

Animal Ark Veterinary Hospital

Bearded Dragons

Keys to Success

Lighting

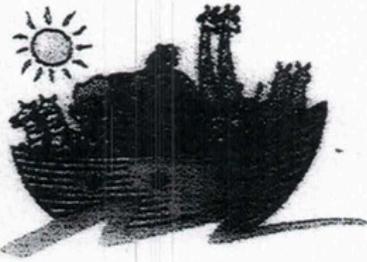
- UVA Radiation helps your bearded dragon to remain healthy, stimulated, and maintain a healthy appetite.
- UVB radiation gives the bearded dragon the ability to metabolize vitamin D3 and calcium.
- You should use a fluorescent bulb that is at least 80% the length of the enclosure
- Always read and follow the bulb manufacturer's recommendations for proper bulb placement for your specific model and brand of bulb.
- During the summer months, you should provide your bearded dragon with a minimum of 14-16 hours of daytime light, and UV exposure and 9-10 hours of daytime light and UV exposure and 12-14 hours of nighttime exposure.

Temperature

- Bearded dragons need heat to digest and maintain their immune systems. They are basking lizards, and use heat most effectively from an overhead heat source that mimics the sun.
- Ensure your enclosure maintains a heat gradient. Although they can tolerate high basking temperatures, they need to be able to escape to cooler areas in the enclosure to prevent overheating.
 - AIR TEMPERATURE gradient: 72 degrees F (cool side) → 99 degrees F (basking side)

Animal Ark Veterinary Hospital of Elkin, NC

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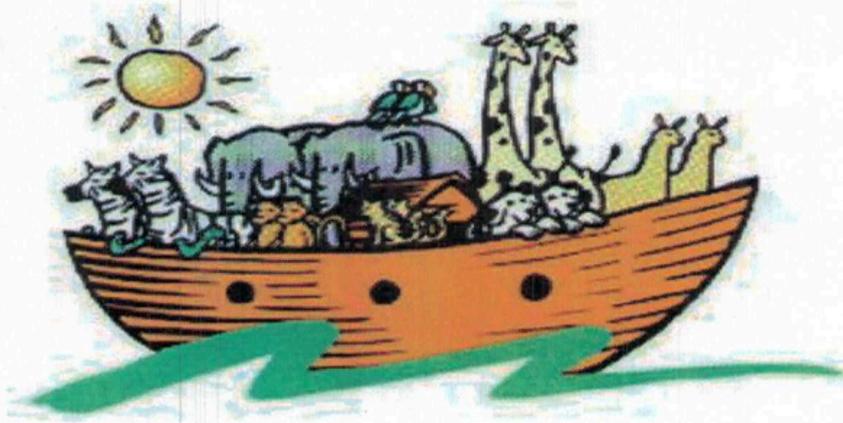
- Basking side SURFACE TEMPERATURE: 108-113 degrees F
- Cool side SURFACE TEMPERATURE: 77-85 degrees F
- NIGHT TIME AIR TEMPERATURE gradient: 55 → 75 degrees F

Diet

- Young, growing bearded dragons tend to be primarily carnivorous while adults tend to be more herbivorous. As a guideline, depending on its age, a bearded dragon's diet should be about 50% plant-based material and 50% animal-based material.
- Young bearded dragons eat once or twice daily, while older lizards can be feed once daily, depending on each pet's individual appetite.
 - Plant-Based: 80-90% vegetables; 10-20% fruits
 - Collard greens, beet greens, mustard greens, broccoli, turnip greens, bok choy, kale, parsley.
 - Squash, sprouts, sweet potato, parsnips, okra, cucumber, asparagus, carrots, zucchini, cabbage, celery, pumpkin, bell peppers, pears, bananas, mango, figs
 - Animal-based:
 - Gut-loaded crickets or grasshoppers, calcium-dusted crickets, mealworms, wax worms (occasionally as these are high in fats), dubia roaches.
- AVOID SUBSTRATES THAT CAN BE INGESTED

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Dr. Brinegar's Bland Diet for Bearded Dragon

- Beet Greens
- Kale
- Parsley
- Spinach
- Asparagus
- Whole wheat bread (treat to hide meds in)
- Collard greens
- Parsnip
- Dandelion greens
- Mustard greens
- Turnip greens
- Green beans
- Okra
- Papaya (peel and remove seed chop finely)
- Parsnip
- Endive