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THE FACTS AND FICTION OF SUPPLEMENTS

How many of us are sticking to our new year's resolutions to get fit, lose weight or eat healthier? At this time of year the shops are always full of vitamins and supplements to help us gain the body beautiful by the time summer comes so I thought I'd look through the published information to help you decide if there are supplements that would be of any use to your pet.

Probably the supplement that is showing the most promise at the moment is Omega 3 Essential Fatty Acid. Omega 6&9 exist fairly plentifully and don't need to be supplemented whereas Omega 3 is called essential as it is vital and the body is unable to manufacture it. Omega 3 fatty acids EPA and DHA from fish oil have been demonstrated to help in all sorts of conditions especially where there is inflammation like osteoarthritis but they can also help with age related changes. There are other Omega 3's like those from flaxseed but it is the ones derived from fish that have shown to be of most use. We use and recommend Omega 3's for heart, skin and joint disease and you can find them in Cardiguard, Coatex pumps, Synoquin EFA joint supplement and Purina JM diet.

Also for joints, many people will be aware of Glucosamine and Chondroitin supplements. These are building blocks for cartilage and their use has been suggested in joint injury or where there is arthritis. In some human and animal studies there has been a demonstration of improved pain and weight bearing. We use Synoquin EFA which combines the benefits of both of these cartilage builders with Omega 3 from krill for the anti-inflammatory effect. Using Synoquin or a joint diet like Purina JM may reduce the long term need for anti-inflammatory drugs and help to keep joints functional for longer.

There are some suggestions that combination supplementation of Omega 3's, anti-oxidants, vitamins and minerals may help with ageing in pets. Both the supplement Aktivait and the diets Purina Vital Age for cats and Senior for dogs have demonstrated improvements in cognitive tasks, sleep patterns, social interaction and longevity in older pets.

These are a few examples of where we find the use of supplements to be of some benefit but their use can be controversial not least because supplements are classed as food rather than medicine which can lead to poor regulation. This makes ensuring quality to be of great importance so always ask the advice of your vet before considering using a supplement.

As a fab February offer we have 10% off a range of products for skin and joints and we have an amazing 25% off Proplan Senior and Vital Age any size for new users.

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