

Natural Supplements for Dogs

Evening Primrose Oil

Omega 6 fatty acid – reduces inflammation (also eg. Flaxseed, borage, hemp) used in skin allergies to reduce irritation & itching. For healthy skin, coat, nails, hormone balance, excess moulting, greasy skin.

***BEST NOT TO USE IF USING PRESCRIPTION DRUGS (OR CHECK 1st) AS CAN CAUSE SEIZURES WITH CERTAIN MEDS.**

Glucosamine

Best form is glucosamine hydrochloride, but most common is glucosamine sulphate.

Found in cartilage and synovial fluid in joints & in connective tissue. Has anti-inflammatory & joint regenerating properties. Especially useful for eg. Hip dysplasia, osteoarthritis etc. Best give a higher dose (double) or 1st 2nd or 3rd weeks & then cut down to normal dosage (for rapid healing). Use minimum of ~750mg/20kg body weight.

Vitamin B Complex

Good way of providing a steady balance of B vitamin. They are water soluble so only small amounts can be stored in the body so need to be taken. Good For bones, skin, reproduction, neurological & circulatory system & regulation of energy from food intake. There is a very wide variety of uses and useful supplements- Also useful for heart issues.

Zinc

Essential mineral especially good for skin & coat and if a dog suffers from a skin disorder eg. Hair loss. Zinc deficiency is most common in northern breeds eg. Huskies.

Brewers Yeast

Good source of certain B vitamins, proteins, amino acids and trace minerals eg. Zinc. Brewers Yeast is good for skin and very good for the immune system.

Probiotics

Useful strains of bacteria for gut. Good for intestinal health & the immune system by the removal of toxins. Check if they need to be kept in fridge as some strains do! Especially good to use after an antibiotic course.

Psyllium

Made from seed of psyllium plant. For intestinal problems. It's very important to take with lots of water, or have water freely available as psyllium is fibrous & can swell up & cause blockage. Also good for anal gland problems as the poo has more bulk to it & puts pressure on the glands.

Coenzyme Q10

Antioxidant that is made in the body & protects against cell damage & helps cell growth. Good for immune system & against certain cancers. It is especially good for any heart conditions.

Fish Oils

Fish oils contain Omega 3 fatty acids which reduce inflammation.

Especially useful for pets with inflammatory diseases such as allergies, arthritis, kidney & heart disease & cancers. Good for controlling itching.

***fish oil supplementation is very safe but it has mild blood thinning effect so therefore shouldn't be combined with blood thinning medications. As generally fish oils are safe in large doses stop the giving of fish oils a week or two before an operation to reduce the risk of blood thinning.**

Fatty Acids are extremely useful to supplement for many disorders in dogs – to get the best results start with 2-3 times the label dose & adjust accordingly. However as a coat or skin supplement use the label dosage.

Fish oils are often supplemented alongside vitamin B complex to help maintain all round good health in dogs.