



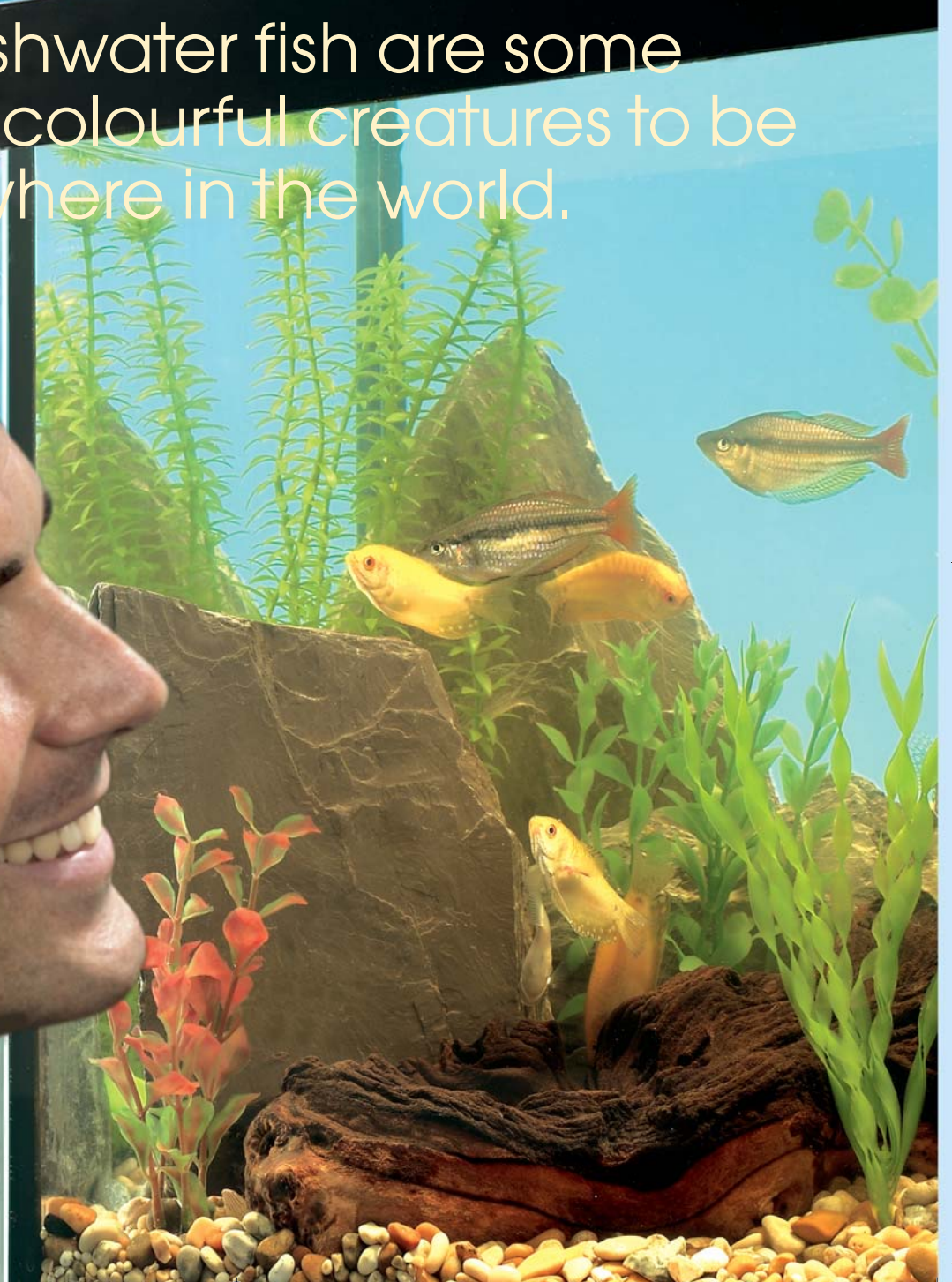
STARTING OUT WITH TROPICAL FISH





LIVING JEWELS

Tropical freshwater fish are some of the most colourful creatures to be found anywhere in the world.





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Tropical fish are easy to keep, so you don't need previous fishkeeping experience in order to set up and successfully maintain a beautiful tropical aquarium. Many of the popular species are very small, so they don't need much space, and the variety available to the fishkeeper is breathtaking – over two thousand species to choose from!

