



HOW TO MANAGE YOUR DOG'S JOINT HEALTH

Because good health keeps them moving



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“One in five dogs experience joint issues in their lifetimes, resulting in pain and possible mobility challenges”

VET CLIN NORTH AM SMALL ANIM PRACT. (1997). 27(4):699-723

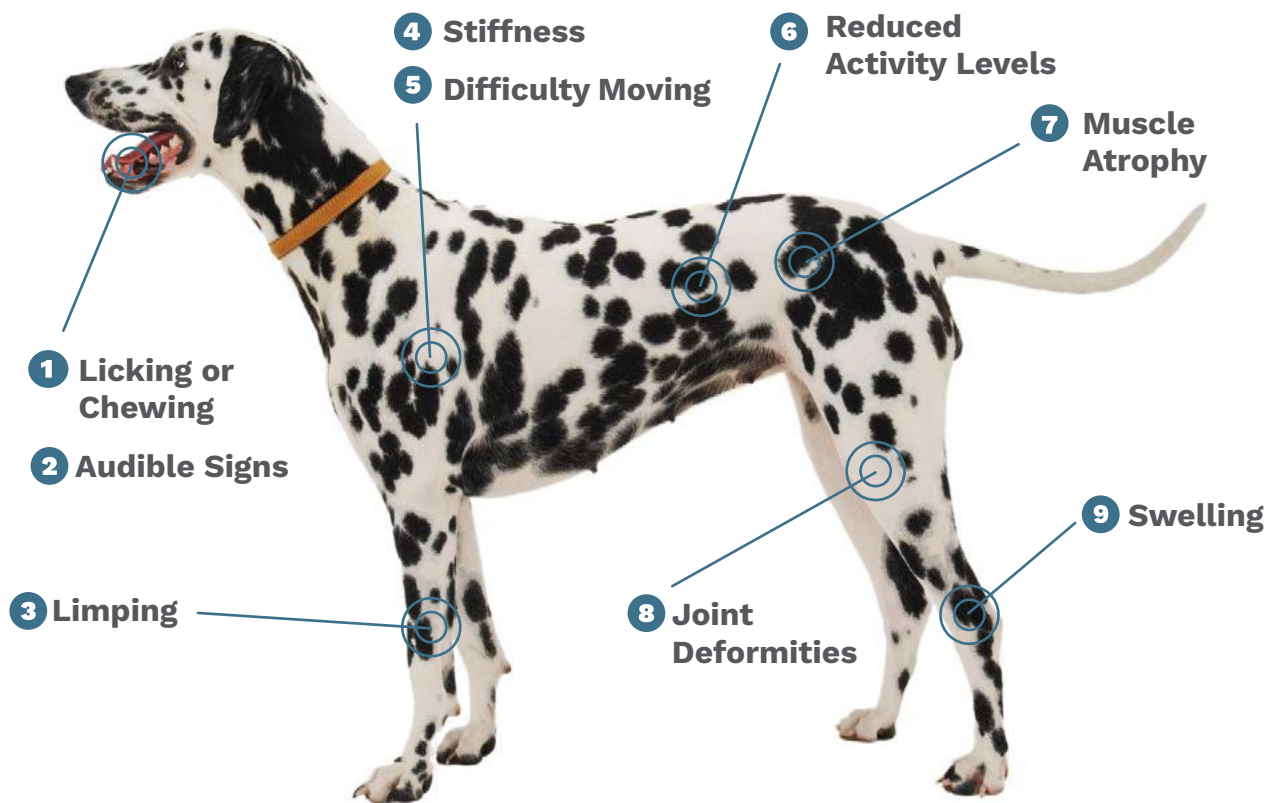
As devoted pet parents, ensuring the health and wellbeing of our canine companions is paramount. Among the many concerns that can arise, joint issues are common and can cause discomfort and distress for our beloved dogs.

Recognising the symptoms indicative of poor joint mobility, understanding the contributing factors, and seeking appropriate remedies are essential aspects of responsible pet care.

In this guide, we'll delve into the telltale signs that your dog may be experiencing poor joint health, explore the various factors that can contribute to these problems, and introduce a potential solution aimed at alleviating discomfort and reducing inflammation.

By arming yourself with knowledge and effective remedies, you can help ensure your canine companion enjoys a comfortable and happy life.

