

BEFORE YOU BUY THAT SUPPLEMENT...

1 REMEMBER: SUPPLEMENTS ARE OPTIONAL

Before spending money on supplements, make sure you've addressed the bigger-ticket items first:

- Weight management
- Appropriate exercise
- Home adaptations
- Veterinary-prescribed treatments

These have far stronger evidence than any supplement.

2 CAN YOU AFFORD IT LONG TERM?

Supplements only have a chance of helping if given consistently over time. If the cost isn't sustainable, your money may be better invested elsewhere.

3 IS IT SUITABLE FOR YOUR DOG?

Consider:

- Other health conditions (kidney, liver, digestive disease etc.)
- Current medications
- Potential interactions

If unsure, speak to your veterinary team.

4 IS IT A CREDIBLE PRODUCT?

Look for:

- ✓ Evidence-informed ingredients (marine omega-3s, green-lipped mussel, collagen)
- ✓ Clear ingredient amounts and dosing instructions
- ✓ Batch numbers and quality control
- ✓ A company with a real website, address and contact details

Be cautious of products relying heavily on glucosamine or chondroitin as their main selling point, as recent reviews show little to no benefit for OA.



5 IGNORE THE HYPE



Be wary of products that:

- X Promise to cure, reverse or prevent arthritis
- X Make dramatic claims without evidence
- X Rely heavily on testimonials and social media marketing

If it sounds too good to be true, it probably is.

6 SET A GOAL, MONITOR, AND BE PREPARED TO STOP



Before starting, decide what success would look like:

- More good days?
- Better mobility?
- Fewer flare-ups?

Track progress using tools such as CAM's Good Day/Bad Day diary. 



Most supplements need weeks to months before any potential benefit appears. If you see no meaningful improvement after a fair trial, it is completely reasonable to stop.

A FINAL THOUGHT...

Some supplements can make a genuine difference for some dogs.

Our aim isn't to put you off using supplements. It's to help you spend your time, money and hope wisely.

Be curious, be discerning, monitor carefully, and **remember that supplements are there to supplement a plan, not be the plan.**