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THE THINGS YOU NEED

The basic equipment comprises a tank and cover, and some electrical items: heater, filter and lighting unit. Many aquariums are now available as complete kits. You will also need gravel and rocks, plus a few miscellaneous bits and pieces. These items can be obtained from your local aquatic shop and from many pet shops. The shop staff can help you with your selection. It's really easy to set up a tropical aquarium!

A cover with light

A cover (hood) is necessary to prevent your fish from accidentally jumping out, and to minimise evaporation. Choose a cover that can accommodate a light. Aquarium lighting will show off your fish's beautiful colours and make the tank a centre of attention. It will also enable you to grow live aquatic plants, if you wish.

Tank

There are numerous plastic and all-glass models on the market. They are available in various sizes and shapes to suit your taste and budget. Ideally, choose at least a 45 litre (10 gallon) aquarium. Avoid tanks holding less than 22 litres (5 gallons) capacity as their small size makes them difficult to maintain.

Glass tank thermometer

To check the temperature of the water. The thermometer should read somewhere between 23 and 25°C (73 and 77°F).

Rocks

Large stones or rocks can look natural in the aquarium and also give refuge to shy or nocturnal fishes, such as many catfish. It is safer to use rocks and stones that are sold for aquarium use, rather than collect your own. Certain stones found in the country may contain harmful impurities or may dissolve in water, with the risk of upsetting the fish.

Plants

Whether they are artificial or real, plants will enhance the natural beauty of an aquarium. Real (living) plants are the best choice as they look more natural and help keep the water cleaner. Many live aquatic plants are very easy (and fun!) to grow. The shop staff can help you choose suitable plant species to begin with.

Gravel

Only use aquarium gravel as sold in a pet or aquatic shop which contains stones that won't dissolve in the water. Rinse the new gravel in a clean (soap-free) bucket under the cold tap, to remove any trapped dirt or dust.

Wood decor

Certain types of wood, such as bogwood, can be used to decorate an aquarium. As with rocks, use wood that is sold for aquarium use. Freshly cut or fallen pieces of wood from the countryside may pollute the water or poison your fish.

Expanded polystyrene

Some makes of tank need to be stood on a sheet of polystyrene to help cushion any uneven surfaces – refer to the tank manufacturer's instructions.



Heater

One difference between keeping goldfish and tropical fish is that tropicals must be kept in warm water. Thermostatically controlled aquarium heaters are available for maintaining a constant water temperature. For most tropical fish the temperature should be within the range 23 to 25°C (73 to 77°F). Aquarium heaters come in different wattage ratings to suit your size of tank. For example, a 45 litre (10 gallon) aquarium requires a 75 to 100 watt heater, whereas for a 68 litre (15 gallon) aquarium you'll need a 100 to 150 watt heater. If your aquarium is to be sited in a very cool (unheated) room then increase the wattage requirement by 50 per cent. Consult your aquatic shop for further advice about heating your tank.



Tropical food

To stay healthy, active and colourful tropical fish need a diet which contains the right balance of many nutrients, including vitamins, minerals and amino acids. It is also important that your fish enjoy the food you feed. If they don't, then much of the food you give will remain uneaten and cause pollution. Your fish will really enjoy the unique Aquarian® recipe and you can be confident you're giving them the best nutrition money can buy.

Filter

This is essential for keeping tropical aquarium fish. A filter helps keep the water clearer and cleaner, and that means healthy, happy fish! It works by removing the fish's solid and liquid wastes that would otherwise accumulate in the aquarium and pollute the water. A filtered aquarium needs fewer water changes, so saving you time. An aquarium filter needn't be expensive and most models are very simple to maintain. The best type of filter is the canister filter that has an integral electric water pump.

Air Pump

An air pump will help to oxygenate the water. The rising column of bubbles can also look attractive. In addition to the pump, you will also need a length of air-line tubing and a bubbler (diffuser). Note: the air pump must never be immersed in water.

A BASIC CARE KIT

You will need a few additional things to help you keep your aquarium in good condition and your fish healthy and happy.

