

# GRASS FED RAW GOAT CHEESE

DOGh is inspired by an ancient Persian cheese recipe that produces cheese texturally similar to traditional feta. This cheese is made from the same goat's milk that goes into our milk recipes, providing a diverse array of vitamins, minerals, fatty acids, probiotics, and enzymes. Organic herbs and spices are added to target specific health conditions. These cheeses can be paired with our herbs for optimal health results.

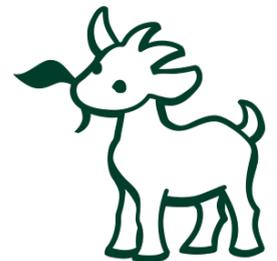
- Happy, grass-fed goats on regenerative pastures
- Full fat raw goat milk soft cheese
- Traditional low-energy cheese-making
- No synthetic or isolate ingredients
- Living Nutrients
- Calorie-dense functional treats



# DOGh for Anxiety



There has been significant research done in recent years regarding the connection between diet and mood, specifically the connection between the gut microbiome and depression and anxiety. An unfortunate side effect of sterile food and chemical nutrients is hyperactivity stemming from constant bodily stress. DOGh for Anxiety serves two functions — the first, to provide whole food probiotics to inoculate the gut and the second, to provide apigenin, a bioflavonoid compound capable of soothing the central nervous system.



# DOGh for Anxiety



Chamomile

Chamomile contains a bioflavonoid compound called “apigenin”, which has sedative effects and is often recommended for use in treating anxiety and insomnia due to its ability to inhibit the activation of various receptors in the brain. It has also been shown to be helpful in treating certain types of cancer.

# DOGh — Feeding Tips



## 1. Thaw At Room Temperature

You can thaw DOGh at room temperature so that it is ready to use faster. This does not pose a health risk due to the strong probiotic culture of raw cheese. Refridgerate after thawing.

## 2. Modify Dietary Calories While Feeding

DOGh is a very calorie-dense food, which each block being 960 calories, or 120 calories per oz. In order to keep track for easy calorie modification, cut each block into 8 equal pieces. If you feed one piece per day, you can easily adjust other sources of calories to account for it.

## 3. Expect Variance In Presentation

The color, taste, texture, and smell of our foods are highly variable. We are using raw, unpasteurized, non-homogenized fermented foods. Unlike other food companies, our commitment to the nutritional integrity of our ingredients is greater than our commitment to the presentation of them. Real food changes seasonally and even batch to batch, and this rotation is an important aspect of continued health.

