-515g
Very Large (45kg+)	515g+

#### Succulent Salmon:

Size of dog	Quantity
Small (5-10kg)	100-165g
Medium (10-25kg)	165-325g
Large (25-45kg)	325-505g
Very Large (45kg+)	505g+

#### Turkey & Potato:

Size of dog	Quantity
Small (5-10kg)	105-170g
Medium (10-25kg)	170-330g
Large (25-45kg)	330-515g
Very Large (45kg+)	515g+

#### White Fish & Potato:

Size of dog	Quantity
Small (5-10kg)	105-170g
Medium (10-25kg)	170-330g
Large (25-45kg)	330-515g
Very Large (45kg+)	515g+

The product can be fed dry or moistened with water or gravy to the consistency that your dog prefers. Typically a thorough mix of 2 parts warm water with 3 parts of dry weight of food is preferred.

The above amounts are only a guide and you should only feed sufficient amounts to maintain condition dependent upon the level of activity enjoyed and the conformation of your dog.

## WATER

Always ensure a ready supply of fresh, cool water is available.

Water is often a forgotten nutrient however, hydration is key to a successful and healthy working dog. A loss of just 3% can impact on performance; reducing capacity to work, decreasing strength and even lead to overheating – even on cool days.

For nutritional advice, please call our friendly and helpful team on 0845 345 2630

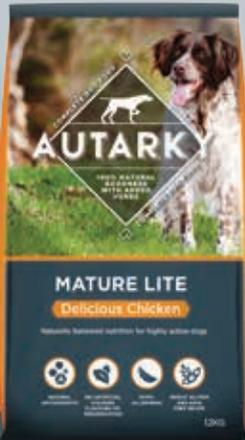
# FOR MATURE OR OVERWEIGHT DOGS

A complete dog food, suitable for adult working dogs typically over 7 years of age or adult dogs needing to lose weight.

The Mature/Lite range is also a wheat gluten soy free recipe providing a moderate calorie content to help maintain body condition in the older dog. Also ideal for those dogs with a tendency to gain weight easily.

- Contains glucosamine providing nutritional support for healthy joints and cartilage.
- A blend of dietary fibre sources to help support a healthy digestive system.
- High levels of B-vitamins and essential fatty acids helping to support coat condition.
- Addition of carnitine to help with weight control.

## MATURE LITE Delicious Chicken



### Analytical Constituents:

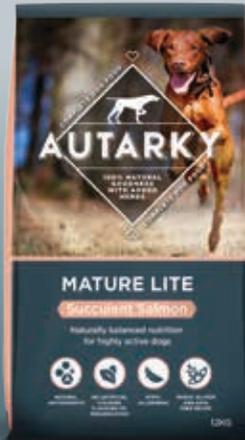
<b>Protein</b>	<b>17.0%</b>
<b>Fat Content</b>	<b>7.0%</b>
<b>Crude Fibres</b>	<b>3.75%</b>
<b>Crude Ash</b>	<b>5.0%</b>

### Composition:

Maize, Poultry meal (min 14% chicken), Rice (min 5%), Unmolassed beet pulp, Alfalfa, Peas, Full fat linseed, Chicken fat, Prairie meal, Yeast, Carrot, Glucosamine, Milk thistle, Marigold, Nettle, Yucca schidigera, Blackcurrant, Kale, Beetroot, Rosemary, Rosehip, Seaweed, Thyme, Peppermint, Fennel, Paprika, Turmeric, Dandelion, Ginger, Fenugreek, Oregano, Aloe vera (min 0.4% herbs and 4% vegetables).

Sizes: 2kg, 6kg & 12kg

## MATURE LITE Succulent Salmon



### Analytical Constituents:

<b>Protein</b>	<b>22.0%</b>
<b>Fat Content</b>	<b>5.0%</b>
<b>Crude Fibres</b>	<b>6.5%</b>
<b>Crude Ash</b>	<b>6.0%</b>

### Composition:

Salmon (min 30%), Rice (min 16%), Oats, Maize, Unmolassed beet pulp, Poultry meal, Potato, Peas, Alfalfa, Dicalcium phosphate, Full fat linseed, Yeast, Carrot, Charcoal, Glucosamine, Milk thistle, Seaweed, Nettle, Marigold, Yucca schidigera, Blackcurrant, Thyme, Beetroot, Tomato, Peppermint, Fennel, Paprika, Turmeric, Dandelion, Ginger, Fenugreek, Rosemary, Oregano, Aloe vera (min 0.4% herbs and 4% vegetables).

Sizes: 2kg, 6kg & 12kg

# FOR MATURE OR OVERWEIGHT DOGS

## FEEDING INSTRUCTIONS

Introduce the diet gradually over a period of 5-7 days until it replaces the previous food completely. It is suggested that the total daily intake be divided into two meals.

### Suggested Daily Feeding Guide:

#### Delicious Chicken:

Size of dog	Quantity - Work	Quantity - Lite
Small (5-10kg)	110-180g	85-135g
Medium (10-25kg)	180-360g	135-275g
Large (25-45kg)	360-560g	275-420g
Very Large (45kg+)	560g+	420g+

#### Succulent Salmon:

Size of dog	Quantity - Work	Quantity - Lite
Small (5-10kg)	120-190g	90-145g
Medium (10-25kg)	190-380g	145-290g
Large (25-45kg)	380-600g	290-450g
Very Large (45kg+)	600g+	450g+

## WEIGHT MANAGEMENT

As with humans, weight management is very important to stay healthy both inside and out.

It is our responsibility to ensure we manage our dogs weight - from puppy through to maturity. Overfeeding puppies can put extra strain on their developing joints and in some cases senior dog's metabolism naturally slows down over time, making weight gain a lot easier.

Body condition scoring is an ideal way to monitor your dog's weight. By looking at your dogs rib area you can have an understanding of your dogs weight.

- Ribs are easily felt and seen? Your dog might be too thin and a review of their diet needed.
- Ribs easily felt but not seen? Your dog is the ideal weight
- Ribs very difficult to feel - Your dog could be obese and a diet review needed.

**IF YOU ARE AT ALL UNSURE OR WANT TO KNOW MORE ABOUT BODY CONDITION SCORING, PLEASE DO CALL OUR NUTRITIONAL HELPLINE ON 0845 345 2630**

## FEEDING TREATS

Feeding treats is often something that occurs in many dog households everywhere. However, sometimes feeding a treat is not often suitable and can sometimes contribute to weight gain. Therefore, feed treats when only required and remember that they are adding to your dogs overall daily food intake.

## WATER

Always ensure a ready supply of fresh, cool water is available.

Water is often a forgotten nutrient however, hydration is key to a successful and healthy working dog. A loss of just 3% can impact on performance; reducing capacity to work, decreasing strength and even lead to overheating - even on cool days.

**For nutritional advice, please call our friendly and helpful team on 0845 345 2630**



COMPLETE DOG FOOD



**AUTARKY**

100% NATURAL  
GOODNESS  
WITH ADDED  
HERBS

COMPLETE DOG FOOD

## KEEP IN TOUCH WITH AUTARKY

Our friendly, experienced team is on hand to provide advice on feeding your dog or answer any questions about our products:



**Nutritional Helpline**  
**0845 345 2630**

**Get involved and become part of the Autarky family**



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**[www.autarkyfoods.com](http://www.autarkyfoods.com)**