Can ElleVet Veterinary Strength Cognitive + Calm Soft Chews Help Dogs Experiencing Stress Feel Calmer?

A 4-Week Look at 26 Dogs, Using a Trusted Behavior Checklist (the C-BARQ)

By ElleVet Sciences
9/1/26

If you live with a dog who gets stressed before car rides, startles at loud noises, or seems on edge around new people and dogs, you know how much that stress can affect life for both of you. We wanted to see whether ElleVet Veterinary Strength Cognitive + Calm Soft Chews, given twice a day, could help. We followed 26 dogs with recognized stress-related behaviors for four weeks and asked their owners to track changes using a well-respected behavior questionnaire called the mini Canine Behavior Assessment and Research Questionnaire (mC-BARQ).

By Week 2	By Week 4
About 1/3 lower overall stress score, on average	Over 1/3 lower, with about 3 in 4 dogs improved

By week 2, dogs using our Cognitive + Calm Chews had overall stress scores about one-third lower, on average. By week 4, scores were more than one-third lower, with about 3 in 4 dogs showing improvement.

How the Study Worked

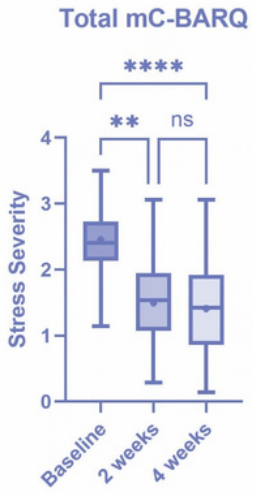
Owners were chosen who were regular users of our ElleVet CBD + CBDA Soft Chews and asked to try a new product we were developing. Before starting ElleVet Veterinary Strength Cognitive + Calm Soft Chews, each owner rated their dog's behavior across a wide range of everyday situations. Things like how the dog reacts before a walk, when meeting an unfamiliar dog, during nail trims, or during thunderstorms and other loud noises were considered. This provided us a starting point, or "baseline," for each dog while taking our currently formulated Soft Chews to examine any further benefits by adding other Natural Compounds™.

Dogs then received ElleVet Veterinary Strength Cognitive + Calm Soft Chews twice daily for four weeks, in essence replacing their prior ElleVet CBD + CBDA Soft Chew. The ElleVet chews contained a cannabidiol (CBD) + cannabidiolic acid (CBDA) rich hemp extract, and each dog was given an appropriate number of chews to deliver approximately 2mg/kg total cannabinoids at each administration. The chews also contained a number of natural compounds designed to support calm behavior and administered at: Ashwagandha (1.3mg/kg bioactives), L-theanine (5mg/kg), Alpha-casozepine (7.5mg/kg), and Phosphatidylserine (2.5mg/kg).

Owners rated their dog's behavior again at the two-week mark and once more at four weeks, using the exact same questionnaire. This let us track how things changed over time, straight from the people who know these dogs best.

A quick word on the C-BARQ itself: it's a well-established questionnaire used by veterinarians, trainers, and researchers to capture a detailed, structured picture of a dog's everyday behavior, not just a general impression of "better" or "worse." Because it asks about specific, concrete situations, it tends to produce more reliable and consistent information than an owner simply guessing at an overall improvement. In research settings, the mini C-BARQ (mC-BARQ), which is a shorter format, is usually used for ease.

For dogs already using our original formula, average overall stress scores were about one-third lower after 2 weeks on our new chews. By week 4, scores were more than one-third lower, with about 3 in 4 dogs showing improvement. (Lower is better).



What We Found: The Big Picture

Across the group, overall stress-related behavior dropped substantially. By two weeks, the average total mC-BARQ score (a combined measure of a dog's stress across many situations) was about a third lower than it had been at baseline. By four weeks, it was down by more than a third, and still trending in the right direction. In other words, dogs weren't just improving and then leveling off; many kept showing less stress the longer they were on ElleVet Cognitive + Calm Soft Chews.

