

## Gut-Loading Crickets

**Gut-load crickets for your reptile's diet for a higher nutritional value.**

Before you feed crickets to your insect-eating herps, be sure to "gut-load" them by feeding them a nutritious diet. A diet including sliced oranges, collards, carrots and chicken mash will help insure that your feeder crickets provide maximum nutritional value to your herps. Commercial cricket diets are also a good way to gut-load crickets.