



It is believed that some species of animals (dogs and cats included) cannot convert linolenic acid to the other essential omega-3 fatty acids, EPA and DHA. For this reason dogs and cats should also be supplemented with oil that contains EPA and DHA; versus one that supplies omega-3 fatty acids solely from linolenic acid.

Another important factor when discussing essential fatty acids is balancing the omega-3 to omega-6 in your pet's diet. At this time less is known about the benefit of omega-9 fatty acids for our pets. Omega-6 fatty acids tend to be seen as pro-inflammatory, whereas omega-3 fatty acids are viewed as anti-inflammatory – each playing their own role in various functions of the body. Balancing them, to a certain extent, is based upon these principles. Because omega-6 fatty acids are supplied in the diet it fits best into this theory to give your pet oil containing primarily omega-3 fatty acids (especially one including EPA and DHA).

# Selecting the Proper

# Essential Fatty Oil

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## Selecting the Proper Oil

With so many products on the market, each with different benefits, it can be overwhelming at times to wade through the information. A brief background on the essential fatty acids themselves should help give more insight when deciphering the label as well as the decision process.

### Omega-3 fatty acids:

Linolenic acid Eicosapentaenoic acid (EPA)

Docosahexaenoic acid (DHA)

### Omega-6 fatty acids:

Linoleic acid

Gamma-Linolenic acid (GLA)

### Omega-9 fatty acids:

Oleic acid

The essential fatty acids (omega 3,6 and 9) are necessary components for reproduction, formation of cell membranes, normal hair development and wound healing. Omega-6 fatty acids are naturally found in animal based protein sources and are therefore readily supplied by the raw diet. Omega-3 fatty acids can be found in both animal (i.e. fish/marine oils) and plant sources, although the plant based sources (i.e. flax and hemp seeds) only supply linolenic acid.



The following information is a comparison of various oils available in an attempt to make the decision for you an easier one:

Oil	Omega 3	Omega 6	Omega 9	Pros	Cons
3-6-9	Linolenic acid, EPA, DHA	Linolenic acid, GLA	Oleic Acid	Contains all of the omega fatty acids- preserved with vit. E	Most of the Omega-3 comes from linolenic Contains flax seed oil*
3-6-9 Vegetarian	Linolenic acid	Linolenic acid, GLA	Oleic Acid	Contains all of the omega fatty acids- preserved with vit. E	Most of the Omega-3 comes from linolenic No fish oils used Contains flax seed oil*
6 in One	Linolenic acid			Contains a blend of 6 oils – including salmon oil	The Omega-3 comes from only linolenic acid. Contains flax seed oil*
Arctic Vigor	Linolenic acid, EPA, DHA	Linolenic acid	Oleic Acid	Contains primarily Omega-3 from EPA and DHA	Also supplies Omega-6 although to a lesser degree than other oils
Flax Seed*	Linolenic acid			Contains Vit A & E	The Omega-3 comes only from linolenic acid
Hemp Seed	Linolenic acid	Linolenic acid, GLA		Contains both Omega 3 and Omega-6 fatty acids	The omega-3 comes only from linolenic acid
Evening Primrose		Linolenic acid, GLA		Contains Vit. A & D	Does not provide Omega-3 fatty acids
Cod Liver	Linolenic acid			Contains Vit. A & D	Minimal Omega-3 compared to straight fish oil
Halibut Liver	Linolenic acid			Contains Vit. A & D	Minimal Omega-3 compared to straight fish oil
Salmon	EPA, DHA			Provides both EPA & DPA	Capsule form- may be harder to administer
Tuna	EPA, DHA			Provides both EPA & DPA	Capsule form- may be harder to administer

\* Flax Seed is a grain and may cause allergic reactions in dogs with grain allergies