Common signs your dog is suffering from joint issues



- 1 Licking or Chewing:** Dogs may lick or chew at the affected joints in an attempt to relieve pain or discomfort.
- 2 Audible Signs:** Dogs with joint issues may vocalise or whine when moving or being touched.
- 3 Limping:** Dogs may favour one limb or have an abnormal gait due to pain or discomfort in the joints.
- 4 Stiffness:** Dogs with joint issues may show signs of stiffness, especially after rest or in the morning.
- 5 Difficulty Moving:** Dogs may have difficulty getting up, climbing stairs, or jumping due to joint pain or stiffness.
- 6 Reduced Activity Levels:** Dogs with joint issues may be less active than usual and may avoid activities that require movement or exertion.
- 7 Muscle Atrophy:** Over time, muscle loss (atrophy) may occur in the affected limb due to decreased use.
- 8 Joint Deformities:** In severe cases, joint deformities may be visible, especially with conditions like arthritis or hip dysplasia.
- 9 Swelling:** Swelling around the joints can indicate inflammation and joint issues.

Factors that may contribute to joint issues, limping and lameness

Age: Older dogs are more prone to joint issues due to wear and tear on the joints over time. Conditions like osteoarthritis are more common in senior dogs.

Breed Predisposition: Some breeds are more prone to certain joint issues. For example, large breeds like Great Danes and Labrador Retrievers are more susceptible to hip dysplasia.

Obesity: Excess weight puts added strain on the joints, increasing the risk of joint issues like osteoarthritis.

Genetics: Genetic factors can play a role in the development of joint issues. Dogs with a family history of joint problems may be more likely to develop them.

Injury or Trauma: Joint injuries, such as ligament tears or fractures, can lead to joint issues later in life, even after the initial injury has healed.

Overexertion: Dogs that engage in high-impact activities or repetitive motions may be at increased risk of joint issues.

Nutrition: Poor nutrition, including diets lacking in essential nutrients or diets that contribute to obesity, can affect joint health.

Hormonal Imbalances: Certain hormonal imbalances, such as those seen in hypothyroidism, can contribute to joint issues.

Infections: Joint infections, such as Lyme disease or bacterial infections, can cause joint issues if not properly treated.

Immune System Disorders: Disorders of the immune system, such as immune-mediated polyarthritis, can lead to joint inflammation and damage.

The great news is that there's lots of scientific evidence to support the incorporation of quality supplements into our dogs' diets to reduce inflammation and assist long-term health and wellness.

Let's start by looking at the top fundamental ways you can support your dog's health starting today.



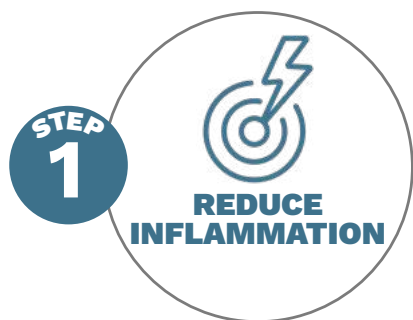
Joint Health Support Starts Here

Joint health issues can be complicated and have various causes that affect more than just your pet's mobility. It's important to identify and address the root causes to fix the problem and improve your pet's overall health, rather than just treating the symptoms.

To best support your canine companion, we have designed a 3-step support strategy to address several underlying causes of poor joint health.*



*As a general rule, pet owners should always seek the guidance of their veterinarian as the first step when their pet displays any concerning symptoms. Only a qualified veterinarian can provide a formal diagnosis and recommend appropriate treatment options tailored to the specific needs of your pet.



P.E.A (Palmitoylethanolamide)

P.E.A is a naturally occurring compound that is recognised for its therapeutic benefits in managing pain and inflammation, making it a primary choice for supporting joint health in dogs.

P.E.A operates through mechanisms that include modulation of the endocannabinoid system. This interaction primarily targets the reduction of inflammatory responses within the body. Such an effect is crucial for managing inflammatory joint conditions like arthritis, extending beyond mere pain relief to address the underlying cause of discomfort in dogs.

Moreover, P.E.A's role in diminishing oxidative stress and lowering levels of pro-inflammatory cytokines underscores its comprehensive approach to combating inflammation. Cytokines play a pivotal role in driving the inflammatory process, and their reduction is key to mitigating the effects of chronic inflammatory conditions.

Omega 3 fatty acids

Omega-3 fatty acids are renowned for their significant therapeutic benefits in enhancing joint health among dogs. These essential nutrients, particularly EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) found in fish oil and other marine sources, such as krill and Green-lipped mussels, are acclaimed for their potent anti-inflammatory properties.

By integrating into cell membranes, omega-3 fatty acids can modify the inflammatory processes at a cellular level, effectively reducing the production of inflammatory compounds. This action can lead to a noticeable reduction in the inflammation associated with joint conditions like arthritis, promoting improved mobility and quality of life for affected dogs.

