



## HEALTH BITES

By Deb Rising

[goldencanis@yahoo.com](mailto:goldencanis@yahoo.com)

Many of us use over-the-counter drugs to help our dogs when they become sick or uncomfortable. As always, check with your veterinarian before administering any medication. There are a number of herbal

supplements that can support your dog's different body systems. If you have a dog with valley fever or cancer, or if you would like more information on herbal support, please feel free to e-mail me.

Following is a list of over the counter drugs/vitamins/supplements that are considered safe to use. It is by no means exhaustive, but it does contain many of the more commonly used substances. **Golden Retrievers can be given the recommended human adult dose of these medications.** As my own disclaimer, I do not encourage anyone to medicate an animal without a veterinarian's knowledge.

MEDICATION	DESCRIPTION	DOSAGES	ADDITIONAL INFO
<b>Activated Charcoal Suspension</b> (a.k.a. micronized charcoal)	Absorbs toxins; used to treat ingestion of poisons	3 to 6 ml per pound given orally; repeat dose in 1 hour (5 ml equals 1 tsp)	
<b>Aspirin</b> (baby) or <b>Bufferin</b> ( <b>Ascriptin</b> )	Pain reliever	5 to 12 mg per pound given orally every 8 to 12 hours	Never use in conjunction with cortisone (steroids) or if a bleeding disorder is present; should not be used post-surgically due to anticlotting effects; long-term use can lead to gastric irritation, ulceration, and bleeding
<b>Benadryl</b>	Antihistamine	1 to 2 mg per pound given orally every 6 to 8 hours	
<b>Beta-carotene</b>	Beta-carotene is a precursor to vitamin A; it is converted to vitamin A by the dog's body and is not toxic, so it can be given safely in place of vitamin A, which can be toxic in high doses	20-lb dog: daily a dose of beta-carotene equivalent to 10,000 IU of vitamin A; for short-term use for 20-lb dog: daily dose of beta-carotene equivalent to 1,000 IU of vitamin A.	
<b>Chlorpheniramine</b>	Antihistamine	20-pound dog: 2 mg orally every 8 to 12 hours; at no time should the dose exceed 12 mg	A good brand name to look for is Chlor-Trimeton
<b>Chondroitin Sulfate</b>	A naturally occurring compound made up of a combination of protein and carbohydrates; protects joints and can be used to treat arthritis	50-pound dog: 1,000 mg daily	Often used in combination with glucosamine sulfate; if using both, give your dog half doses of each
<b>Cod Liver Oil</b>	Used to treat corneal ulcers and/or erosions	1 drop in affected eye daily	Before treating, check with your vet; corneal ulcers and erosions can be quite dangerous, so it is best to use this treatment with veterinary supervision
<b>Colloidal Silver</b>	A suspension of tiny silver particles in water	Topical use: flush burns and wounds 3 times per day	Sometimes used in valley fever treatments
<b>Cranberry</b>	Herb used to treat urinary-tract problems	20-pound dog: 1/4 of the recommended adult human dose	Best used in tablet form
<b>Dandelion</b>	Herb with diuretic properties used to help reduce pulmonary congestion	20-pound dog: 1/4 of the recommended adult human dose	Best used in tablet form

MEDICATION	DESCRIPTION	DOSAGES	ADDITIONAL INFO
<b>Dimethylglycine (DMG)</b>	Vitamin-like supplement that can be used as an immune system stimulant	Under 25 lbs: 50 mg; 26-50 lbs: 100 mg; 51-90 lbs: 150 mg; over 90 lbs: 200 mg	Different companies use different concentrations of DMG in their solutions, check the concentration of mg per milliliter listed on the bottle and calculate the amount in ml to give your dog
<b>Echinacea</b>	Herb used to promote healing of wounds and improve immune system	20-lb dog: 1/8 of the recommended adult human dose; use for 10 days then a 7-day rest; stop use after three 10-day trials	Obtain organic, freeze-dried sources when possible
<b>Flaxseed Oil</b>	Herbal oil that encourages healthy skin and a full hair coat; a natural anti-inflammatory agent and immune modulator	20-lb dog: equivalent of 1/4 to 1/2 of recommended adult human dose; <b>Goldens can receive the recommended adult human dose</b>	Keep refrigerated so that the oil doesn't become rancid; purchase a human-grade, organic, cold-pressed form of the oil
<b>Gatorade</b>	Sugar and electrolyte drink; can be used to prevent dehydration when treating repetitive vomiting and diarrhea	Put 1/4-inch in bowl in place of water; when dog empties bowl, wait 20 minutes, then place another 1/4-inch in bowl; repeat until vomiting subsides	
<b>Glucosamine Sulfate</b>	Naturally occurring compound of protein and carbohydrates; protects joints and can be used to treat arthritis	50-lb dog: 1,000 mg daily; Goldens with hip dysplasia: give a minimum of 1,500 mg daily	Often used in combination with chondroitin sulfate; if using both, give the dog half doses of each
<b>Iodine</b>	Mineral that prevents goiter (enlargement of thyroid gland)	20-lb dog should be given 1/8 of recommended human dose	Give in the form of kelp tablets
<b>Kaopectate</b>	Absorbent used to treat diarrhea and vomiting	0.5 to 1.0 ml per pound given orally every 2 to 6 hours	
<b>Lactobacillus</b>	The "good" bacteria naturally present in the intestines of healthy animals; controls the "bad" bacteria and yeast; synthesizes B vitamins and provides cells of the intestinal lining with fatty acids	20-lb dog: 1/4 of recommended adult human dose	When purchasing, opt for high-quality brand-name products that are kept in refrigerated areas of the store in order to ensure that the viability of the live bacteria is maintained
<b>Lecithin</b>	A fat found in animal and plant tissue; used to help strengthen sphincter muscle of the bladder; also aids in promoting mental alertness in old animals	20-lb dog: 1/4 of recommended adult dose of soy lecithin oil daily	Buy fresh bottles of lecithin kept in refrigerated areas; it is important to keep it refrigerated to avoid it getting rancid
<b>Licorice Root</b>	Herb acts as a natural cortisone; helpful in reducing throat swelling and inflammation of the stomach	20-lb dog: 1/8 of recommended adult human dose	Do not use for longer than 10 days
<b>Metamucil (Psyllium husks, not seed)</b>	Natural source of fiber that acts as a bulk cathartic; prevents and treats constipation	20-lb dog: 1/4 of recommended adult human dose	Very important to increase pet's water consumption when using psyllium; if no bowel movement in 48 hours, consult vet
<b>Milk Thistle</b>	Herb that contains antioxidants important for maintaining a healthy liver	20-lb dog: 1/4 of recommended adult human dose	