Water conditioner

Tap water contains chlorine disinfectants that are harmful to fish. A tap water conditioner that removes these disinfectants must therefore be used when you fill up your tank and also when making partial water changes. Choose a water conditioner product such as Stress Coat® (available from your pet or aquatics shop) that removes both chlorine and chloramine disinfectants. Stress Coat® additionally neutralises any harmful heavy metals that may be present in some water supplies.

Two plastic buckets

One to take the old water when you siphon it out at water changes. The other to hold fresh tap water (and water conditioner) when refilling the aquarium. Set aside these buckets for aquarium use only. Never fill the buckets with soaps, detergents or other household cleaning agents as even trace amounts of these domestic chemicals can harm fish.

A length of plastic tubing

To siphon out water when you're doing water changes.

A measuring jug

For measuring and mixing water treatments.

A net

To remove uneaten food and to catch your fish.

An old towel

To mop up spills and dry your hands. Always wash your hands thoroughly after contact with the water in your aquarium.

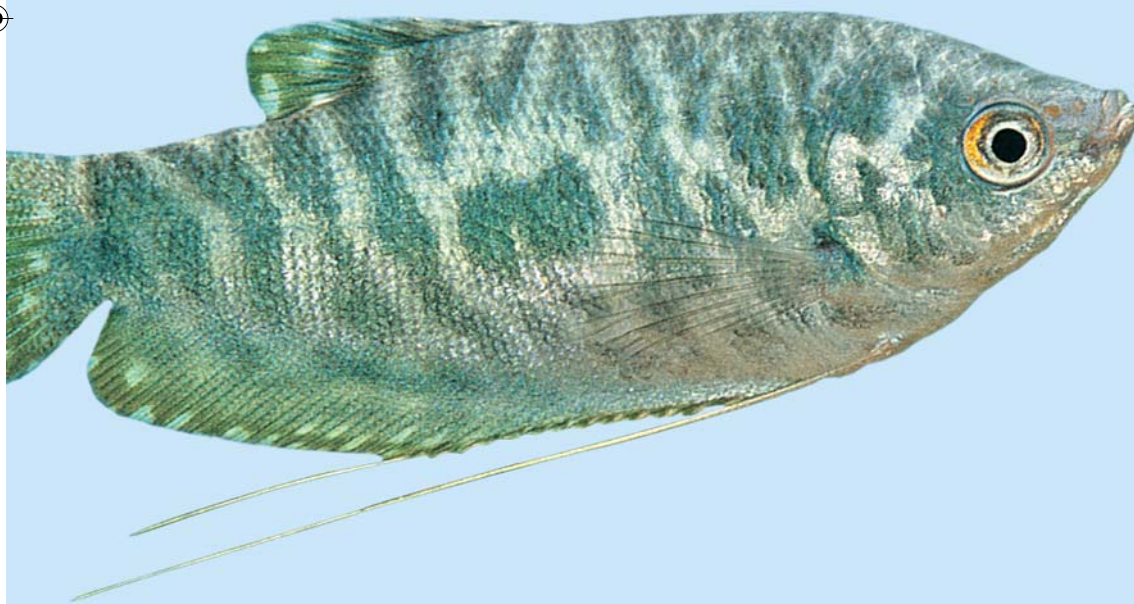


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TROPICAL FISH THAT LIVE HAPPILY TOGETHER

The sheer range of tropical fish species on sale can be bewildering for the beginner. Listed opposite are just a few favourites which you may wish to consider. All are suitable for the mixed-species 'community' aquarium.

By selecting a combination of top, middle, and bottom-dwelling fishes, the whole aquarium will be vibrant with activity and colour.



You may wish to choose a species that is not listed opposite. In which case check whether it is suitable for your aquarium, by asking the shop staff the following questions:

Is the fish peaceful and suitable for a community aquarium?

How large will it get?
Most fish for sale will be juveniles. A few popular species grow very large, such as the common plecostomus catfish (may reach 45cm), the giant gourami (45cm) and the tinfoil barb (30cm).

Does it have any special husbandry requirements (eg. special water conditions)?
Avoid any difficult-to-keep fish until you gain expertise.

