



[info@aeacarizona.com](mailto:info@aeacarizona.com)

Address:

1911 South Lindsay Road

Mesa, AZ 85204

Phone: (480)706-8478

Fax: (480)393-3915

After Hours **Emergency Paging System**

*(pages answered every night until 10 pm!)*

## Getting Vitamin C into Your Guinea Pig's Diet

### The Tablet

GTN-50C is a chewable stabilized form of vitamin C. It provides small animals 50 mgs of vitamin C per tablet.

### Why Feed Vitamin C

Guinea pigs are not capable of producing their own vitamin C and require supplementation. Symptoms of a vitamin C deficiency include:

- Rough hair coat
- Delayed wound healing
- Brown discoloration of the teeth
- Swelling or bleeding of the gums
- Possible death

Also, there is some research that suggests additional amounts of vitamin C may be beneficial in times of stress. Each animal's stress threshold can vary. Stress can be as minimal as a change in the household inhabitants' routine to a major trip to the veterinarian. Excess vitamin C is excreted through the urine and not absorbed by the body. Long-term supplementation of over 100 mg per day should be discussed with your veterinarian.

### Introducing Vitamin C

We all know how picky or persnickety our animals can be and how they can wrap us around their fingers before we even know what is happening. So, we need to out-think them. Keep in mind that any tip needs to be given time to work. One needs to be patient and persistent when trying something different. You need to give a new food or treat more than one try. Many times we don't give our pets enough time to adapt and get used to a new idea. We give up too easily rather than helping the animal work through a process that will ultimately benefit you and him/her.

Often, guinea pigs do not understand that the tablet you are offering them is edible because they have never eaten anything in a tablet form. Use things your guinea pig likes to help the transition:

- The easiest: Break the tablet in half to release the aroma. Leave the tablet so your guinea pig gets the idea that it is something he should try or offer it to your guinea pig by holding the broken tablet in your hand.
- It's a wrap: Break up the tablet or crush the tablet and roll in a piece of romaine lettuce.
- Sweet tooth: Cut a groove in an apple, grape, or carrot and slide the tablet through the juice.
- Special situation: Add a crushed tablet to 1 tablespoon of water and immediately syringe feed.

Don't forget! Your persuasiveness can ultimately be the best tool for transitioning your guinea pig to vitamin C.

<b>Vitamin C content of selected foods and their appropriateness for guinea pig diets</b>			
<b>Food Item</b>	<b>Weight or Volume of Food</b>	<b>Vitamin C in weight or volume of food</b>	<b>Amount needed to provide 25mg/day</b>
Guava	1 cup = 165mg	377mg	1.1 tbsp
Red Peppers	1 cup chopped = 149g	190mg	2.1 tbsp chopped
Kale	1 cup chopped = 67g	80.4mg	5 tbsp (1/3 cup)
Tendergreen	1 cup chopped = 150g	195mg	2.1 tbsp chopped
Parsley	1 cup = 60g	79.8mg	5 tbsp (1/3 cup)
Broccoli	1 cup chopped = 91g	81.2mg	5 tbsp (1/3 cup)
Broccoli flowerets	1 cup = 71g	66.2mg	6 tbsp (between 1/3 and ½ cup)
Broccoli leaves	1 oz = 28g	26.1 mg	2 tbsp
Broccoli stalks	1 oz = 28g	26.1 mg	2 tbsp
Lambsquarter	1 oz = 28g	22.4mg	2.2 tbsp
Cauliflower	1 floweret = 13g	6.0mg	About 4 flowerets
Strawberry	Avg berry = 18g	10.6mg	About 2.5 average berries
Kiwi	1 cup = 17 g	164mg	2.4 tbsp
Green pepper	1 cup chopped = 149g	120mg	3.4 tbsp chopped
Mustard greens	1 cup = 56g	39.2mg	½-3/4 cup
Cooked broccoli	1 cup = 156g	101.2mg	cup
Cooked Brussels sprouts	1 cup = 156g	96.7mg	Just over cup
Kohlrabi	1 cup = 135g	89.1mg	Just over ½ cup
Papaya	1 cup = 140g	86.5mg	Just under 1/3 cup
Snap peas	1 cup = 98g	58.8mg	Just under ½ cup
Turnip greens	1 cup = 55g	39.5mg	Just under ½ cup
Red cabbage	1 cup = 70g	39.9mg	Just under ½ cup
Orange	Avg orange = 131g	69.7mg	Between 1/4 and ½ avg orange
Cooked kale	1 cup cooked = 130g	53.3 mg	About ½ cup
Peas	1 cup = 58mg	58mg	About 1/2 cup

<b>Clementines</b>	Avg Clementine = 74g	36.1mg	Almost ½ average Clementine
<b>Cantaloupe</b>	1 cup balls = 177g	65mg	Between ¼ and ½ cup of melon balls
<b>Pineapple</b>	1 cup chunks = 165g	78.9mg	1/3 cup of chunks
<b>Dill weed</b>	5 sprigs = 1g	0.9mg	154 sprigs
<b>Dried tarragon</b>	1 oz = 28g	14mg	About 4 tbsp
<b>Dried basil</b>	1 oz = 28g	17.1mg	About 3 tbsp
<b>Dried oregano</b>	1 oz = 28g	14mg	About 4 tbsp
<b>Lemon</b>	Avg lemon = 58g	30.7mg	80% of average lemon
<b>Dried cilantro</b>	1 tbsp = 2g	9.9mg	2.5 tbsp
<b>Chinese cabbage (pak choi or bak choi)</b>	1 cup shredded = 70.0g	31.5mg	Over ½ cup
<b>Beet greens</b>	1 cup = 38g	11.4mg	Over 2 cups
<b>Starfruit (carambola)</b>	Avg fruit = 91g	31.3mg	Over ½ of an average starfruit
<b>Collard greens</b>	1 cup = 36g	12.7mg	2 cups
<b>Watercress</b>	1 cup chopped = 34g	14.6mg	About 1 and ½ cups
<b>Grapefruit</b>	Avg fruit = 120g	38.5mg	Just under grapefruit

**Blue** = excellent choice for supplementing guinea pig diet

**Green** = good choice for supplementing guinea pig diet

**Orange** = fair choice for supplementing guinea pig diet

**Red** = poor choice for supplementing guinea pig diet