

## 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-3s<sup>1</sup>
- Modern aquaculture produces fish that contain lower levels of omega-3s than wild fish<sup>2</sup>

## 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

OMEGA-3 SUPPORT  
FOR PETS

## 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.<sup>3</sup> 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.

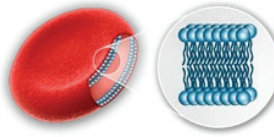
**MEASURE:** You won't know if a dog's balance of fats is optimal unless they're measured

**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?

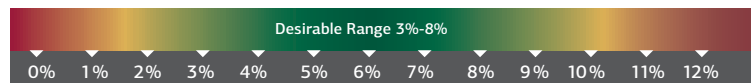
A Blood test that measures the amount of Omega-3 fatty acids (EPA and DHA) in red blood cell membranes and expressed as a percent of total fatty acids.



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://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