

## JOINT SUPPLEMENTS: Glucosamine + Chondroitin & omega fatty acids

Joint supplements are recommended for patients of all ages and sizes to maintain healthy cartilage and decrease the effects of osteoarthritis. There are many options on the market, including veterinary and over-the-counter human products.

### Glucosamine + chondroitin supplements

Glucosamine provides the building blocks to synthesize new cartilage. Chondroitin blocks destructive enzymes that break down cartilage in the joint. Dosage range is 25mg – 30mg per pound of your pet's weight (13-15 mg/kg), once a day. Below are some products that we commonly recommend:

Dasuquin is a veterinary brand manufactured by Nutramax that combines NMX1000®▲ ASU (avocado/soybean unsaponifiables) and decaffeinated tea with Cosequin's FCHG49®▲ glucosamine and TRH122®▲ sodium chondroitin sulfate. It comes in several sizes based on your pet's weight. No prescription is required for purchase; we recommend the product without MSN.



Puritan's Pride is an online supplier that provides an economical option for nutraceuticals. Triple Strength Glucosamine Chondroitin contains 750mg of glucosamine and 600mg of chondroitin in each tablet. They also carry a mini-tablet size 250mg glucosamine and 200mg chondroitin.

Costco (Kirkland brand) Extra Strength Glucosamine and Chondroitin supplement is highly rated. Each tablet has 750mg of glucosamine and 600mg of chondroitin.

### Omega fatty acids

Research is showing that omega-3 fatty acids, especially EPA, may be helpful in reducing the inflammation associated with arthritis. OFA is also beneficial for healthy skin and coat, supports the immune system, and helps support the nervous system. There are many options of OFA and they come in capsule form or in a liquid form that can easily be poured over your pet's food once a day.

Welactin is a veterinary brand manufactured by Nutramax that has a rich source of omega-3 fatty acids derived from cold water fish. Options include a liquid form or capsules. This product can be purchased at a veterinary facility or online.



Puritan's Pride Omega 3 Supplements: SUPER OMEGA-3 1000mg capsules contains 300mg omega-3 fatty acids per capsule. The capsules can be given whole or opened and poured over your pet's meal.