POPULAR SPECIES

| | TYPES OF FISH | POPULAR EXAMPLES | COMMENTS |
|---|--|---|--|
| | Surface dwellers | | |
|  | Tetras (family <i>Characidae</i>) | Silver hatchet Marbled hatchet | Buy two or more. |
| | Mid-water dwellers | | |
|  | Livebearers (family <i>Poeciliidae</i>) | Guppy Platy Swordtail | These give birth to fully formed live young! Best kept in pairs or trios (1 male per 2 females). |
|  | Tetras (family <i>Characidae</i>) | Neon tetra Glowlight tetra Lemon tetra Cardinal tetra Black widow tetra | Many are colourful small fish and well suited to the community aquarium. Keep in groups of four or more. |
|  | Barbs (family <i>Cyprinidae</i>) | Cherry barb Checker barb Golden barb | Some barbs grow very large — such as Tinfoil barb. Tiger barbs are beautiful but sometimes nip the fins of other fish. |
|  | Rasboras (family <i>Cyprinidae</i>) | Harlequin rasbora Red-line rasbora Long-banded (Eindhoven's) rasbora | Rasboras are related to the barbs. Most are active but peaceful with fish of a similar size. Keep in a small group. |
|  | Danios (family <i>Cyprinidae</i>) | Zebra danio Leopard danio Pearl danio | Active fish which occupy the mid to upper water level. Keep in groups of four or more. |
|  | Gouramis (family <i>Belontiidae</i>) | Honey gourami Thick-lip gourami | Graceful, slow moving fish. The spawning male builds a nest of bubbles at the water surface. Keep one pair or a trio (one male to two females). Prefer well planted aquariums. |
|  | Cichlids (family <i>Cichlidae</i>) | Angel fish Nannacara (golden dwarf cichlid) Krib (kribensis) | Best kept as a single pair. Many other cichlid species are highly territorial and aggressive — and some grow very large — so choose carefully. Recommended minimum tank size for cichlids is 90 cm (36 inches) |
| | Bottom dwellers | | |
|  | Catfish – corydoras catfish (family <i>Callichthyidae</i>) | Bronze catfish Peppered catfish | Keep in groups of four or more. Provide caves for them to hide in. Be careful when choosing non-corydoras catfishes, some grow very large and a few may prey on tank-mates! |
|  | Loaches (family <i>Cobitidae</i>) | Khuli loach | Buy three or more. Loaches may hide some of the time – this is normal. The clown loach is also very popular but may reach 6 inches (15 cm) or more. |

SETTING UP, STEP-BY-STEP



1 Choose the best location

It is best to avoid window positions or anywhere that receives direct sunlight as this may encourage algae. You'll need to have a mains socket nearby for plugging in the heater, lights and filter. Bear in mind that a tank filled with water may be heavy so ensure it is stood on a strong, level base.

2 Clean your tank

Wipe down the inside glass panels using kitchen towelling wetted in clean warm water. Never use soaps or detergents, or boiling water.

3 Put your tank in position

Place the tank on a sheet of polystyrene (if recommended by the tank manufacturer).

4 Wash the gravel

Put the aquarium gravel in a bucket and rinse under a cold tap, agitating the gravel to remove any dirt and dust. Do this until the water runs clear.

5 Put the washed gravel in your tank

About 2.5 cm (one inch), or about 5 cm (two inches) deep if you intend to grow live plants.

6 Add rocks, plants and ornaments

This is where your artistic talents can be unleashed! Experiment with the rocks and ornaments in various positions until you achieve a pleasing effect. As a tip, place tall plants near the sides and back of the tank, and shorter ones in the centre.

Note: If using live plants, these should be planted after the tank has been filled with water.

7 Add the water

Fill the tank with water from the cold tap. Because tap water contains chlorine (which may harm fish) you need to pre-treat it with a water conditioner.

You can buy a bottle of water conditioner solution such as API™ Stress Coat from the aquatic shop. Simply add the tap water to a clean bucket, then mix in the appropriate quantity of conditioner (see manufacturer's instructions for

dosage). To avoid disturbing the gravel, slowly pour the dechlorinated tap water on to one of the rocks or on to a small plate stood on the gravel bed. If the gravel gets churned up then it may cloud the water.

But don't worry, the water should clear in a day or so. If cloudiness persists, use a special water clearing solution such as API™ Accu-Clear® (from the aquarium shop).

