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Bearded dragons need daily exposure to full spectrum lighting (including UV-b light). Various UV lamps are available (see separate handout on lighting for reptiles), but for bearded dragons a lamp with a high output (e.g. 10-12%) should be used to mimic the strong sunlight of their wild environment. Lamps should be kept on for ~ 12 hours per day and at an appropriate distance from the lizard as recommended by the manufacturer. A branch or rock can be placed below the basking site. All lamps should be changed at least as frequently as manufacturer's instructions or checked regularly for their UV output ( )

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Bearded dragons are omnivores so will eat both live food and vegetables. However they need less live food as they age. Dark leafy greens and weeds should be the main vegetable matter offered. Juveniles will take a higher percentage of live food such as house crickets, black crickets, dubia roaches and locusts. Mealworms should only be given in moderation while waxworms and morio worms should only be given as occasional treats due to their high fat content. Live food should be gut loaded before feeding to your lizard, ideally with a complete invertebrate