Additionally, omega-3 fatty acids contribute to the maintenance of healthy joint tissue, offering a holistic approach to joint care by supporting both the structure and function of canine joints.

Rosehip

Rosehip is a natural anti-inflammatory compound used to aid many health conditions, including supporting joint health for dogs. Its remarkable efficacy stems from a rich blend of antioxidants and polyphenols, including vitamin C, vitamins A and E, and beta-carotene. Additionally, rosehip is packed with a powerful array of minerals such as calcium, magnesium, and zinc. These

nutrients, along with bioactive compounds like lycopene and lutein, contribute to its comprehensive health benefits, particularly in reducing inflammation and promoting overall well-being in dogs.

Curcumin

The primary compound in turmeric, known as curcumin, has been identified as a potent anti-inflammatory agent, providing considerable benefits for dogs experiencing joint health issues. Research indicates that curcumin's ability to reduce inflammation can play a crucial role in alleviating joint pain and symptoms of arthritis in dogs. Its effects are comparable to those of some non-steroidal anti-inflammatory drugs (NSAIDs), positioning curcumin as a natural alternative for enhancing mobility and alleviating pain in dogs with joint-related ailments.

Furthermore, the antioxidant characteristics of turmeric contribute significantly to its advantages for joint health. These antioxidants work to counteract free radicals, which are unstable molecules capable of causing cellular damage, including to the cells within joint tissues. By defending against such damage, turmeric aids in sustaining healthy joint functionality and offers relief from the discomfort linked to arthritic conditions.

Vetperine

VetPerine is a natural extract sourced from *Piper nigrum*, or black pepper fruits. This patented extract is known to boost the absorption of other compounds and has been clinically proven to increase the bioavailability of curcumin and the uptake of Vitamin C, thereby enhancing the effectiveness of these compounds.



P.E.A (Palmitoylethanolamide)

Chronic pain is an unpleasant, but common, experience for our pets. One of the most frequent painful conditions in dogs and cats is osteoarthritis (OA). While the prevalence of canine OA published varies, some estimates state that as many as 20% of dogs older than one year and 80% of dogs over eight years have some degree of arthritis present, with an overall prevalence of 92% in domestic cats with a mean age of 9.9 years.*

Building on its established anti-inflammatory advantages, P.E.A's capacity for pain alleviation further underscores its therapeutic value. This dual action makes it particularly effective in managing conditions that involve both inflammation and pain, such as osteoarthritis, hip dysplasia, degenerative joint diseases, spinal cord injury and inflammatory joint disorders in dogs.

Through its action on the endocannabinoid system, P.E.A enhances the body's natural mechanisms for pain regulation, thereby reducing the sensation of pain. This ability to modulate pain perception, coupled with its anti-inflammatory properties, makes P.E.A a comprehensive solution for addressing joint pain in our pets.

The benefits of P.E.A for dogs with joint pain include:

- **Natural Pain Relief:** Helps modulate the body's pain response, providing a natural analgesic effect.
- **Anti-Inflammatory Action:** Reduces inflammation in the joints, contributing to overall pain relief.
- **Enhanced Mobility:** Improves joint function and mobility, allowing for more comfortable movement.
- **Safety Profile:** Well-tolerated with minimal risk of side effects, making it suitable for long-term use.
- **Supports Joint Health:** Contributes to the overall health of joint tissues, ensuring a holistic approach to joint care.
- **No Drug Interactions:** P.E.A can be used alongside conventional pain medications without known drug interactions, enhancing its utility in managing joint pain.

*Animals (Basel), 2021, 11(4): 952. doi: 10.3390/ani11040952



Collagen

Research shows the beneficial effect of orally administered collagen peptides for dogs with osteoarthritis. Collagen itself is hard to digest, so for dogs to take advantage of its natural benefits it needs to be processed into collagen peptides for enhanced bioavailability.

This process, known as ‘hydrolyzation’, involves breaking down the molecular bonds between individual collagen strands and turning them into small peptides, which can then be more readily digested and absorbed by the body.

Benefits of collagen for dogs with joint issues

- **Inflammation Reduction:** Amino acids in collagen, such as glycine, proline and hydroxyproline, help mitigate inflammation, offering relief from joint discomfort.
- **Joint Structure Support:** Collagen is vital for the health of cartilage, tendons, and ligaments, aiding in improved joint function and mobility.
- **Tissue Healing:** Essential for wound healing, collagen supports the repair and regeneration of damaged joint tissues.
- **Antioxidant Benefits:** Collagen's antioxidants combat free radicals, reducing oxidative stress and further protecting dogs' joints from damage and inflammation.
- **Cartilage Growth Activation:** Specific collagen peptides have been shown to stimulate cartilage-producing cells, promoting new growth. This contributes to smoother, more flexible joints and alleviates discomfort.