8 Heater and filter

Install the aquarium heater and switch it on. If you have a canister filter, install it now and switch on.

9 Wait at least 24 hours before buying fish

Before adding fish you need to ensure that all the equipment (e.g. filter, pump) is working properly and the water temperature has had time to stabilise.

10 Choose and buy a few fish

It is important to start out with strong, healthy fish. Go to an aquatic or pet shop with a good display of tropical fish and ask for advice. There are literally hundreds of species to choose from, but not all will be suitable for your aquarium. Refer to the recommended fish list. Even if your tank is very large it is important to buy just a few fish initially (say two or three small ones). You can gradually build up the fish numbers over time.

Bring the fish straight home after purchase (do any shopping beforehand!) so their journey time is kept to a minimum. This last piece of advice is particularly important for tropicals which can easily get chilled.

11 Add your fish

Float the bag of fish in the tank for 10 minutes, to equalise the temperature (switch off the aquarium light during this period to avoid stressing the fish). Then gently open the bag and let them swim out into their new home.

12 Give your fish a few Aquarian® flakes

This will help them settle in.

13 Sit back and enjoy the underwater spectacle

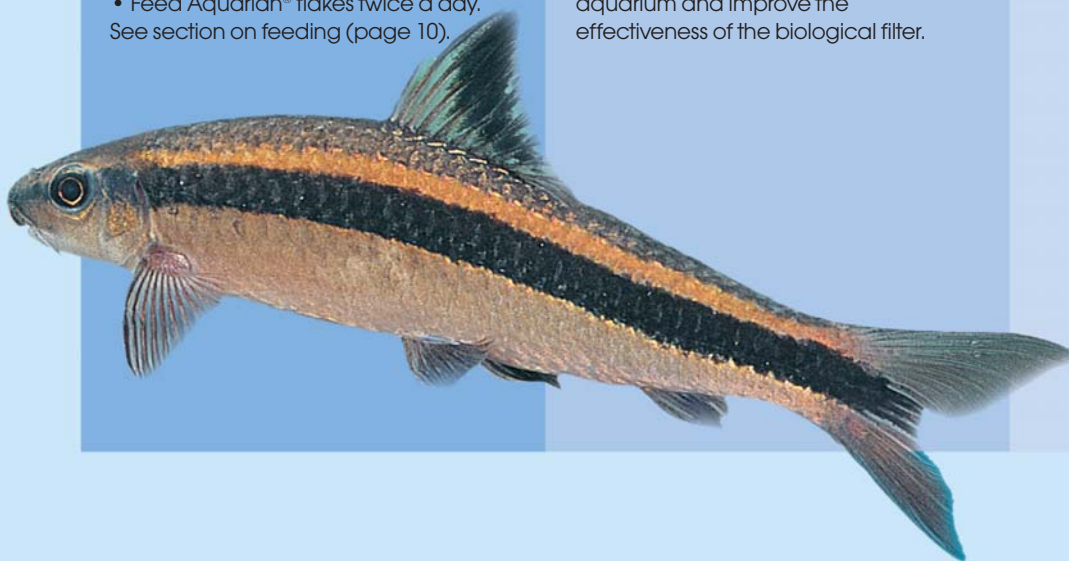
REGULAR CARE

How often you need to service an aquarium will depend on its size and the number and types of fish you keep. The following is therefore a general guide only.



Every Day

- Switch on the aquarium light. The light should be on for 8 to 10 hours each day. Alternatively, you can plug the aquarium light into a timer unit (sold in hardware shops) so it comes on and off automatically at the same time each day.
- Spend a minute or two checking the health of your fish. If your fish do develop a problem then the earlier you know about it the easier it is to remedy it (refer to the 'Healthcare' section for common disease symptoms).
- Check that the filter is working and that the thermometer is reading within normal range (23–25°C/73–77°F).
- Feed Aquarian® flakes twice a day. See section on feeding (page 10).



Every Two Weeks

Remove about one fifth to one quarter of the water from the tank using a siphon tube. Replace with tap water that has been dechlorinated (see Step 7 of the Setting-up guide for details). You must warm the new water to aquarium temperature before pouring it into the tank. You can do this by adding a little hot water (eg. from a kettle) to the bucket containing the tap water. Mix, and check the temperature using a glass aquarium thermometer. You can add some StressZyme® solution every week or so. This will help break down waste matter within the aquarium and improve the effectiveness of the biological filter.

