



Omega 3 Fatty Acids for a Healthy Coat

By Royal Canin Scientific Communications

For your pet to have the healthiest coat, it is important to consider the health of the skin underneath. The skin's health can be dramatically affected by adequate nutrition and proper grooming.

Different types of fats have different roles in the skin. Some provide energy for skin cell turnover. A group of fats called omega 3 fatty acids are associated with improving the skin's appearance and function. EPA and DHA are specific omega 3 fatty acids that help reduce inflammation in the skin. Supplementing with these two fatty acids improves the sheen of the coat and reduces scaling. EPA and DHA are also good for the joints, brain, GI tract, and kidneys. Fish oils are a good source of these omega 3 fatty acids in pet foods.

Proper grooming also helps keep skin healthy. Medicated baths, skin treatments, and frequent brushing are keys to maintaining skin health. Omega 3 fatty acids can also be applied in topical formulations with excellent results. Professional grooming can have a tremendous impact on the skin.

By providing targeted nutrition and frequent trips to the groomer, we can keep our pet's skin looking good for years to come.