

The Supplements That Can Help Your Pet Thrive

Lesson Summary

Finding quality supplements is just as difficult for pets as it is for humans, and the options can be just as confusing. In this lesson, you'll explore the benefits of supplements for home-prepared diets and discover which supplements your pet needs and how to find the highest quality products.

Lesson Objectives

After completing this lesson, you should be able to:

- Recognize the importance of vitamin and mineral supplementation to your pet's nutritional care

Lesson Roadmap

1. Watch the lesson **video** and fill in the note-taking guide below.
2. **Read about it.** Carefully read the suggested resource:
 - a. *The Ultimate Pet Health Guide*, Chapter 6 – **The Lowdown on Supplements**
 - b. *The Ultimate Pet Health Guide*, Appendix D – **Vitamins and Mineral Supplement Recommendations**
3. **Think about it.** Take several minutes to reflect on the following questions:
 - a. Do you personally take any supplements (e.g., a daily vitamin, probiotic, or herbal supplement) to improve your own health? Have you ever considered the fact that your pet might also need a supplement to their diet?
 - b. Do you know what to look for on a supplement's label to determine if it has met any kind of legitimate quality standards?
4. **Take action steps** to help your pet thrive.
 - a. If you have purchased any supplements for your pet in the past, examine the labels to see if they have the GMP and NASC seals. If not, consider replacing them.
 - b. Download and review the **Supplement Guide**.

- c. Consider purchasing a probiotic and an essential fatty acids supplement for your pet.
 - d. Jot down your reactions to this lesson and your action steps to improve your pet's health in the space provided below.
5. Take the **quiz** to advance to the next lesson.

Video Notes

Much like medicine, nutrition can be used to prevent – or even heal – diseases. In this video, you'll discover the importance of preventive care and the use of nutritional and herbal supplementation to help your pet thrive. You'll also discover how to determine if supplements meet quality standards and which supplements are always recommended to improve your pet's health.

It may not always be possible to get your pet on a fresh whole-food diet. It can be _____. If you can't, don't feel bad. It doesn't mean you're a bad pet owner! You can still up your pet's level of _____ through natural supplements.

If you're feeding your dog or your cat a _____ produced pet food, then you're giving them the vitamins and minerals they need to sustain life so they don't suffer from a _____ deficiency. But there's a difference between an _____ or necessary level of nutrients and an _____ level.

Do's and Don'ts of Supplementation

- Only use vitamin and mineral supplements made specifically for _____.
- Follow the _____ on the package exactly.

Probiotics

- Supplementing beneficial _____ that can help with the gut flora
- 70% of your _____ system and your dog or your cat's _____ system lives in their GI tract
- Having the appropriate _____ of bacteria in the GI tract not only helps with GI upset but is also important for overall _____ and overall immunity

Pre-biotics

- Frequently given along with probiotics as _____ for the probiotics

Omega Fatty Acids or Fish Oil

- Contains two particular types of omega fatty acids, EPA and DHA, both of which are vital to good _____
- Plant-based oils contain ALA which needs to be converted in the body to EPA and DHA in order for it to sort of achieve its full _____
- Dogs and cats are not particularly good at making that conversion
- Sources of omega fatty acids
 - Fish oil
 - Krill oil
 - Mussel oil
 - Algal DHA (grown from _____)
- For marine oil, get a reputable brand that does third-party _____ to make sure it's free of pesticides, heavy _____, and impurities
- Fish oil has very good anti-inflammatory properties
 - Follow the dosing instructions on the package for general health and _____
 - To treat a _____ condition, have a conversation with your veterinarian about the dosage

Probiotics are very safe, and probiotics for _____ can be used for cats and dogs if you lower the dosage.

Other Supplements

- Glucosamine and Chondroitin
 - Supports the _____
 - Building blocks of cartilage
 - Can help your pet make new cartilage
 - Can help with _____ soreness
 - Buy a high-_____ brand (recommended by a veterinarian or someone who has had success with the brand)
- Turmeric
 - An herbal compound called curcumin
 - Very effective anti-inflammatory and _____ reliever
 - Has anticancer properties
- Boswellia
 - Effective and safe for animals with pain, soreness, and _____

Find the Right Resources

- Check with your veterinarian
- Talk to a holistic or _____ veterinarian in your area (check <http://hvma.org>)
- Read literature and _____

Remember, there is no government _____ of supplements. The National Animal Supplement Council is a _____ organization that looks at animal supplements on a _____ basis to make sure what's in the bottle is what it says on the label, that there are no unrealistic claims being made, etc. Look for the NASC seal, but remember that if a supplement doesn't have the NASC seal, it doesn't necessarily mean it's a _____ supplement.



Reactions and Action Steps

What did you learn in this lesson that was new to you or that you found intriguing? Based on what you learned, list any action steps you plan to take. What can you do right now to improve your pet's health? What can you do in the future? What are the major obstacles to taking your action steps, and how will you overcome them?