



Natural Animal Solutions

"Quality products for dogs, cat and horses"

Omega 3, 6 & 9 for cats, dogs and horses Product Information

There is a misconception in the pet industry that (Omega 6) 5:1 (Omega 3) supplements are the correct ratio for pets. Many companies promote this view. This "**used to be**" the correct value for an Omega supplement for both humans and pets. I will explain why a supplement ratio of Omega 6: Omega 3 of 5:1 is no longer applicable for this day and age and why it is detrimental to pet health.

THE FACTS

- Omega 6 is easily obtainable through grains, meat, poultry and eggs. A food source readily available for cats and dogs.
- Omega 6 values are high in commercial pet feeds, more than their nutritional requirements.
- Omega 3 are unstable, and are easily destroyed (turn rancid) by heat, light, and oxidation (contact with oxygen). As such they are easily destroyed by normal cooking and processing techniques used today, and will deteriorate more quickly in pet food products than will Omega 6 fats. Because of this, pet food manufacturers have selectively used food groups high in Omega 6 and low in Omega 3 (cereals and oils like safflower, sunflower, corn oil/meal and olive oil have little or no Omega 3). The effect of this with regard to essential fatty acid intake, has been a dramatic shift from a natural dietary intake of 3-5 parts Omega 6 to 1 part omega 3, to a massive imbalance of 25-30 parts Omega 6 to 1 part Omega 3. (1)

Food Analysis

Below are the list of ingredients for the two leading pet food brands in China and around the world.

In **BOLD** are the many ingredients that are high in Omega 6 and have little or no Omega 3. (Some pet foods do add omega 3 in the form of fish meal and fish oil. This becomes easily rancid in commercial feeds and little or no Omega 3 nutrition remains).

This basic analysis shows the abundance of foods rich in Omega 6. Far more than recommended by our 5:1 ratio. By adding Omega supplements with a further 5:1, we can clearly see how the balance of Omega 6 to Omega 3 can be as high as 30:1.

Eukanuba

Chicken, Chicken By-Product Meal, Corn Meal, Ground Whole Grain Sorghum, Ground Whole Grain Barley, Chicken Fat (preserved with mixed Tocopherols, a source of Vitamin E), Natural Chicken Flavor, Brewers Rice, **Dried Beet Pulp**, Fish meal, **Dried Egg Product**, Brewers Dried Yeast, Potassium Chloride, Salt, Vitamins (Vitamin E Supplement, Beta-Carotene, Ascorbic Acid, Vitamin A Acetate, Calcium Pantothenate, Biotin, Vitamin B12 Supplement, Thiamine Mononitrate (source of Vitamin B1), Niacin, Riboflavin Supplement (source of Vitamin B2), Inositol, Pyridoxine Hydrochloride (source of Vitamin B6), Vitamin D3 Supplement, Folic Acid), Flax Meal, Sodium Hexametaphosphate, Fish Oil (preserved with mixed Tocopherols, a source of Vitamin E), Calcium Carbonate, Choline Chloride, Minerals (Ferrous Sulfate, Zinc Oxide, Manganese Sulfate, Copper Sulfate, Manganous Oxide, Potassium Iodide, Cobalt Carbonate), Dried Chicken Cartilage, DL-Methionine, L-Carnitine, Rosemary Extract.

Royal Canin

Chicken meal, brewers rice, chicken, ground yellow corn, beet pulp, chicken fat, natural flavor, brewers dried yeast, fish meal, powdered cellulose, fish oil, sodium caseinate, **dried egg product, chicory extract**, DL-methionine, potassium chloride, monosodium phosphate, choline chloride, calcium carbonate, L-lysine, salt, zinc proteinate, vitamin E supplement, ascorbic acid, zinc oxide, manganese proteinate, copper proteinate, extract of rosemary, manganous oxide, iron proteinate, copper sulfate, vitamin A acetate, niacin supplement, calcium pantothenate, sodium selenite, vitamin B12 supplement, vitamin D3 supplement, riboflavin supplement, pyridoxine hydrochloride, calcium iodate, thiamine mononitrate, biotin, folic acid.

Why do companies still promote 5:1? The answer is simple. Inexpensive to manufacture. Sunflower oil is the main ingredient to many 5:1 supplements. Sunflower oil is 5 times cheaper than the price of Omega 3 oils, Fish and Flax.

- In order to dilute the amount of Omega 6 in a pet's diet, our supplements must be higher in Omega 3 than Omega 6 for a pet's overall diet to be close to the 5:1 ratio.
- The effect of this imbalance is most dramatic on the immune system, and in the skin. In the immune system, a correct balance of Omega 3 and Omega 6 will direct the cells to react in a less reactive, less inflammatory pathway. However, an excess of Omega 6 and deficiency of Omega 3 will result in a pro-inflammatory, over-reactive immune system (stimulation of histamine-releasing cells). This results in abnormally strong immune reactions to normal or mild allergenic stimuli; Omega 3 deficiency has been linked to hay fever, allergies, cancer and arthritis. (2)

In the skin itself, Omega 3 deficiency actually damages the outer layer of the skin. The skin has a fine fatty layer that covers the skin and hair shafts and is a waterproof, impermeable layer that also functions as an antibacterial layer. If this layer is deficient in Omega 3, it loses its waterproof barrier, and the skin and hair becomes dry, flaky and brittle (like dandruff). The antibacterial layer is also damaged, allowing bacteria to invade into the skin and cause superficial infections (pyoderma/hot spots), and this in turn causes irritation to the pet. The result is a dry, flaky coat, with no shine and itchy skin. (3)

In conclusion, a 5:1 ratio of Omega 6: Omega 3 is correct. In order for our pets to have a perfect balance of this ratio in their diet, we must dilute Omega 6 rich diets with supplements high in Omega 3.

Remember, commercial pet feeds saturate the diet with Omega 6. Far higher than the ratio of 5:1. So our pet's diet is already higher than 5:1. By supplementing further with a 5:1 Omega oil supplement we are increasing the omega ratio to approx 25-30 (Omega 6):1 (Omega 3).

By supplementing with Natural Animal Solutions Omega Oil, which is Omega 3 rich, a pet's diet will be closer to the correct balance of 5:1.

By Jacqueline Rudan
Animal Naturopath

Natural Animal Solutions Omega 3, 6 & 9 supplement range comes in 500ml and 1 litre bottles for dogs, 200ml for cats and 20 litres for horses.

Natural Animal Solutions Omega 3, 6, & 9 Oil can be used for:

- Inflamed skin conditions
- Skin allergies
- Dry dandruffy skin
- Itchy skin
- Arthritis, Osteoarthritis and Rheumatism
- Increasing body condition
- Increasing energy
- Obtaining a shiny coat

Ingredients

Cod liver Oil:

- High in Omega 3
- Contains Vitamin A
- Contains Vitamin D
- Highly absorbable for dogs and cats

Flax Oil:

- High in Omega 3

Sunflower Oil:

- Omega 6
- Omega 9

Olive Oil:

- Omega 6
- Omega 9

Vitamin E:

- Antioxidant



References

- (1) Dr. Bruce Symes, Australian veterinarian, specialized in Natural therapies for animals. (2006)
- (2) Dr. Bruce Symes, Australian veterinarian, specialized in Natural therapies for animals. (2006)
- (3) Dr. Bruce Symes, Australian veterinarian, specialized in Natural therapies for animals. (2006)