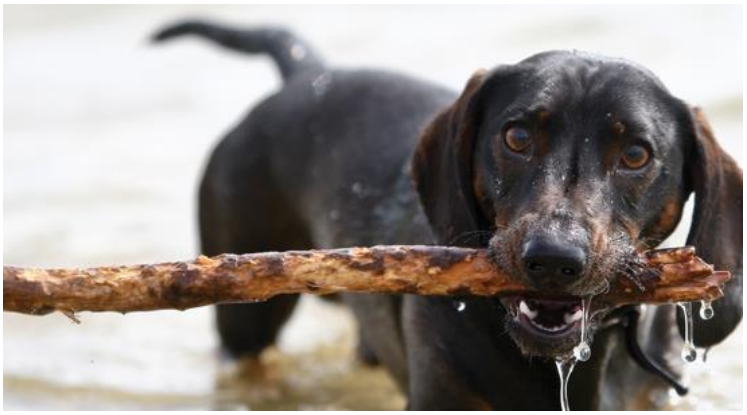
The Effektri Health Concept for animals

Dogs



Key Features

Effektri Dry Blood Spot Test

- ✓ Measures saturated-, monounsaturated- and the essential Omega-6 and Omega-3 fatty acids, and estimates dietary- and pro-inflammatory indicators

Effektri Dog Supplement

- ✓ Restores and maintains optimal fat metabolism
- ✓ Reduces a pro-inflammatory climate

EFFE BALANCE
Eläimellistä terveyttä

Background

The Effektri Health Concept for animals consists of an Effektri dried blood spot test to identify potential diet related problems in the metabolism of fats, and the Effektri oil to "**Restore and Maintain optimal fat metabolism".** Table 1 shows the 11 fatty acids (98 % of the fatty acids in the blood) that are measured by the Effektri dried blood spot test for animals. The focus of the test is on the essential polyunsaturated Omega-6 and Omega-3 fatty acids (8 of the 11 fatty acids measured), but also saturated- (C16:0, C18:0) and monounsaturated (C18:1) fatty acids are measured.

RESULTS

Saturated Fatty Acids		Total: 35.6%
Palmitic Acid	C16:0	24.4 %
Stearic Acid	C18:0	11.1 %

Monounsaturated Fatty Acids		Total: 20.1%
Oleic acid	C18:1	20.1 %

Polyunsaturated Omega-6 Fatty Acids		Total: 40.2%
Linoleic Acid	C18:2	27.0 %
gamma-Linoleic Acid (LA)	C18:3	0.8 %
Dihomo-gamma-Linoleic Acid	C20:3	1.6 %
Arachidonic Acid (AA)	C20:4	10.0 %

Polyunsaturated Omega-3 Fatty Acids		Total: 5.1%
Alpha-Linoleic Acid	C18:3	0.9 %
Eicosapentaenoic Acid (EPA)	C20:5	0.4 %
Docosapentaenoic Acid (DPA)	C22:5	1.1 %
Docosahexaenoic Acid(DHA)	C22:6	2.7 %

Table 1. Fatty acids measured in the Effektri Health Concept for Animals

The composition of the 11 fatty acids jointly influence "**The flexibility of cell membranes"**, a condition that is essential for active, healthy animals. Flexible blood cell membranes are needed to bring blood to all parts of the animal body, since the diameter of a blood cell is comparable to the diameter of the smallest capillary blood vessels. Stiff blood cells may not penetrate the capillaries, and the animal may not get the blood to all parts needed for optimal performance.

The "**Inflammatory climate"** influences both acute and chronic conditions. The inflammatory climate is characterized by the composition of polyunsaturated long chain fatty acids (>= 20 carbon atoms in the fatty acids chain) of the Omega-6 type (C20:3 + C20:4) and Omega-3 type (C20:5 + C22:5 + C22:6). These fatty acids are all measured by the Effektri dried blood spot test.