Every Month or Two

Remove any trapped dirt from the gravel using a siphon tube or special gravel cleaner. Remove algae from the viewing glass using an algae scraper or algae 'magnet'. Various gadgets for cleaning gravel and algae are available from your aquatic store.



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GOOD FOOD FOR GOOD HEALTH

Choosing the right food for your tropical fish is very important.

Remember, the food you feed to your tropical fish is its only source of nourishment!

Naturally... Aquarian®

With Aquarian® Tropical Fish Food you can be sure you are giving your fish a perfectly balanced diet containing all the special nutrients your fish needs to stay healthy and colourful.

Tropical fish love the natural taste

Your tropical fish has a well developed sense of taste and will reject food which they don't like. Apart from this uneaten food ending up polluting the water in the tank, when your tropical fish are not eating their food, they are not getting the nourishment they need to stay healthy.

Studies over many years confirm that fish really do enjoy the natural taste of Aquarian® – put a few flakes in the water and watch how quickly and eagerly your tropical fish eat it.

Cleaner, clearer water

The special natural recipe of Aquarian® is also very easy for your fish to digest which means that more of the food you feed ends up as nourishment for your fish and less as pollution.

Aquarian® Tropical Fish Food helps your fish stay healthy and active and the water in your aquarium stay clearer and cleaner.

How much Aquarian® do I feed?

Because Aquarian® is so nutritious you don't need to feed a lot to keep your tropical fish happy and healthy. Ideally, feed your fish twice a day. At each feed give them only as much food as they can consume within five minutes.

Remove any excess food (using a fine meshed net or siphon tube) that is remaining after about five minutes.

Weekends and holidays

You can safely leave your tropical fish without food for a couple of days, so weekend trips away present no problems. For longer periods it is advisable to get a friend or neighbour to pop in every few days to check and feed your fish and change their water if necessary.

If you are worried about your fish being accidentally over fed, you can pre-measure each food ration into a small sealed pot. Alternatively, use a "feeding block" (such as the API 3-day, or 7-day, fish feeder™) that slowly releases food into the water over several days.

Aquarian® Tropical Fish Food comprises five individual flakes each with specific nutritional benefits



Black

High protein flake



Brown

With kelp



Yellow

High carbohydrates flake with natural protein



Red

Rich in fish protein



Orange

With extra vitamins and natural anti-oxidants





Sinking Pellets

Ideal for medium to large tropical community fish including Cichlids, Barbs, large Tetras and Gouramis. Rich in natural protein sources and delivers complete nutrition for all tropical aquarium fish.



Algae Wafer

Perfect for bottom-dwelling fish that enjoy algae as part of their diet e.g. Plecs. Unique slow-dissolve formula that contains three types of algae.



Vegetable flake food

Specially created for fish that enjoy a high vegetable content in their diet, such as Mollies, Guppies and Barbs. Feed a portion of vegetable flakes every couple of days, or more frequently if your aquarium houses lots of plant-eating fish.



Colour Enhancing flake

Enriched with natural ingredients which enhance the colouring and brightness of fish. Brings out the fish's natural yellow-orange-red colours. As a general guide, feed a portion of colour flakes every couple of days.



Baby Fish food

Provides the perfect balance of rich proteins required for healthy growth in young fish. Feed growth flakes 2 to 3 times per day until the youngsters are large enough to tackle normal tropical flakes.

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HEALTHCARE

Prevention is better than cure so buy healthy looking fish from a reputable aquatic or pet shop. Most tropical fish are fairly hardy creatures but, like any pet, they may sometimes get sick. Many ailments are triggered by poor water conditions (eg. dirty aquarium water) or poor nutrition, so keep the aquarium properly maintained and always feed a quality diet such as Aquarian® Tropical Fish Food.

Fortunately, most common ailments of tropical fish can be treated with liquid remedies that are available from the aquatic or pet shop. These are generally added to the aquarium water and come with full instructions.

