

Healthy Joints, Happy Pets: Understanding Omega-3s

The recommended dose of Omega-3s for pets is 100mg/kg. Based on this, please give _____ mg to your pet once a day. Start off with a quarter to half dose and work up to this amount to avoid loose bowel movements during the transition.

Omega 3s and Inflammation

Omega-3 fatty acids are natural anti-inflammatory substances that can help reduce joint pain, improve mobility, and support muscle health in dogs with arthritis. They're most effective when provided through diets or supplements rich in EPA and DHA, which may also reduce the need for pain medications.



What are Omega 3s?

Omega-3 and Omega-6 fatty acids are essential fats that dogs must get from their diet. While Omega-6s can lead to the production of more inflammatory compounds, Omega-3s produce less inflammatory ones. By increasing Omega-3 intake, the body replaces some of the Omega-6 fats in cell membranes, which helps reduce inflammation and joint pain while maintaining a healthy balance between the two.

What is the best source of Omega 3s for pets?

Dogs need the Omega-3s EPA and DHA to reduce inflammation and support joint health. The most effective sources are marine-based, such as fish oil, green-lipped mussel supplements, sardines, or prescription diets enriched with Omega-3s. Plant oils like flaxseed aren't effective for arthritis, and sustainable sourcing is recommended to protect marine ecosystems.

What is the best way to supplement Omega 3s?

Prescription diets enriched with Omega-3s are usually the most practical and well-researched way to support joint health, offering reliable levels of EPA and DHA. However, if these diets aren't suitable, fish oil capsules, liquids, or natural sources like sardines or anchovies can also be used. The key is to focus on the total amount of EPA and DHA provided and choose sustainably sourced products whenever possible.