Most dogs in the group benefited. About three out of four had a lower overall score at four weeks continued use, compared to baseline. A handful of dogs didn't show improvement over this window, which is a normal and expected part of how individual dogs respond to any behavioral support. Not every dog responds the same way or on the same timeline.

Which Behaviors Improved the Most?

Owners reported easing of a wide range of stress-related behaviors, not just one or two isolated issues. Some of the clearest improvements included:

- Fear of unfamiliar people and dogs. Dogs became noticeably less fearful when approached by strangers away from home, when greeted by unfamiliar dogs, and when touched or petted by people they didn't know.

- Reaction to new or unexpected things. Fear when first encountering unfamiliar situations. Fear of new places, vet visits, and encounters with unusual objects all dropped substantially, often by half or more.
- Noise sensitivity. Dogs were noticeably calmer in response to thunder, vacuum cleaners, and other sudden or loud sounds.
- Restlessness and pacing. General agitation and pacing eased meaningfully, which many owners will recognize as a visible sign of a dog settling down.
- Handling-related stress. Dogs showed less fear and stress during nail trims and grooming or bath time, all common flashpoints for many dogs.
- Barking, whining, and destructive chewing. These behaviors, often linked to stress or frustration, decreased as well.
- Clinginess and following. Interestingly, dogs also became a bit less likely to follow owners from room to room or to seek constant physical contact. In the context of an overall calmer dog, this looks like a sign of reduced stress-driven attachment, not a loss of affection. A more relaxed dog doesn't need to shadow you as closely.

One behavior took a little longer to improve: intense reaction when barked, growled, or lunged at by an unfamiliar dog. This didn't show much change at the two-week check-in but had clearly improved by four weeks. This is a good reminder that some of the more intense behaviors may need the full four weeks or longer before you see a real difference, so patience is worthwhile. Fourteen of the 16 behaviors showed a statistically significant difference by 4 weeks of treatment.

What This Means for You and Your Dog

These results suggest that ElleVet Veterinary Strength Cognitive + Calm Soft Chews, given consistently twice a day at the recommended administration, can meaningfully ease a broad range of stress-related behaviors in dogs. The overall pattern of stress, fear, and restlessness that affects a dog's quality of life can improve - not just single behaviors. The improvement generally builds over time, so a two-week check-in is useful, but four weeks gives a fuller and more accurate picture of how well it's working for a given dog.

A Few Honest Caveats

This was a real-world observation, not a controlled scientific trial. There was no comparison group of dogs who didn't receive ElleVet Cognitive + Calm Soft Chews, so we can't say for certain how much of the improvement came from the product itself versus other factors such as extra attention from owners who were now paying closer attention to their dog's behavior, or normal week-to-week ups and downs. All ratings came from owners rather than outside observers, which is valuable real-world information but could be influenced by owners' hopes for improvement. And not every behavior was seen in every dog at the start, so results for less common behaviors (like destructive chewing, seen in only 8 of the 26 dogs) are based on smaller numbers.

Bottom Line

In this group of 26 stressed dogs, twice-daily ElleVet Cognitive + Calm Soft Chews was linked to a clear, broad-based improvement in stress-related behavior over four weeks, with most dogs showing improvement and few, if any, individual behaviors getting worse. If your dog is experiencing fear or stress-related behaviors, this kind of consistent, gradual improvement is exactly the pattern to hope for. A two-to- four-week trial appears to be a reasonable timeframe to judge whether it's working for your dog, especially for more intense behaviors that may take a little longer to shift.

As always, it's worth talking with your veterinarian before starting any new product, especially if your dog has other health considerations, takes medications, or has particularly severe or safety-related behavior concerns (such as aggression). Your vet can help you fold ElleVet Veterinary Strength Cognitive + Calm Soft Chews into a broader plan that might also include training, environmental changes, or a referral to a veterinary behaviorist.

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