

THE BULLETIN BIRD

JANUARY 2025

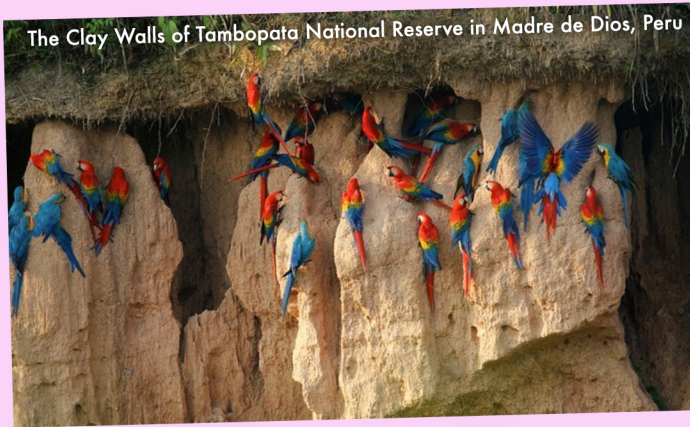
HARRISON'S BIRD FOODS NEWSLETTER

Behind the Scenes...

Montmorillonite, which is a functional ingredient in Harrison's Bird Foods, is a specific type of clay mineral. Bentonite is a broader term referring to a group of clay minerals, including montmorillonite.

Montmorillonite may have anti-inflammatory, anti-diarrheal, and protective effects for the digestive tract.

All Harrison's Bird Foods formulas are tested multiple times during production for toxins, such as lead or arsenic.



The Clay Walls of Tambopata National Reserve in Madre de Dios, Peru

A TOXIC ALERT

Many packaged baked goods are made with flour that may contain **potassium bromate**, an additive linked to cancer. The chemical is added to flour to strengthen dough and allow it to rise higher, benefits that have led many U.S. companies to embrace it. Potassium bromate is banned in several countries, including Brazil, Canada, the European Union and the United Kingdom.

Despite health concerns, potassium bromate is legal for use in the US (although California requires food with potassium

bromate to carry a warning label), and the FDA hasn't reviewed it since at least 1973.



Kurokawa Y, et al: Carcinogenicity of potassium bromate administered orally to F344 rats. J Natl Cancer Inst. 1983 Nov;71(5):965-72.PMID: 6580498



A BRIEF FOCUS ON

The Average Weights of Bird Species (by Bianca Murphy, DVM)

Weight Range	Parrot Species	Typical Weight (grams)	
20 - 50 grams	Budgerigar (Budgie)	25 - 40	
	Pacific Parrotlet	25 - 30	
	Green-rumped Parrotlet	20 - 25	
	Spectacled Parrotlet	25 - 30	
50 - 100 grams	Peach-faced Lovebird	45 - 60	
	Fischer's Lovebird	45 - 55	
	Black-masked Lovebird	50 - 60	
	Green-cheeked Conure	60 - 80	
	Monk Parakeet (Quaker Parrot)	90 - 130	
	Sun Conure	100 - 120	
100 - 200 grams	Cockatiel	90-100	
	Nanday Conure	140 - 180	
	Patagonian Conure	250 - 300	
	Senegal Parrot	120 - 150	
	Meyer's Parrot	100 - 130	
	Red-bellied Parrot	120 - 150	
	Black-headed Caique	150 - 170	
	White-bellied Caique	160 - 180	
	Rainbow Lorikeet	120 - 160	
	Red Lory	200 - 250	
	200 - 300 grams	Indian Ringneck Parakeet	110 - 140
		Maximilian's Pionus	220 - 260
White-capped Pionus		200 - 240	
300 - 400 grams	Blue-headed Pionus	230 - 290	
	Galah (Rose-breasted Cockatoo)	300 - 400	
	Goffin's Cockatoo	300 - 400	
	Lilac-crowned Amazon	300 - 400	
400 - 600 grams	Timneh African Grey	300 - 400	
	Blue-fronted Amazon	350 - 550	
	Yellow-naped Amazon	400 - 600	
	Double Yellow-headed Amazon	400 - 650	
	Congo African Grey	450 - 600	
	Male Eclectus	400 - 500	
600 - 1,000 grams	Female Eclectus	450 - 600	
	Sulphur-crested Cockatoo	700 - 900	
	Moluccan Cockatoo	800 - 1,000	
	Umbrella Cockatoo	500 - 800	
1,000 - 1,700 grams	Hyacinth Macaw	1,200 - 1,700	
	Blue-and-Gold Macaw	900 - 1,300	
	Scarlet Macaw	900 - 1,200	
	Military Macaw	900 - 1,100	

You May Not Know...



Harrison's Bird Foods is a proud member of the Organic Trade Association (OTA).



Among other core values, members of OTA:

- Work in harmony with the environment, promoting sustainability.
- Recognize the need for organic agriculture to be economically viable.
- Work to protect the diversity of life.
- Understand that organic farms are the foundation of the organic industry.
- Support the human right to knowledge and choice in the marketplace.