The use of Fortigel® collagen peptides for 16 weeks in dogs with osteoarthritis resulted in:*

- Improvements in agility
- A reduction in joint tenderness and pain
- Significant reductions in lameness
- Reductions in symptoms after prolonged exercise
- Less pain when jumping, laying down and standing up
- Positive increases in thigh musculature
- Improvements in quality of life

* Mar. Drugs 2021, 19(10): 542. doi.org/10.3390/md19100542

P.E.A Plus

Palmitoylethanolamide (P.E.A) is a natural endocannabinoid-like compound that exerts analgesic, anti-inflammatory and antihistamine effects. P.E.A Plus is formulated with ultra-micronised P.E.A in combination with sunflower lecithin for rapid absorption and optimal bioavailability.

P.E.A has a long track record of use in veterinary medicine with excellent safety and tolerability. Unlike other chronic pain medications, no serious side-effects or adverse drug-drug interactions have been reported in the literature with the use of P.E.A. As such, P.E.A is a suitable addition to standard medication regimes.

Directions for use

Give 1 flat scoop per 10kg of body weight once or twice daily in food, or as recommended by your animal healthcare professional.

Give the higher dose of 1 flat scoop per 10 kg body twice daily for more severe or chronic conditions or to get on top of flare-ups. You can give the higher dose for 2-4 weeks, then reduce back down to a maintenance dose of 1 flat scoop per 10 kg of body weight (ideally, split across two meals)

Ingredients

1 scoop = 1/4 teaspoon = approx. 500 mg of powder, consisting of:

Ultra-micronised Palmitoylethanolamide (P.E.A) 200 mg
Sunflower lecithin 300 mg



Supports nerve & joint health



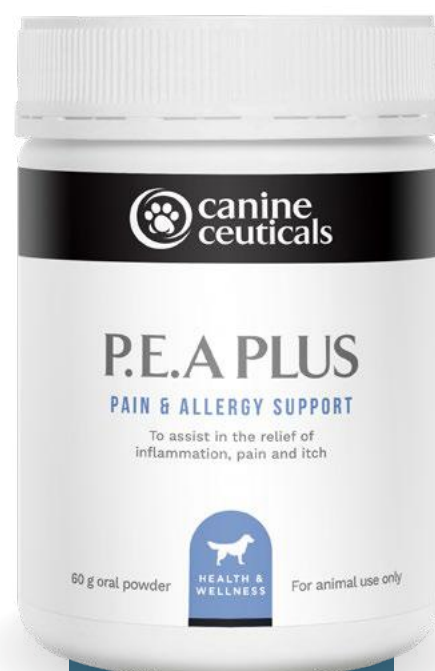
Promotes healthy skin



Aids mobility



Maintains healthy gut function



60 g & 120 g oral powder

[Learn more about this product here](#)



**Want to learn more about P.E.A?
Check out our podcast!**

Collagen Forte

Collagen Forte contains high-quality hydrolysed collagen peptides designed to stimulate joint cartilage metabolism and counteract joint discomfort. Collagen has beneficial effects on mobility in dogs and contributes to the maintenance of connective tissue, joints, ligaments, bone, and skin to keep your dog physically active and enjoying life.

Directions for use

1 scoop = 1 teaspoon = approx. 2 grams of powder

Body weight	1 - 5 kg	6 - 10 kg	11 - 25 kg	26 - 44 kg	> 45 kg
Amount	½ scoop	1 scoop	2-3 scoops	3-4 scoops	5-6 scoops

Give the recommended dose once daily in food, or as recommended by your animal healthcare professional. Allow four to six weeks for best results.

Ingredients

FORTIGEL® 100% pure hydrolysed bioactive collagen peptides (bovine)



Joint and ligaments



Growth and development



Healthy coat and skin



Gut barrier integrity



300 g oral powder

[Learn more about product here](#)



**Want to learn more about collagen?
Check out our podcast!**

Joint Health

VetActiv8 Joint Health is specifically formulated to support canine health and vitality, enhancing energy levels and promoting overall happiness.

It is particularly effective for dogs showing mild arthritis symptoms such as stiffness or walking difficulties, helping to improve their quality of life by easing mobility challenges.