The Effektri Health Concept guidelines are consistent with the principle of **"Safe Feed for Animals".** The composition of Effektri oil does not induce changes in lipid peroxidation in the animal body, which might raise concern in relation to cardiovascular disease (CVD) risk, as well as other chronic conditions. The oxidative stability of Effektri is secured by the combination of

fish oil and a specially selected olive oil. During inflammation, several cell types secrete phospholipase A2 that catalyzes lipid oxidation in bad cholesterol, the LDL particles in blood. Lipid oxidation results in the generation of aldehydes that substitute lysine residues in the apolipoprotein B-100 moiety. Lipid together with protein oxidation in bad LDL cholesterol results in the generation of the harmful oxidized LDL. A cause and effect relationship has been established between the consumption of olive oil polyphenols (standardized by the content of hydroxytyrosol and its derivatives) and protection of LDL particles from oxidative damage. This principle has been built into Effektri oil, a principle that also works to stabilize the oil against lipid peroxidation on the shelf, as seen in Figure 1.

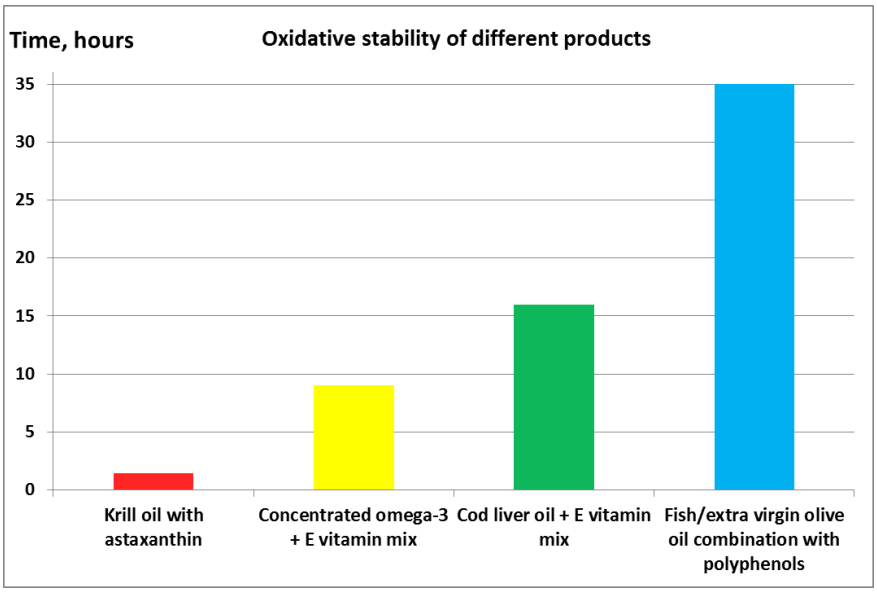


Figure 1. Oxidative stability of fish oil products protected by different antioxidants using the AOCS Official Method Cd12b-92.

Participants

In the present study, Norwegian veterinarians collected blood from 24 dogs of 14 different races varying in age from 1 year to 10 year (Table 2). Fifteen of the dogs were not taking any omega-3 supplements, six of the dogs had recently starting taking Effektri, while 3 of the dogs were using other omega-3 supplements.

The fatty acids composition of the blood was measured in all dogs (Table 1, Table 3) and the corresponding Omega-3 Index, Dietary- and Pro-inflammatory indicators were calculated.

