







# Chameleon Supplement Sheet

<http://www.chameleonparadise.net/>

Age	Supplement	How Often	Examples	Notes
0-12 months (or first year of growth)	Calcium <b>WITHOUT</b> D3	Almost everyday		<ul style="list-style-type: none"> <li>Be careful not to use too much powder when dusting</li> <li>Avoid all white like ghost</li> <li>Use light dusting</li> </ul>
0-12 months (or first year of growth)	Calcium <b>WITH</b> D3	2x per week Twice a month		<ul style="list-style-type: none"> <li>Make sure all <b>other</b> supplements used do not have d3, as this can harm your chameleon</li> </ul>
0-12 months (or first year of growth)	Multi Vitamin <b>WITHOUT</b> D3	2-3 times per month		<ul style="list-style-type: none"> <li>Important to have as this has man-made Vitamin A</li> <li>Feed first in morning and watch them eat the dusted feeder so it does not get cleaned off by the insect</li> </ul>
0-12 months (and first year of growth)	Minerals and Trace Elements	2 to 3 times per week		<ul style="list-style-type: none"> <li>Light calcium</li> <li>Use the outdoor version with red top</li> <li>Without D3</li> </ul>
After 1 year of growth	Calcium <b>WITHOUT</b> D3	3x per week		<ul style="list-style-type: none"> <li>After 1 year of age and growth they do not need a lot of supplements</li> </ul>
After 1 year of growth	Minerals and Trace Elements	2x per week		<ul style="list-style-type: none"> <li>Has light calcium</li> <li>Use the outdoor version with red top</li> <li>Without D3</li> </ul>