



# Insights From DR. John

**QUESTION:** I've been told that adding kelp to a rabbit's diet is beneficial; how much should I feed?

## Dr. J's Response:

**DO NOT USE KELP I N RABBIT DIETS**

PROBLEMS WITH KELP (other names are Bladderwrack, Atlantic Kelp, Ascophylum nodosum, Fucus vesiculosus) include:

- 1) IODINE-high variability (10-1000+ parts per million); can cause or exacerbate thyroid problems (both hyper- and hypo-thyroidism).
- 2) ARSENIC-kelp can accumulate heavy metals in seawater. Documented study from University of California-Davis Occupational Medicine showed that chronic effects of arsenic in mature human female were due to daily intake of kelp supplement. After kelp was removed from diet, arsenic levels declined back to normal level. Testing showed that 7 out of 9 kelp supplements contained arsenic levels that exceeded FDA tolerance level for food products.
- 3) BLOOD CLOTTING REDUCED: this effect may be due to carbohydrate and/or polyphenol component in kelp.
- 4.) REDUCED HEMOGLOBIN, PACKED CELL VOLUME & SERUM IRON: These effects were documented in study where rabbits were fed Ascophylum nodosum at a level of 5-10% kelp in total diet. Weight loss AND DEATH were observed in 2/3 of animals on kelp supplement.

SOLUTION-Dr. John recommends getting a known safe amount & source of iodine from a good balanced diet like King™ Cloverleaf, LifeLong Natural or Combo Rabbit Feeds.

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