



Moby gets three meals every day, each between 7 and 8 oz.

Plus, per day (sprinkled on top):

- 1.5 tsp of Moringa leaf powder
- 3/4 tsp bone powder
- 3 fish oil pills
- 3 glucosamine (Cosequin Maximum Strength Plus MSM)
- 2 Tbl psyllium husks
- 2 tsp turmeric powder