

Osteoarthritis Supplementation for Dogs

Omega 3 Fatty Acids/Fish Oil

1. These have an anti-inflammatory component that can be used to decrease pain and inflammation associated with joint injury.
2. Fish oil commonly comes as 1000 mg capsule which contains 300 mg omega 3 fatty acids. For dogs weighing under 30 pounds, give one capsule by mouth once a day. For dogs weighing over 30 pounds, give two capsules by mouth twice a day. Capsules can be punctured and squeezed onto food.

Glucosamine-Chondroitin

1. These are supplements that help to slow cartilage degradation and promote cartilage matrix synthesis in the affected joints. Thus, these can help to slow the progression and pain associated with osteoarthritis.
2. At local stores where vitamins and supplements are sold, glucosamine/chondroitin usually comes as glucosamine 1500 mg/chondroitin 1200 mg in one tablet.
3. For a 30-40 pound dog, they can have 1/2 tablet by mouth once a day. For a 50-90 pound dog, they can have one tablet by mouth once a day.