

**Gutloading** is the process of feeding the insects you offer as food a nutritious diet so they can ultimately provide your reptile with the proper nutrients it requires. Supplementing with a calcium and multivitamin powder is important, but not sufficient alone.



### Gutload for 12-48 hours before feeding!







Feeding the insects the night before you feed your reptiles is a good rule.







#### Avoid These Ingredients (Low in calcium and/or high in phosphorus, oxalates, goitrogens)

Idaho potatoes, cabbage, iceberg lettuce, spinach, broccoli, tomatoes, corn, grains, beans, bread, cereal, meat, eggs, dog food, cat food, fish food, canned or dried insects, vertebrates (pinkies, lizards).

While convenient, some commercially available gutloads (Fluker Farms Orange Cubes, Fluker Farms High Calcium Cricket Diet, Nature Zone Cricket Bites, etc) are low in calcium, imbalanced and/or insufficient for complete nutrition.

## Gutloading for Insectivorous Reptiles

Staple Ingredients (Highest in calcium and other nutrients)		
		
Collard Greens	Turnip Greens	Mustard Greens
		
Dandelion	Endive	Escarole

Good Ingredients (Use as supplements to staples listed above)		
		
Sweet Potato	Papaya	Kale
		
Butternut Squash	Berries	Mango
<b>Commercial gutloads:</b> Repashy Superload, Cricket Crack, Mazuri Better Bug		