

# Bring Birds into Condition for Breeding

By Barbara Rosario

Vitamin E is commonly called the fertility vitamin and is an excellent breeding conditioner. Since it is a fat-soluble stored vitamin, it is important not to overdose. Care should be taken not to do every method but choose just one.

A number of foods contain some Vitamin E. One of the best natural foods sources is Wheat germ and birds will eat it either raw or toasted, or used in oil form.

A wheat germ is a part of the wheat kernel that may help in reproducing of the plant. Naturally, it contains the nutrients needed to grow and develop into a healthy, new organism. Wheat germ is the small, nutrient-containing center of a wheat kernel, comprising only about 2.5 percent of the weight of the kernel, but packing possibly a very beneficial list of attributes.

### What is Wheat Germ?

For years, wheat kernels were used mainly to mill flour, in which case the bran and germ parts were casually thrown away and white flour was produced, which held little or no nutritional value. In fact, once synthetic vitamins and bleaches are added to the flour, it actually does more harm than good.

When it is extracted from the kernel and isolated into natural oils, or when the grain is eaten entirely, the nutritional benefits of the germ can be passed into our body. It is often turned into cooking or baking oil for highly concentrated doses of wheat germ on salads or in pasta sauces, but it should not be used as a frying oil because most of the nutrients are lost when heated to that level. If you want to use Wheat Germ Oil, I would recommend using cold pressed oil. This means that no heat is use in processing that could alter the nutrient levels.

### Methods:

One approach is to treat seed with Wheat Germ Oil or Cod Liver Oil that are high in vitamin E.

Wheat Germ Oil: Mix 1/3 cup wheat germ oil to 25 lbs. of canary mix. This is a light enough coating that it can be used for on both cock and hens but should not be given to hens after they lay their first egg. Let set overnight before feeding.

Birds do not require a great deal of this, just enough to start bringing their condition forward. To the soft food add wheat germ oil at the rate of 25 drops to every 20 pair of birds.

Cod Liver Oil: Mix one tablespoon with approximately 2.5 lbs. of canary mix. Let set overnight before feeding. Use this oil coated seed to supplement the cock regular diet to help them come into full condition.

Wheat germ oil can be added to sprouted seeds. Use 1 teaspoon wheat germ oil to 1 quart of sprouted seed, feed no more than 1/2 teaspoon per bird (1/4 cup per 20 birds).

If you going to use one of the oil methods, I recommend use Wheat Germ Oil over Cod Live Oil.

Another method to get Vitamin E into your birds is to use Wheat Germ in non-oil form. which comes in several forms. You can find it as a dietary supplement, powder, flakes (toasted and non-toasted), raw and extracts.

Raw wheat germ looks like breadcrumbs and has a crunchy texture. Flaked wheat germ, is of course a flake and it lighter in texture.



Raw Wheat Germ



Flaked Wheat Germ

Critical: Hens should not receive concentrated products containing vitamin E after they lay their first egg. It can cause the hens to lay eggs prematurely before they are fertilized. Other food which contain much less such as Spinach, which has a safe level even for hens. If over fed Vitamin E in what every form you choose, can cause the cock birds to get no only more aggressive with each other but with the hens. I have also found that hens will lay eggs but can cause them to leave them so they can lay more eggs. Other food which contain much less such as Spinach, which has a safe level even for hens.

**Note: Keep any of the oils or dry produces in the refrigerator as they will go rancid. So always check the produces before using, and if smell rancid, do not use**

Wheat germ, crude – Nutritional Chart  
Serving Size : 1 cup

Nutrient	Value
Water [g]	12.79
Energy	414.00
Energy [kJ]	1731.90
Protein [g]	26.62
Total lipid (fat) [g]	11.18
Ash [g]	4.84
Carbohydrate, by difference [g]	59.57
Fiber, total dietary [g]	15.18
Calcium, Ca [mg]	44.85
Iron, Fe [mg]	7.20
Magnesium, Mg [mg]	274.85
Phosphorus, P [mg]	968.30
Potassium, K [mg]	1025.80
Sodium, Na [mg]	13.80
Zinc, Zn [mg]	14.13
Copper, Cu [mg]	0.92
Manganese, Mn [mg]	15.29
Selenium, Se [µg]	91.08
Thiamin [mg]	2.16
Riboflavin [mg]	0.57
Niacin [mg]	7.83
Pantothenic acid [mg]	2.60
Vitamin B-6 [mg]	1.49
Folate, total [µg]	323.15
Folate, food [µg]	323.15
Folate, DFE [µg]	323.15
Fatty acids, total saturated [g]	1.92
14:0 [g]	0.01
16:0 [g]	1.83
18:0 [g]	0.07
Fatty acids, total monounsaturated [g]	1.58
16:1 [g]	0.03
18:1 [g]	1.53
Fatty acids, total polyunsaturated [g]	6.91
18:2 [g]	6.08
18:3 [g]	0.83
Tryptophan [g]	0.37
Threonine [g]	1.12
Isoleucine [g]	0.98
Leucine [g]	1.81
Lysine [g]	1.69
Methionine [g]	0.53
Cystine [g]	0.53
Nutrient	Value
Phenylalanine [g]	1.07
Tyrosine [g]	0.80

Valine [g]	1.38
Arginine [g]	2.15
Histidine [g]	0.74
Alanine [g]	1.70
Aspartic acid [g]	2.38
Glutamic acid [g]	4.60
Glycine [g]	1.63
Proline [g]	1.41
Serine [g]	1.26

Sources include : USDA