



## Omega-3 Fatty Acids

*Most dogs and cats can benefit from an Omega-3 fatty acid supplement.*

Almost daily new research reveals more benefits to this supplement. If your pet has problems with or is at risk for problems with skin/hair coat, joints, liver, kidneys, immune system, brain or cardiovascular system they could probably benefit from an Omega-3 fatty acid supplement.

We carry a couple of types of veterinary Omega product here at Dedham Veterinary Associates. For smaller pets it is easier to get an accurate dose for your pet with a veterinary product.

You may wish to get a human supplement for your pet. There are numerous brands available, but a good brand will list the individual fatty acids on the label, EPA & DHA (and some may contain GLA). Look at the label to see how much EPA is in the product. Dogs and cats should get 15-25 mg EPA per pound of body weight daily with food (unless directed otherwise by your veterinarian). One very reputable brand is Nordic Naturals which is carried at GNC and Whole Foods. Nordic Naturals makes many formulations but we most commonly recommend the "Omega-3" or the "Complete Omega 3-6-9". The dose for either of these is 1 capsule per 20 pounds of body weight.

*Always give Omega supplements with food for maximal benefit.*