

Vitamin E May Ease Mild Arthritis in Dogs

Vitamins and nutraceuticals can help control arthritis when used in conjunction with other medications.

By Jon Geller, DVM

Q. Can vitamin E help a dog's arthritis pain? If so, what is the proper dosage for a dog weighing 20 pounds?

A. Vitamin E may help arthritis a little, but arthritis is a disease that usually requires some powerful medications to really control. Vitamins and nutraceuticals, such as glucosamine and chondroitin, can be helpful in controlling milder cases, or help reduce the amount of prescription medication needed in more severe cases.

The correct dose of vitamin E is 10 to 20 units per day, depending on your dog's size. Higher doses have been given, but the risk of side effects, including internal bleeding, increases as the doses get higher.