MEDICATION	DESCRIPTION	DOSAGES	ADDITIONAL INFO
<b>Parsley</b>	Diuretic herb that can help reduce pulmonary congestion	20-lb dog: 1/4 of recommended adult human dose	Best to get in tablet form
<b>Pedialyte</b>	Pediatric electrolyte solution that can help to treat eclampsia and vomiting	20-lb dog: 1/2 of recommended children's dose	
<b>Pepto-Bismol</b>	Anti-diarrheal agent that also soothes the stomach	0.5 to 1.5 ml per pound given orally every 2 to 6 hours for short-term use (1 or 2 days)	Use only for 1 or 2 days; if symptoms continue, seek vet's advice; it may cause the dog's stool to turn black, which is often confused with blood in the stool
<b>Plant-derived digestive-enzyme supplements</b>	A source of enzymes that help the body to digest its food	20-lb dog: 1/4 of recommended adult human dose; should be sprinkled over lightly-dampened food 10 minutes before serving	Buy a brand name for humans unless a pet supplement is available; the supplement should contain amylase, protease, lipase, and cellulose
<b>Robitussin DM</b>	Cough suppressant	0.25 to 1 ml per pound given orally every 6 to 8 hours	Subdues symptoms and makes dog more comfortable, do not use for more than 4 days without a vet's advice – you could be masking more serious problems
<b>Selenium</b>	Mineral used for protecting the immune system; helpful for maintaining healthy heart, joints, and muscles	20-lb dog: no more than 30 mcg daily without a vet's recommendation	Because it is toxic in high doses, be sure that you are not also providing selenium with any other supplements ( <i>or only</i> give in a combination tablet)
<b>Shark Cartilage</b>	Natural anti-inflammatory for arthritis treatment	40-lb dog: 1/3 of recommended adult human dose	Available in tablet or powder form
<b>Sulfur</b>	Mineral required for synthesis of body proteins; can also act as an antioxidant	500 mg in the form of methylsulfonyl methane (MSM) per 30 pounds daily	Purchase in form of Methylsulfonyl Methane
<b>Trace Mineral Supplements</b>	Essential minerals that keep the body functioning properly	20-lb dog: 1/4 of recommended adult human dose	Best form to purchase is chelated trace mineral tablets that contain as many as 74 different trace minerals
<b>Valerian</b>	Herb used for its sedative properties; reduces anxiety and helps to treat muscle spasms	20-lb dog: 1/8 of recommended adult human dose	If this dose does not produce acceptable results, double the dose and evaluate effect; valerian has a bad taste, so mix it with your dog's food to mask the taste
<b>Vitamin B Complex</b>	Helps to maintain healthy nerves, skin, eyes, hair, liver, and mouth	Goldens can use the recommended adult human dose	
<b>Vitamin C</b>	Used for strengthening immune system and as an anti-allergic, anti-inflammatory, anti-bacterial, anti-viral and detoxicant agent	500 mg per 20 pounds daily; reduce dose if a soft stool develops	Best purchased in calcium ascorbate or sodium ascorbate forms rather than ascorbic acid form, which can upset the stomach; try to obtain a brand that includes bioflavonoids
<b>Vitamin E</b>	Essential antioxidant used for strengthening immune system	20-lb dog: 200 IU daily when treating a health problem	Because it is a fat-soluble substance that accumulates in the body, it can become toxic in high doses
<b>Zinc</b>	Essential mineral used for tissue repair and healing, proper immune system functioning and healthy skin and coat	20-lb dog: 10 mg daily; dogs under 20 lbs: 5 mg daily; dogs 40 lbs or over: 15-20 mg daily	Absorbed most efficiently in chelated form; potentially toxic in high doses, so be sure it isn't in any other supplements; give with a copper supplement, because it may interfere with absorption of naturally-occurring copper