

VF Omega-3

AVAILABLE SIZE:
90 Softgels

OMEGA-3 SUPPORT
FOR PETS



BENEFITS OF VF OMEGA-3:

VF Omega-3 delivers concentrated EPA and DHA fish oil in softgel form to bridge the nutritional gap and help support:

- The pathways that regulate joint health
- Heart health
- Canine healthy skin and coat
- The central nervous system
- Brain development of puppies and kittens

Dose Size: 1 Softgel

Doses per Container: 90

Ingredients: Fish oil concentrate (from anchovy and sardine), gelatin, water, glycerine, rosemary, and astaxanthin.

Guaranteed Analysis:

EPA (min)	250 mg / softgel
DHA (min)	200 mg / softgel

Dose Schedule:

Cats and Dogs <10 lbs.	Consult veterinarian
Cats and Dogs 10-20 lbs.	1 softgel / day
Dogs 21-40 lbs.	2 softgels / day
Dogs 41-60 lbs.	3 softgels / day
Dogs 61-80 lbs.	4 softgels / day
Dogs 81-100 lbs.	5 softgels / day
Dogs 101-120 lbs.	6 softgels / day

Or as directed by your veterinarian.

Softgel may be consumed whole or snipped and the oil applied directly to your pet's food.

The Case for Omega-3 Supplementation:

Omega-3 and omega-6 fatty acids — which aren't produced by the body, and need to be provided by nutritional sources — support a number of critical body systems. Joints, skin, the immune system, and the nervous system can benefit when these important nutrients are in balance. When they're out of balance (which is a common occurrence), animals are left vulnerable to a number of issues.

What Causes an Imbalance Between Omega-3s and Omega-6s?

- For many dogs and cats, their diets tend to be higher in omega-6 fatty acids
- Grains and oils rich in omega-6s have been largely used in feed for farm animals
- Today's meat and egg sources are now richer in omega-6s and poorer in omega-3s¹
- Modern aquaculture produces fish that contain lower levels of omega-3s than wild fish²

EPA and DHA: What Are They? Why Are They Important?

- Eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) are essential fatty acids associated with a number of potential health benefits
- A direct nutritional supply of EPA and DHA is essential for optimal health
- VF Omega-3 delivers concentrated EPA and DHA sustainably sourced from anchovies and sardines

Omega-3 Index for Pets Test

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Measure Omega-3 Status

Measuring blood levels of omega-3s like EPA and DHA can help to determine appropriate and therapeutic supplementation.



The Omega-3 Index for Pets is a blood test (to be administered by a veterinary professional) that measures the amount of omega-3 fatty acids in red blood cells — a marker that is correlated with overall health. In humans, this index is well-established and has been studied to be a strong predictor of good health.³ Once you know the Omega-3 Index, you can supplement the dog's diet to modify their EPA and DHA levels in the body. Retesting is recommended in 3-4 months to ensure the index has reached a new level.

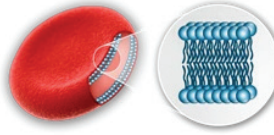
MEASURE: You won't know if a dog's balance of fats is optimal unless they're measured

MODIFY: A low index can be improved by increasing omega-3 intake

MONITOR: Track how dietary changes affect blood levels by testing regularly

How is the Omega-3 Index Derived?

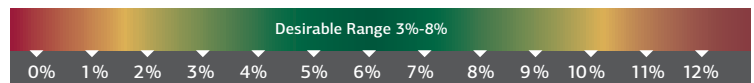
A Blood test that measures the amount of Omega-3 fatty acids (EPA and DHA) in red blood cell membranes and expressed as a percent of total fatty acids.



There are 64 fatty acids in this model membrane, four of which are EPA or DHA.
 $4/64 = 6.25\%$
Omega-3 Index = 6.25%

What is a Desirable Omega-3 Index?

The optimal omega-3 index range for dogs is 3-8%*.



*Reference range encompasses 99% of the fatty acid levels in dogs by OmegaQuant.

5 Simple Steps

1. COLLECT SAMPLE

Follow the step-by-step instructions to collect the sample. Only a few drops of blood are needed.

2. REGISTER KIT

Visit [OmegaQuant.com/Start](https://www.omegaquant.com/Start) to enter the unique bar code on the sample collection card.

3. MAIL SAMPLE

Put the sample in the prepaid return envelope and drop it in the mail.

4. GET RESULTS

You will get emailed results in 2-4 weeks.

5. CONSULT WITH PET OWNER

Provide guidance and recommendations to modify and supplement dog's diet.

REFERENCES

1. Biagi G, MAL, Cocchi M., Mordenti A. The role of dietary omega-3 and omega-6 essential fatty acids in the nutrition of dogs and cats: a review. *Progress in Nutrition*. 2004;6.
2. Van Vliet T, Katan MB. Lower ratio of n-3 to n-6 fatty acids in cultured than in wild fish. *The American journal of clinical nutrition*. 1990;51:1-2.
3. Michael I McBurney, Nathan L Tintle, Ramachandran S Vasani, Aleix Sala-Vila, William S Harris. Using an erythrocyte fatty acid fingerprint to predict risk of all-cause mortality: the Framingham Offspring Cohort. *The American Journal of Clinical Nutrition*. 2021