

## Why Every Pet Should Take Fish Oil

Dogs and cats cannot produce omega 3s and omega 6s contained in fish oil. The EPA and DHA components of fish oil decrease inflammation.

Dogs receiving fish oil in a study due to itchiness because of inhalant allergies demonstrated a significant decrease in itching after two months. This is especially true in the early presentation for inhalant allergies.

DHA is a major omega 3 of the brain. There is 30-40 percent of phospholipid fatty acids in neuronal cell membranes. A study in rats showed that an increase in DHA increases cognitive activity. Giving DHA to pregnant dogs also increased training performance and vision in the puppies.

EPA and DHA improved weight bearing and lameness in dogs with arthritis. Another study resulted in a decrease of non steroidal anti-inflammatory medication.

Dogs with heart failure have a decrease in EPA. Fish oil is good for the heart muscle, arrhythmias, maintaining weight and hypertension.

A study in dogs with kidney failure fed fish oil resulted in an increase in toxin clearance.

The Eskimo population that consumes high levels of EPA/DHA have a low prevalence of inflammatory bowel disease. Fatty acids decrease inflammation. They also increase the time of survival for gastrointestinal lymphoma.

The dose is 100mg/kg/day. Sometimes this can cause diarrhea so the dose may need to be lowered. Fish oil needs to be refrigerated in a light resistant container. It also needs to be shaken before used. Fish oil is only good for three months once opened.

We like the Nordic Naturals brand. The dose on the bottle is the correct dosage for the above dosage.