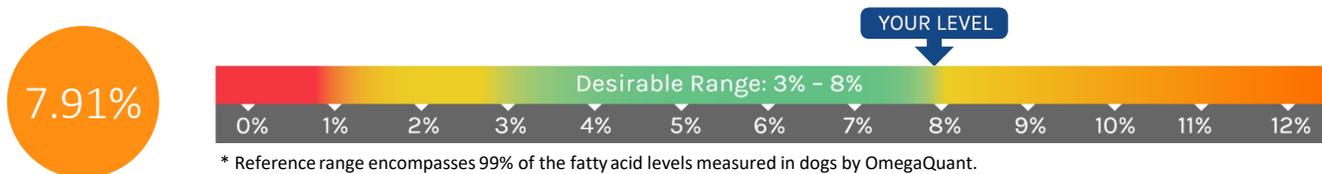


Omega-3 Index for Dogs

NAME: Fido	COLLECTION DATE: 05/10/2021
DOB: 12/25/2020	RESULT DATE: 05/12/2021
WEIGHT: 35 lb	PROVIDER: Dr. Vet
OWNER: Joe Owner	ACCOUNT: Consumer
SAMPLE ID: USTE12345	

Omega-3 Index



The Omega-3 Index is the proportion of long-chain omega-3s, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), divided by all fatty acids in red blood cell membranes. It reflects the omega-3 status over the last 4 months. As a part of an overall healthy lifestyle, an Omega-3 Index of 3-8% may help to support your dog's coat, skin, joint and immune system health. To increase your dog's Omega-3 Index, include foods rich in EPA and DHA, like fish, fortified dog foods, or omega-3 supplements in their diet.

The amount of EPA and DHA needed to achieve an Omega-3 Index will be different for every dog due to dietary, metabolic and genetic factors individual to your dog. Routine testing and changing the amount of EPA and DHA in the diet of your dog with the guidance of your veterinarian should be used to determine the appropriate dose of EPA and DHA needed to maintain an optimal Omega-3 Index. The [National Research Council](#) recommends a supplemental dose of EPA and DHA at 50-75 mg/kg/day with the safe upper limit of 2800 mg EPA+DHA per 1000 Calories. Below is a suggested dosage chart to correct a low Omega-3 Index, based on [Mehler et al.](#)

Dog weight (kg)	EPA+DHA Dose (mg/day)
4 to 14	720
15 to 27	1440
28 to 41	2160
Over 41	2880

Please consult with your veterinarian before making any changes to your dog's diet or supplement regimen. The most efficient way to raise your dog's Omega-3 Index is to incorporate more omega-3 EPA and DHA from fish, fortified dog food, or supplements into their diet. Omega-3 fatty acids from flaxseed oil (alpha-linolenic acid, or ALA) will have little to no effect on the Omega-3 Index. A dog's conversion of ALA to EPA and DHA is low, therefore, ALA is not an effective substitute for EPA and DHA. It will take 3-4 months for the Omega-3 Index to reach its new level and we recommend re-testing at that time. Once your dog has achieved the desirable Omega-3 Index, it is advised to re-check their values every 6-12 months.