

# 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.

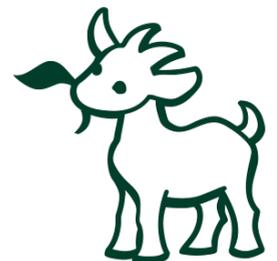
- Happy, grass-fed goats on regenerative pastures
- Full fat raw goat milk soft cheese
- Traditional low-energy cheese-making
- No synthetic or isolate ingredients
- Living Nutrients
- Calorie-dense functional treats



# DOGh for Urinary Tract



The urinary tract is one of the most important facets of health, as it is how the body removes liquid waste that would otherwise poison the blood. Urea, the liquid waste byproduct of protein utilization, is carried in the blood to the kidneys and then removed, along with other chemicals and excess water, as urine. Studies show a powerful connection between this process and gut microbiome health. DOGh for Urinary Tract helps to populate the gut with healthy bacteria while also providing diuretic, antioxidant, and chemotactic benefits.



# DOGh for Urinary Tract



Dandelion Root

A “diuretic” is a substance that increases urination, essentially “flushing” the kidneys, speeding up the removal of toxins and helping to clean out harmful bacteria that can cause urinary tract infections. Dandelion root has been shown to be a particularly powerful diuretic.



Cranberry

Cranberry is commonly used to treat urinary tract infections because it contains two compounds that prevent the adherence of *e.coli* bacteria to the uroepithelial cells in the urinary tract. Additionally, cranberries are particularly high in organic acids and antioxidant flavonoids.

# 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.

