



**Patient Name:**

**Doctor:**

### **Osteoarthritis Supplements by PAH**

#### **Glucosamine/Chondroitin (with MSM)**

*Function: contributes to cartilage formation and repair, reduces inflammation, slows cartilage deterioration and improves elastic properties of cartilage and reduces painful swelling in joints.*

Dose: Large dog > 50 #- 1500-2000 mg/day, small dog 25-50#- 850-1000 mg/day.

Recommended brands- **Dasuquin\***, **Cosequin**, **Bayer Synovi G4**

#### **Green Lipped Mussel**

*Function: chondromodulatory and anti-inflammatory properties, improve joint swelling*

Recommended brands- **Glyde\***, **Super Snout**

#### **Turmeric**

*Function: for systemic inflammation*

Dose: Small dog - 250mg 2-3 times daily. Max dose 750 mg daily. Large dog - 500-800 mg 2-3 times daily. Max dose 2,000 mg daily. Capsules are better than powder for our patient's taste buds!

#### **Omega-3 fatty acids**

*Function: for overall long term inflammation throughout the body, decreasing cellular injury and tissue damage*

Small dog- 100-200 IU daily. Large Dog- 200-400 IU daily. Omegas and fatty acids such as fish oil, salmon oil are great sources!

Recommended Brand- **Welactin\*** Salmon Oil

**Other supplements Movoflex\***: Egg Shell Membrane, Hyaluronic Acid, Boswellia Serrata Extract, ZANTHIN Astaxanthin Algae, Vitamin D3

**Standard Process Musculoskeletal Support\*** and **Ligaplex**

**Other therapeutic treatments: Class IV Laser Therapy\***, massage, acupuncture, hydrotherapy.



**Pharmaceuticals when** arthritis progresses: Adequan\*, NSAIDs\*. Ask our team if you think it's time for these prescription medications!

\* Preiser Animal Hospital has these supplements in stock!

***Any good quality branded human supplement will work. Email us at [PreiserAnimalHospital@gmail.com](mailto:PreiserAnimalHospital@gmail.com) if you find a supplement and we can ensure the quality ingredients and help you with dosages!***