



Template: Dog Nutritional Supplements Checklist

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Based on Article: "Understanding Nutritional Supplements for Dogs: Do They Help?"

A practical checklist to guide dog owners on when and how to use nutritional supplements effectively.

Checklist Items:

- ☐ **1. Assess Your Dog's Diet**
Ensure your dog is receiving a complete and balanced diet formulated to meet established nutrient profiles (e.g., AAFCO).
Reference Section: Understanding 'Complete and Balanced' Diets vs. Supplements
- ☐ **2. Evaluate the Need for Supplements**
Check if your dog has a diagnosed deficiency or specific medical condition that may require nutrients beyond their current diet.
Reference Section: Do Dogs Need Nutritional Supplements?
- ☐ **3. Monitor for Common Concerns**
Keep an eye out for signs like dull coat, stiffness, digestive upset, low energy, or picky eating, and assess their possible causes.
Reference Section: Common Reasons Owners Turn to Supplements
- ☐ **4. Consult with Your Veterinarian**
Before introducing any supplement, discuss with your veterinarian to determine appropriate needs and avoid unnecessary supplementation.
Reference Section: Understanding 'Complete and Balanced' Diets vs. Supplements
- ☐ **5. Choose Quality Supplements**
Select supplements with clear dosing guidelines and scientific backing, focusing on those like omega-3 fatty acids or glucosamine.
Reference Section: Evidence-Based Overview of Key Supplements
- ☐ **6. Calculate Proper Dosage**
When using supplements, measure doses based on your dog's weight and monitor for the expected improvements within stated timelines.
Reference Section: Evidence-Based Overview of Key Supplements
- ☐ **7. Transition to Proven Commercial Diets if Needed**
Consider switching to a vetted commercial formula that meets all nutritional needs, especially if home-prepared diets are lacking.
Reference Section: Do Dogs Need Nutritional Supplements?

☐ **8. Monitor Clinical Changes**

After introducing supplements, track changes in coat, energy levels, or joint comfort to gauge effectiveness over time.

Reference Section: Evidence-Based Overview of Key Supplements

☐ **9. Limit Supplement Use to Specific Needs**

Use supplements targeted towards specific deficiencies or medical conditions rather than as a general approach to diet improvement.

Reference Section: Common Reasons Owners Turn to Supplements