What to do if your fish looks sick

Bear in mind that unhygienic aquarium conditions (eg. dirty water; dirty gravel) are a common cause of many fish ailments. So at the first sign of any illness perform a partial water change – say one third, just in case it is a water problem. Remember to treat the replacement tap water with a water conditioner, and adjust its temperature to that of the aquarium. Try and identify the problem by referring to the ailments chart opposite. If you are unsure what your fish is suffering from, seek advice from your aquarium shop. It may help to get a sample of your aquarium water tested. Many aquatic shops offer a water testing service for a small fee. Take them a cup full of aquarium water in a clean glass jar. They will explain the test results and suggest any remedial action that may be required. Better still, buy some test kits for use at home. The API™ Test Strips are incredibly easy and rapid to use, saving you trips to the aquarium store every time you want your water tested. There are various products on the market to deal with aquarium water problems. For example, Ammo-Lock™ effectively deals with a build up of toxic ammonia in the water which can arise in newly set up aquariums.



Further help and advice

Visit your aquatic shop or a pet shop with a good range of tropical fish. The staff will be happy to help and advise if you have a fishkeeping problem.

Check on the Aquarian® website www.aquarian.com where you will find a lot of useful information. You can also e-mail questions directly to fish experts, through the www.aquarian.com website.

Address: Aquarian® Advisory Service, PO Box 5059, Melton Mowbray, Leicestershire, LE14 4ZN.

Special tropical fish clubs and societies

If you become hooked on tropical fish, then why not join a specialist fishkeeping society? Most societies deal with general aspects of fishkeeping (including goldfish) but some specialise in a particular group of tropical fish, such as cichlids, catfish, or livebearers. Aquarian® supports fish-keeping societies, for example by giving talks at various society events held around the country.

Some societies hold regular meetings where you can talk to other fishkeepers and learn from their experiences. Or you may wish to join a society that mails out a regular newsletter to its members. Fish-keeping magazines regularly publish details about specialist and regional societies plus news of fish shows and other aquatics events. See also the www.aquarian.com website.

Magazines and books dealing with tropical fish

British fish-keeping magazines such as Practical Fishkeeping, Tropical World, and Tropical Fish are excellent sources of information. You will find them for sale in some aquatic shops and newsagents.

There are many books on keeping tropical fish. Most aquatic shops and some pet shops will have a selection of titles in stock.



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| Symptoms | Likely causes | What should I do? |
|--|--|--|
|  <p>Cotton-wool like growths on the skin or fins.</p> | <p>Fungus infection. Dirty water conditions may trigger fungus outbreaks.</p> | <p>Treat the aquarium with an anti-fungus remedy such as Pimafix®. Improve aquarium hygiene, where necessary.</p> |
|  <p>Numerous small white spots on body and fins.</p> | <p>Whitespot disease. (also known as "ich").</p> | <p>Treat the aquarium with a whitespot (anti-ich) remedy such as API® White Spot Cure. This highly contagious disease can be fatal if not treated promptly.</p> |
|  <p>Red marks or ulcers on the body.</p> | <p>Bacteria infection. Dirty water conditions can sometimes be a cause.</p> | <p>Treat the aquarium with an anti-bacteria remedy, such as Melafix®. Improve aquarium hygiene, where necessary.</p> |
|  <p>Torn or ragged fins.</p> | <p>Fin rot disease. Dirty water conditions may trigger fin rot.</p> | <p>Treat the aquarium with Melafix®. Improve aquarium hygiene, where necessary.</p> |
|  <p>Loss of appetite or clamped fins.</p> | <ol style="list-style-type: none"> 1) Dirty water conditions. 2) Sudden fall in water temperature. 3) Early stage of an illness. | <p>A partial water change may perk up the fish. Check the water temperature. Monitor the fish for any other signs of ill health.</p> |
|  <p>Gasping for air at the surface.</p> | <ol style="list-style-type: none"> 1) Lack of oxygen in the water. This can arise if the aquarium is very dirty or overstocked with too many fish. 2) Damage or infection of the gills, preventing the fish from breathing normally. | <p>Have a sample of the aquarium water tested (see Healthcare section opposite). Perform a 30-50 per cent water change. Improve aquarium hygiene and/or increase aeration, as appropriate. Buy a larger tank if appropriate. Seek advice if a gill infection is suspected.</p> |
|  <p>Lying on the bottom of the tank.</p> | <p>The fish may simply be resting. (Note: It is normal for catfishes and loaches to rest on the bottom). If the fish has also lost its appetite then it may be sick.</p> | <p>A partial water change may perk up the fish. Monitor the fish for any other signs of ill health. Seek advice if necessary.</p> |

FREQUENTLY ASKED QUESTIONS

Q. How can I control algae?

A. Algae are microscopic plants that sometimes form unsightly growths on the aquarium glass and rocks, and occasionally on live plants also. Some algae are brown in colour, others green or red.