The formula is also beneficial for older dogs experiencing reduced activity or having trouble with actions like jumping or enduring long walks, promoting overall health to maintain their activity and well-being as they age.

VetActiv8 Joint Health uses the patented Curcumin C3 Complex, which provides a minimum of 95% curcuminoids, the key active constituents that reduce inflammation and assist with joint health. The three types of curcuminoids used in the formula are curcumin, demethoxycurcumin and bisdemethoxycurcumin. These curcuminoids are responsible for blocking key inflammatory pathways.

Directions for use

1 scoop = approx. 1 gram

Body weight	< 6 kg	6 - 10 kg	10 - 20 kg	> 20 kg
Loading dose	2 scoops	4 scoop	8 scoops	12 scoops
Maintenance dose	1 scoop	2 scoops	4 scoops	6 scoops

Ingredients

Rosehips, turmeric (237 mg C3 curcumin), VetPerine (extract of black pepper, *Piper nigrum*)



150 g and 450 g oral powder

[Learn more about this product here](#)



Want to learn more about Turmeric vs Curcumin? Check out our podcast!

Antinol Plus

Antinol® Plus is an all-natural supplement that is changing dogs' lives for the better. Each tiny capsule is made from a patented blend of marine lipid oils that are fully traceable, sustainably sourced and free from preservatives and fillers.

Directions for use

Symptoms

Body weight	Up to 22kg	Over 22kg	Timeframe
Loading Amount	2-4 capsules daily	4 capsules daily	2 weeks
Maintenance Amount	1-2 capsules daily	2 capsules daily	Continual

Wellness

Body weight	Up to 22kg	Over 22kg	Timeframe
Amount	1 capsule	1-2 capsules	Daily / Every other day

Ingredients

Each capsule contains 50 mg of patented marine lipid extract EAB-277:

- 30 mg Perna canaliculus lipid fractions (Green-lipped mussel)
- 20 mg proprietary Euphausia superb (Krill)

Antinol Plus capsules are not bleached. Fatty acid crystals may appear that look like cloudy sediment; this is normal and does not affect the integrity or performance of the product.

Caution

No known contraindications and able to be used when there is an inability to take traditional NSAIDs.

The safety of this product has not been tested in pregnant and lactating animals.

May contain a minute amount of tropomyosin protein.



Available in 60, 90, 180 and 720 capsules

[Learn more about this product here](#)



Book Here

If you are looking for further bespoke support, we offer health consultation services for dogs, designed to meet the varying needs of pet owners and their companions. These consultations are available after a veterinary diagnosis has been provided.

These custom health consultations come with an option to purchase individual tailored herbal tonics. A Custom Blend is the perfect approach to more specifically target your dog's health needs and concerns.

Essential Digestive Health Solutions for Your Dog

For dogs suffering from more severe or chronic gastrointestinal issues we have the Essential Digestive Health Solutions Guide. This free guide helps you learn the indicators of poor digestive health so you can become more informed on how to best care for your canine's gut and overall wellbeing.

Click on the guide on the right to visit the resources page on our website and download the free guide.



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Natural Health for People and Pets



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CanineCeuticals™ provides a premium, human-grade supplement range for dogs.

We fuse ancient traditional medicine with the latest scientific evidence to create the most effective health solutions for your pet.

Created by an accredited Clinical Naturopath, Nutritionist and Herbalist, CanineCeuticals™ offers a more holistic approach to supporting the core health of your dog to ensure they receive the best health outcome possible.

CanineCeuticals™ uses human-grade ingredients (locally sourced in Australia wherever possible) to create pet-friendly oral powders, oral liquids and soft gel capsules.

We believe that good health starts from the inside out, which is why we provide full support for your dog's foundational health across all life stages.

Our range of products targets everything from allergy support to digestive health, joint health, emotional wellbeing, immune support, general health and wellness, nutritional support, and even liquid herbal solutions. With our full ingredient transparency, you can rest assured that your pet is getting the best possible care.



Narelle Cooke, accredited Clinical Naturopath, Nutritionist and Herbalist - Founder of CanineCeuticals™

I created CanineCeuticals™ because I'm passionate about the wellbeing of our pets.

With three French Bulldogs, one German Shepherd, one Rottweiler and one Burmese cat myself, I wanted to see my own pets live their best and longest life.

But like many pet parents out there, I became increasingly disappointed and frustrated with the quality of the products available on the market, finding that, more often than not, they contained inferior ingredients along with artificial colours, flavours and preservatives, which are simply not in the best interest of our pets overall health and longevity - and so CanineCeuticals™ was born!



Healthcare that
you would expect
for yourself.



canine
ceuticals™