Fish Oil Supplements May Be Helpful Supplement for Dogs

Michelle O'Sullivan August 10, 2018

VitaBreeze Omega 3 Fish Oil

Obtaining omega-3s from a diet is one of the best ways to supply the body with the healthy fats it needs.

(Newswire.net -- August 10, 2018) Orlando, FL -- Omega-3 fats are healthy fats that are believed to be vital for brain and body functions. They are widely thought to offer a range of health benefits and help to fight various medical conditions for not only humans but also animals.

Fish oil supplements may be helpful supplements for dogs. Fish oil contains omega-3 fatty acid which is an ingredient that leads many to want to utilize fish oil supplements.

Fatty acids are polyunsaturated fats. In the health of dogs, there are two important fatty acids, the omega-3s and omega-6s. Unfortunately, not all animals have the ability to produce some fatty acids.

Obtaining omega-3s from a diet is one of the best ways to supply the body with the healthy fats it needs. The essential fatty acids actually vary between species. For instance, arachidonic acid, which is a type of fatty acid, is vital for cats but not for dogs.

When dogs are unable to produce enough quantities of some fatty acids, it can result in the development of certain diseases. Deficiencies are even common in overweight dogs with fat-restricted diets.

One of the important things to know about fatty acids is that when they are in food, they are susceptible to degradation. Using high temperatures or overcooking can significantly destroy the fatty acids.

The eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) are the two most popular forms of omega-3 fats. Both are considered to contain anti-inflammatory properties, which is important considering that many of today's prevalent diseases that affect humans and animals are associated with inflammation.

The amounts of fatty acids in food may vary. Beef fat, for instance, has a very low percentage while fish such as tuna, salmon, sardines, and cod, have high levels of omega-3s. Many cold-water fish are believed to contain omega-3s.

According to research, the proper ratio of omega-6 to omega-3 fatty acids is 10:1 to 5:1 in the diet. Omega-3s are a popular natural alternative against conditions associated with inflammation such as arthritis.

There are veterinarians who recommend the use of fish oil for dogs with arthritis or with an omega-3 deficiency. These fats are thought to be similarly beneficial to dogs and humans. While feeding pets with fish is a good idea to nourish their body with omega-3s, there are also fish oil supplements available.

Pet owners may consult a veterinarian and determine what fish oil supplement is most recommended for their pet. There are many fish oil supplements available and they can be purchased at local health stores or online.

(http://www.amazon.com/omega-3-fatty-acids/dp/B00O8NS20K)

About VitaBreeze

VitaBreeze is a nutraceutical brand that manufactures high-quality natural supplements to help people live a healthy, enjoyable, and longer life. All of the company's products are manufactured in the United States using the finest-quality ingredients that have been carefully selected, tested, and crafted into the firm's winning formulas. Visit http://www.VitaBreeze.com to learn more.

VitaBreeze

4700 Millenia Blvd
Suite 175 F
Orlando, FL 32839
United States
(407) 545-2239
media@vitabreeze.com
http://www.VitaBreeze.com
Source: http://newswire.net/newsroom/pr/00103232-fish-oil-supplements-may-be-helpful-supplement-for-dogs.html