

## 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.

**We highly recommend use of these products long term in all patients who have joint conditions and/or surgical procedures.**

### Glucosamine + chondroitin supplements

Glucosamine & chondroitin are two of the joint's normal molecules that decrease inflammation in the joint and work together to protect the cartilage surfaces from deterioration.

**Dasuquin or Dasuquin Advanced** is a veterinary brand manufactured by Nutramax that combines avocado/soybean oil, decaffeinated tea, glucosamine, and chondroitin sulfate. It comes in several sizes based on your pet's weight. No prescription is required for purchase; the product without MSM is okay to use as there is no scientific evidence that MSM is beneficial.



- For SMALL to MEDIUM dogs (each tablet contains Glucosamine 600mg & chondroitin 250mg): <10lbs - ½ tablet, 10-29lbs - ½ tablet, 30-59lbs – 1 tablet
- For LARGE dogs (each tablet contains Glucosamine 900mg & chondroitin 350mg): 60-120lbs – 1 tablet



**Puritan's Pride** is an online supplier ([www.puritanspride.com](http://www.puritanspride.com)) that provides an economical option for nutraceuticals.

- Double Strength Glucosamine Chondroitin contains 500mg of Glucosamine per caplet (30-59lb dogs – 1 caplet; 60-120lb dogs – 2 caplets).
- Glucosamine Chondroitin Mini Tabs contains 250mg Glucosamine/ 200mg Chondroitin per tablet (<10lbs-29 dogs - ½ tablet; 30-59lb dogs – 1 tablet).

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

### 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.*