Nutrition for healthy joints



Nutrition & health resources:

Nutrition for healthy joints

Keeping your dog's joints healthy is important at any age, but it's especially critical once they reach their senior years. At that stage in life, their joints become more vulnerable to the effects of ageing. Without healthy joints, your dog will have a more difficult time remaining active, and could even experience a decrease in mobility.

Can it be arthritis?

If you've noticed your senior dog getting a little stiff, it may indicate the onset of arthritis. Difficulty performing routine movements and reduced mobility are signs of this progressively degenerative joint disease. There is some good news, however: Whether you're looking to help promote joint health or alleviate arthritic symptoms, there are many remedies that may help. First and foremost is nutrition. Feeding your dog food that's rich in antioxidants helps reduce the stress of ageing by fighting the free radicals that are by-products of inflammatory processes, such as arthritis.

Glucosamine and chondroitin

Two substances that are crucial to joint health are glucosamine and chondroitin sulphate. These compounds, which are naturally found within the body, provide lubrication and nourishment to your dog's joints. They play a major role in drawing fluid and nutrients into the cartilage, which helps maintain normal cushioning and flexibility of the joint.

Other important nutrients

Dietary antioxidants that also contribute to joint health include vitamin E, vitamin C, and the carotenoids (beta carotene, lutein, and lycopene) and certain trace minerals. Each one works to keep your dog's cells healthy.

Omega-3 fatty acids are also important because they help support and promote the natural healing process. These fatty acids are especially beneficial in preventing and reducing inflammation, a common side effect of arthritic joints.

If you're still feeding your senior dog an adult formula, you may want to consider switching to a senior food. These senior foods have been specially formulated to contain the extra nutrients your dog needs at this stage of life.

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