To control algae, ensure the aquarium is properly maintained (see Regular Care section) otherwise an accumulation of fish wastes and other decaying matter (eg. uneaten food) will generate nitrates and phosphates in the water upon which the algae thrive.

An abundance of green algae may be due to excessive light. Reduce the aquarium lighting to 8 hours per day and shield the tank from direct sunlight.

Adding more live plants may help as these will compete with the algae for nutrients.

Q. How many fish can I keep?

A. This depends largely on the size of your aquarium, notably its water surface area.

As a general guide, you can keep up to 10 cm of fish (combined body length) per 250 square centimetres of surface area. For example, an aquarium that is 90 cm long and 30 cm wide has a surface area of 2700 square centimetres, and can accommodate about 100 cm of fish (2700 divided by 250 = 10.8, multiply by 10 = 108 cm of fish).

An aquarium of these dimensions could therefore hold twenty 5 cm long fish, or ten 10 cm fish, etc. Remember to base your calculation on your fish's size when adult, and not their present size. This will ensure that your fish have plenty of room to grow. (Many aquarium fish books give the adult sizes of fish. Or ask the shop staff).

Note: It is wise for beginners to under-stock the aquarium (eg. half capacity) until they gain experience.

Q. Should I leave my filter running all of the time?

A. Yes. Only switch it off to clean or service it. If it is switched off for more than a few hours the friendly filter bacteria may die.

Q. Which types of tropical fish are the easiest to breed?

A. Guppies, platies and swordtails are recommended for beginners as they give birth to live young (hence are known as 'livebearers'). It is easy to tell the sex of a livebearer by looking at its anal fin (this is the unpaired fin situated between the fish's belly and tail); the male's anal fin is pointed into a tube shaped organ, whereas that of the female is normal fan-shaped. Livebearers will breed naturally in the community aquarium. Ensure the aquarium has lots of tall bushy

plants so the babies can hide away (usually they hide at the water surface) otherwise they may get eaten.

Most other species of tropical fish are egg-layers and these are more difficult to breed in the community aquarium. You'll need a separate tank and equipment to successfully breed egg-laying fish as the adults must be spawned in an aquarium by themselves. Most aquatic shops stock a range of books explaining how to keep and breed various types of egg-layer.

Q. Why is my aquarium water cloudy?

A. The water in a newly set up aquarium may be cloudy for the first couple of days, but should clear.

If an established aquarium becomes cloudy then it may be a sign that the aquarium needs a clean. Perform a 30 per cent partial water change and siphon off excess dirt from the gravel (see Regular Care section).

If the water does not clear then use a special aquarium water clarifier such as Accu-Clear™.

Q. Which sorts of live plants are suitable for a beginner?

A. Examples are: *Vallisneria* (tall, grass-like leaves), dwarf *Hygrophilla* (bushy, small leaves), Amazon swords (large broad leaves), and the more common *Cryptocoryne* species (medium to large broad leaves).

Q. Should I add snails?

A. Although considered as useful scavengers, snails tend to create more dirt than they clean up. Even if you don't plan to introduce snails, they may end up in your aquarium regardless, being brought in as adults or jelly-like eggs on aquatic plants, or in the water used for transporting fish. If your aquarium gets over-run with snails you can control their numbers by regularly removing some using an aquarium net or siphon tube.

Q. Can I keep goldfish with my tropical fish?

A. It is best not to. Although goldfish have a wide temperature tolerance, they prefer not to be kept under permanent tropical conditions. Conversely, tropical fish cannot be kept in an unheated aquarium for they need constant warmth.

If you have any further questions then visit the Aquarian® website www.aquarian.com or write to the Aquarian® Advisory Service, PO Box 5059, Melton Mowbray, Leics. LE14 4ZN.

Happy Fishkeeping!

ADVANCED NUTRITION





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