

Leopard Gecko supplements and vitamins

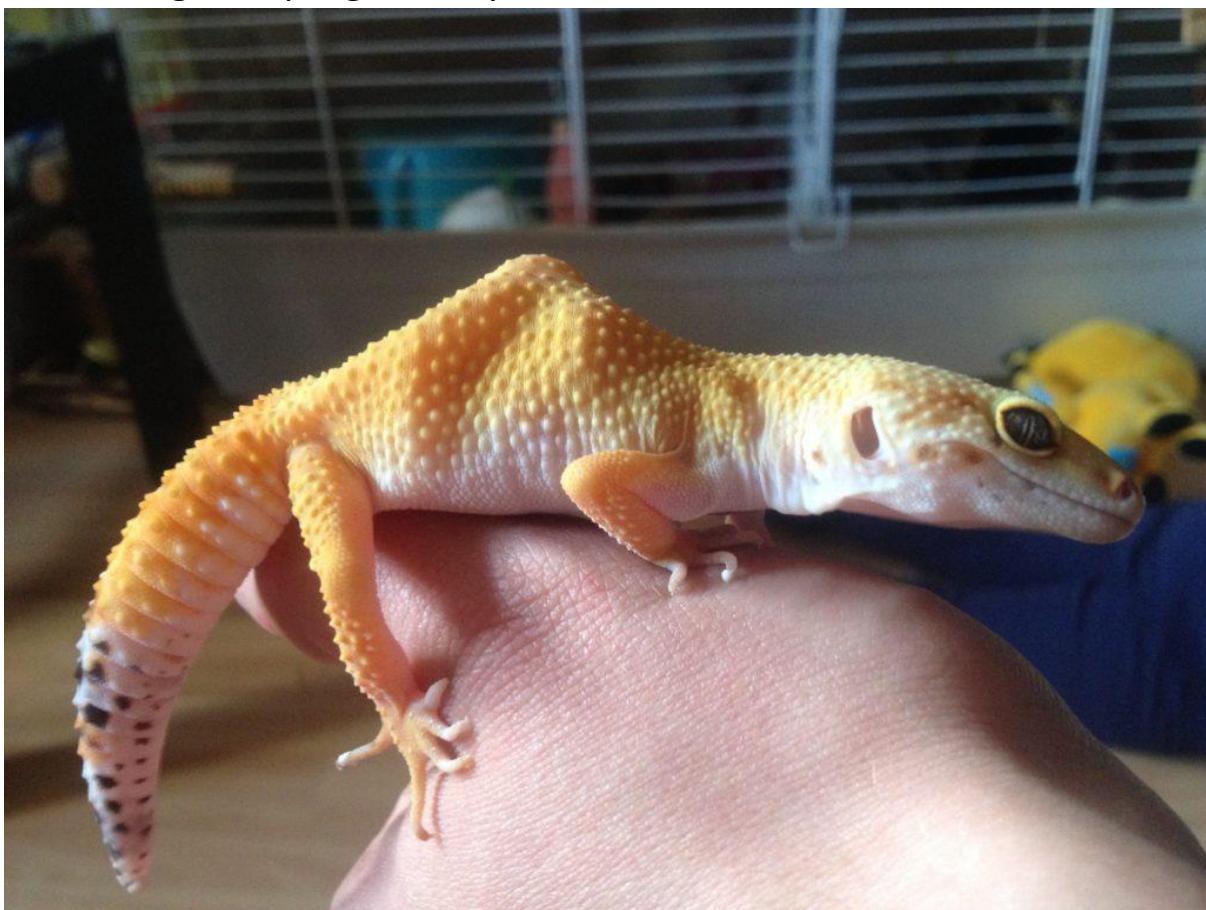
As many of you should be aware, after reading my Leopard gecko care sheet, Leopard geckos are nocturnal. This means they lack a lot of vitamins because they don't spend any time in the sun light. The main vitamin they lack is vitamin D3 however they require a lot more than just that. This information sheet is going to tell you how to provide supplements and vitamins to your gecko.

Calcium

Calcium is a very important part to a leopard geckos' diet. This is because the insects that they eat don't contain much calcium. This means they must find it from other sources. In the wild they would do this by finding a calcium-based rock such as chalk and licking it. Therefore, you will quite often see your gecko walking round and licking things in its enclosure. However, in captivity there are much better ways of providing your gecko with calcium than putting a piece of natural chalk in the enclosure. The best method and the most used method are to provide your lizard with a small dish of 100% calcium powder. You can buy this from all pet shops with a reptile section at a reasonable price however you can sometimes find better value tubs on the internet. Another way you can provide your gecko with the calcium is to dust their food with calcium powder. This method works very well but you might be giving them too much. This can lead to the gecko regurgitating its food which can firstly damage the animal's digestive system and secondly stop them from getting the nutrition they need.

Consequences of not providing calcium

If you do not provide calcium for your gecko there can be some very severe medical conditions that occur the main one and the one, I am going to talk about is Metabolic bone disease. MBD is when the lack of calcium in a gecko's diet results in bone deformities. It will also result in your geckos' bones becoming soft. This means that their jaw bone under their gums becomes slightly soft and very painful this means that they can no longer crush the exoskeletons of the insects they eat and will die of starvation. If you spot that a lizard has MBD early you can stop it from developing any further. However, if it manages to progress any further the animal will look like this.



Its legs may also start to curl up.

Providing your gecko with vitamins

Leopard geckos require a few different vitamins including D3 and phosphorus. Both vitamins/ minerals are required for the absorption of calcium. The best ways to offer your lizard vitamins is through a reptile multivitamin powder. You don't want to give your gecko vitamin powder every day, but you should dust their food in it at least twice a week. If you don't provide this to your gecko it can also lead to MBD

Jack Lander