

SUPPLEMENTS of NOTE

Phycox is a joint supplement that REALLY helps an old dog's hips. It's a combination of Glucosamine PLUS Resveratrol, Turmeric and Astaxanthin – PLUS a multi vitamin at a decent price point, long range performance statistics and ease of administration. This is a superior arthritis supplement. It is not as good as Deramax or a steroid which are actual medicines.

NAC is "n-Acetyl-Cysteine" which is an amino acid. We don't need much. But one day, someone gave a TON of it to some people and animals. They found out that it was POWERFULLY "anti-oxidant" and all that implies. It's a building block of "glutathione" the master antioxidant in mammals. Giving NAC provides: Antioxidant benefits, neuroprotective benefits (It's good for dogs that are 'losing it in the back legs' getting wobbly.) and "Old dog" respiratory and gastrointestinal frailty. But mainly I recommend it as a good, cheap antioxidant for older dogs. Amazon.com Dosing chart: drjohnson.com/nac

NAC Dose: 500-1800mg by mouth once a day

DHEA is 'de-hydro-epi-androsterone. In dogs, cats and people it functions as an "echo" of the anabolic and metabolic hormones estrogen and testosterone. It's powerful enough to be illegal in Canadian sports. But not enough to be illegal in US or EU sports. It builds strength and lean muscle mass in elderly dogs losing it in the back legs. It has been documented to have anti-cancer properties. Dogs should get 100mg per 10 pounds - up to a maximum (for very large dogs) of 700-800mg per day. Source, consider 100mg capsules from Amazon.com

DHEA Dose: 100mg per 10 – 20 pounds once a day

Geranyl Geraniol - is one of the most potent anti-oxidants you could take by mouth. It's a terpenoid and it downregulates the mavelonate pathway decreasing cholesterol, enhancing the synthesis of testosterone/estrogen, increasing energy production. Overall, it boosts energy in older dogs, functions as an amazingly powerful antioxidant, and is a very good foil to potentiate the benefits of DHEA. 150mg per day by mouth for dogs. Dogs under 10 pounds should start at every other day. Source, consider GG-Gold 150mg capsules from Amazon.com

Geranyl Geraniol Dose: 150mg per day

Vitamin C - Ascorbic Acid: given in large doses (up to 1 gram per twenty pounds especially against cancer and malignant arthritis) has been shown to increase bone density, boost the immune system by a considerable amount, is powerfully anti-oxidant, is safe, is cheap, and is easy to give in a gummy-format or capsules dipped in Cheese Whiz. Source, consider Amazon.com

Ascorbic Acid Dose: 250mg per ten pounds once a day.

Resveratrol – Astaxanthin – Turmeric (Just keyword search any of those words at drjohnson.com)

(<https://drjohnson.com/astaxanthin-resveratrol-and-turmeric-for-dogs/>)

This combination is getting good remarks from customers who are going with this trio of supplements. All three of these are safe, affordable and easy-to-give anti-oxidants that work well in dogs. SO WELL in fact that they're the "secret sauce" in Phycox' success with arthritic hips and knees.

Dose: <https://drjohnson.com/astaxanthin-resveratrol-and-turmeric-for-dogs/>