

How to Properly Gut Load your Insects

Gut-loading is simply feeding the insects a diet packed with calcium and nutrients to temporarily fill their gastrointestinal tract. Once engorged with the beneficial mixture, those insects are fed to the reptile.

Suitable green vegetables for the gut load include:

- Collard greens
- Kale
- Mustard greens
- Romaine lettuce

Brightly colored plants to gut load your feeders include:

- Carrots
- Oranges
- Potatoes
- Apples
- Squash
- Sweet potatoes

You can also feed the insects grain. Acceptable grains can include:

- Baby rice cereal
- Wheat germ
- Alfalfa

There are many different products on the market for various types of insects. The products listed above have been under veterinary led research trials to determine their efficacy of ideal gut loading options, so these are the products we will recommend.

Products marketed as gut load can also be purchased and fed to your prey items.

- Mazuri Better Bug Gut Load
- Rapashy Superfoods Bug Burger
- Fluker's High Calcium Diet

We want a Calcium: Potassium ration of 2:1 for the ideal health of our scaled friends

To properly gut load an insect:

1. Fast the crickets without water for 24hrs
2. Offer the gut loading diet of your choice (of at least 6% calcium) for at least 6hrs
3. Feed the cricket to your reptile: the amount of calcium in the diet does not falter after long periods of time without the gut loading diet surprisingly

There is not data to say if there is a different method depending on the type of insect (crickets, mealworms, dubia roaches, wax worms, etc.)