

How ActivPhy Works by Dr. Patrick Mahaney

Arthritis in dogs is one of the most common conditions veterinarians diagnose in middle-aged and senior dogs and can seriously impact the quality of life of our companion canines.

The good news is that owners can help their dogs experience fewer episodes of arthritis-related discomfort and potentially take smaller or less-frequent doses of pain medication having mild to severe side effects through the regular use of products that improve the integrity of the canine joint and naturally reduce inflammation.

ActivPhy is a novel nutraceutical that supports your dog's mobility and therefore his quality of life. Nutraceuticals are products having ingredients derived from food sources that can yield medicinal effects. More specifically, ActivPhy is a chondroprotectant nutraceutical, which means it is product that has protective qualities for joints.

Natural methods to support joint health in dogs

There are many components to Activphy that work synergistically to promote joint health. One of ActivPhy's primary ingredients that stands out in its unique nature and has been proven to be an effective and natural way to reduce discomfort is a blue green algae extract.

ActivPhy uses a pigment extracted from *Aphanizomenon flos-aquae* (AFA), a type of blue-green algae harvested from the fresh waters of Oregon's Crater Lake. This extract is a powerful antioxidant and provides natural anti-inflammatory support.

ActivPhy's blue green algae extract has been scientifically proven to improve the quality of life of arthritic dogs. The study evaluated 69 dogs suffering from moderate to severe arthritis and divided them into five groups receiving different doses of blue green algae extract over a four month period. Owners evaluated a variety of day-to-day canine behaviors, including ability to change position from lying down to standing, alertness, enthusiasm to run outside, general activity, pain level, and playfulness every 30 days. Such behaviors were ranked on a scale from 1 to 5, where 1 equals no change and 5 means significant change. All group of dogs showed improvement over four months regardless of the dose of blue green algae administered. No negative responses were noted in the dogs participating in the study.

Since there are no reported side effects of taking blue green algae extract or other ingredients in ActivPhy at the recommended dosing, it can be considered safe for long term use as compared to veterinary prescription anti-inflammatory medications that are more likely to have undesirable and potentially-severe side effects, especially in the face of consistent or continuous use.

How ActivPhy's ingredients work together for maximum effectiveness

In addition to blue green algae extract, ActivPhy also includes active ingredients having a chondroprotectant, anti-oxidant, and anti-inflammatory effect, including:

Glucosamine HCl

Glucosamine is proteoglycan, a protein bound to a carbohydrate, which provides the basic building blocks of cartilage.

Methylsulfonylmethane (MSM)

MSM is a sulfur-derived natural anti-inflammatory found in both plant and animal tissues.

Creatine Monohydrate

Creatine is a compound naturally found inside the body, especially in muscle tissue. Creatine helps improve production of Adenosine Triphosphate (ATP), the energy that fuels all cells, and also pulls water into cells to enhance function better and increase muscle fiber size.

Turmeric

Turmeric is a yellow spice made from the rhizomes (underground, root-like parts) of a plant relative of ginger which contains curcumin, a natural phenol having anti-inflammatory and anti-cancer effects.

Ascorbic Acid (Vitamin C)

Also known as Vitamin C, ascorbic acid has anti-oxidant, connective-tissue building, and immune-system enhancing benefits.

Omega 3 Fatty Acids

Omega 3 fatty acids have a natural anti-inflammatory effect. Activphy contains Eicosapentanoic Acid (EPA) and Docosohexanoic Acid (DHA), which are both types of Omega 3 fatty acids. The largest source of Omega 3 fatty acids in ActivPhy comes from flaxseed oil.

Boron

Boron is a naturally-occurring element which contributes to bone health by preventing calcium loss and reducing arthritis (in part) by permitting the passage of ATP into cartilage cells.

Selenium

Selenium is a mineral having anti-oxidant properties, which are enhanced when used in combination with Vitamin E, to reduce levels of tissue-damaging free radicals in the body.

Alpha Tocopherol Acetate (Vitamin E)

Vitamin E is an anti-oxidant that has proven to reduce progressive destruction of bone and cartilage.

ActivPhy also contains Natural Liver Flavor which provides excellent palatability to help ensure your pet is willing to take his daily dose of ActivPhy. After all, your dog's willingness to consume any nutraceutical is key to ensuring a successful response is created.

Have you tried ActivPhy for your dog? It's safe to use in combination with veterinary prescription arthritis medications, but even so its best that you work with your veterinarian to determine the most-appropriate protocol for your pooch.