



PROGRAMME FOR DOGS AND CATS

Joint Support Programme

Osteoarthritis is more than wear and tear. Low grade inflammation, pain, an energy shortage in cartilage cells and the gut and joint axis all play a part. This programme therefore works in layers that build on each other, alongside weight, exercise and the veterinarian's pain management.

Who is it for?

Osteoarthritis

Joint wear

Hip or elbow dysplasia

Stiffness after rest

Chronic joint pain

Prevention in puppies and large or active dogs

After orthopaedic surgery

The programme at a glance

Start

WITH CHRONIC
OSTEOARTHRITIS
Gut Restoration
Programme

Layer 1

LONG TERM
Preventive base

Layer 2

WITH PAIN OR
STIFFNESS
Pain support

Layer 3

WITH CHRONIC
OSTEOARTHRITIS
Chronic

Lifestyle: the strongest lever

- Keep your animal lean. Every kilo less takes load off the joints straight away.
- Regular, calm daily exercise in straight lines works better than occasional intense activity.
- Non slip mats, a good orthopaedic bed and help with stairs and the car prevent overload.

What you may notice

Weeks 1 to 2

Fewer pain reactions and easier getting up.

Weeks 2 to 6

Less stiffness after rest and smoother movement.

Months 2 to 3

Cartilage recovery, a slower process, and more playfulness.

From month 3

Maintenance. Only adjust pain medication in consultation with the veterinarian.

A fair judgement of the structural effect takes at least three months. No improvement after six weeks? Consult your practitioner.

For every joint patient and as prevention: in large breeds already during growth as a puppy, otherwise from 2 to 5 years of age depending on the size of the dog. Aim: building cartilage and slowing wear.

Mobility Support

Type II collagen, hyaluronic acid and growth factors from eggshell membrane as cartilage building blocks.

O-Mega Blend

Omega-3 from calanus oil reduces inflammation and supports joint fluid.

Histamine Balance

MSM as a building block and quercetin against low grade inflammation.

Layer 1 plus:

PEA Complex

Supports pain regulation through the body's own system.

CBD oil

Optional, especially when pain and stress reinforce each other.

Layers 1 and 2 plus:

Liposomal Curcumin

Reduces inflammation and the enzyme that breaks down cartilage.

Mycos Immune Complex

Beta-glucans that help temper inflammation in the joint.

Liposomal Co-enzyme Q10

Supports energy production in cartilage cells.

Shilajit

Optional with long term use.

Dosing. First month: the therapeutic dose twice daily, then once daily. Cats and CBD oil: start with 1 drop 2 to 3 times daily, at most 2 to 3 drops per dose.

Safety

- Is your animal on painkillers (NSAIDs such as meloxicam or carprofen), Librela or prednisolone? Combine in consultation; only taper through the veterinarian.
- See the veterinarian straight away with sudden lameness, not putting a leg down, a swollen or warm joint, fever or back or neck pain.
- Cats hide pain. Jumping less or grooming less can be a sign of osteoarthritis.

PERSONAL ADVICE FROM YOUR PRACTITIONER

Animal's name

Start date

Dose

Additional consultation with practitioner, if needed

Additions from other programmes, if any