Name	Race	Gender	Age	weight	Nationality	Activity	Apperance	Know chronic diseases	Effektri	Other Omega-3
Kaos	Alaska husky	male	4	34	N	Intensive	overweight	joints	no	no
Føyke	Alaska husky	female	3	20	N	Medium	normal	no	no	no
Maze	Border collie	male	1	22	N	MEdium	normal	no	no	no
Bris	Border collie	male	1,5	18	N	Medium	skinny	no	no	no
Neo	Border collie	male	10	24	N	Medium	normal	stiff joints after excersise	no	no
Albert	Boston terrier	male	2	8,7	CY	Medium	normal	allergy, skin	**yes**	no
Enya	Boxer	female	3,5	30	N	Medium	normal	Joints, allergy	**yes**	no
Scotty	Chinese crested	male	1,5	6,2	N	Medium	normal	no	no	**yes**
Cowboy	Chinese crested	male	3,5	5,7	N	Medium	skinny	skin	no	**yes**
Marcus	Chinese crested	male	3,5	7	N	Medium	normal	skin	no	**yes**
Alma	Dalmatiner	female	3,5	22,7	N	Medium	normal	no	no	no
Hera	Danish Sweedish farmdog	female	2,5	10	N	Medium	normal	itching	no	no
Båni	English setter	female	9	21,5	N	Medium	normal	itching	**yes**	no
Oliver	Golden Retriever	male	6	35	N/GrB	Medium	normal	tendons	**yes**	no
Lucas	Golden Retriever	male	9	37,5	N	Medium	overweight	low metabolism, scale	**yes**	no
Edward	Labrador Retriever	male	8	38	N	Low	obese	muscles	no	no
Indy	Lagotto Romagnolo	female	2	15	N	Medium	normal	no	no	no
Soda	Rottweiler	female	2	40	N	Intensive	normal	no	no	no
Pepsi	Rottweiler	female	6	38	N	medium	normal	no	no	no
Shila	Rottweiler	female	3	40	N	Medium	normal	no	no	no
Tequila	Rottweiler	female	5	45	N	Intensive	normal	no	no	no
Aslan	Siberian husky	male	7	25	N	Intensive	normal	no	no	no
Nemo	Tervueren	male	3,5	22	N	Medium	skinny	no	no	no
Mira	Vorsther	female	2,5	25	N	Medium	normal	?	**yes**	no

Table 2. Characteristics of dogs participating in this study.

Name	C16:0	C18:0	C18:1	C18:2, LA	C18:3, ALA	C18:3	C20:3	C20:4, AA	C20:5, EPA	C22:5	C22:6, DHA
Kaos	19,2	28,0	11,9	17,8	0,4	0,3	1,1	19,6	0,6	1,0	0,6
Føyke	19,7	23,8	12,9	17,4	0,2	0,2	1,0	23,6	0,3	1,0	0,4
Maze	19,3	27,1	12,3	16,1	0,2	0,4	0,9	22,0	0,6	1,0	0,6
Bris	20,3	26,3	13,4	17,8	0,0	0,4	0,6	19,0	0,7	1,2	0,6
Neo	18,3	28,0	10,5	19,4	0,2	0,4	1,1	20,9	0,3	1,0	0,4
Albert	18,1	27,9	10,5	16,6	0,5	0,3	0,9	19,7	3,6	1,3	1,2
Enya	17,7	25,4	10,3	18,0	0,1	0,2	1,0	20,7	2,0	1,8	3,2
Scotty	16,5	18,1	32,1	18,7	0,2	0,8	0,7	11,0	1,2	0,6	0,6
Cowboy	18,4	30,3	10,9	16,8	0,2	0,2	1,5	18,5	1,2	0,9	1,5
Marcus	18,4	29,3	9,6	16,9	0,1	0,3	1,2	20,9	1,3	0,9	1,5
Alma	20,0	23,3	17,4	18,5	0,4	0,4	0,8	15,8	1,2	1,3	1,3
Hera	17,7	27,4	13,0	20,6	0,1	0,2	1,3	16,2	1,6	1,2	1,0
Båni	18,5	24,6	14,6	19,7	0,2	0,3	1,1	16,4	1,5	1,3	2,2
Oliver	19,0	27,9	12,0	20,5	0,2	0,2	0,8	13,4	3,6	1,3	1,6
Lucas	16,9	27,2	11,1	22,4	0,2	0,2	1,0	14,4	3,9	1,3	1,8
Edward	18,1	26,1	13,9	20,0	0,2	0,5	0,9	15,4	3,0	1,1	1,3
Indy	19,8	26,3	13,4	20,0	0,1	0,4	1,1	14,9	1,9	1,6	1,1
Soda	17,9	28,3	10,6	18,9	0,1	0,2	0,8	17,1	2,2	2,2	2,1
Pepsi	18,4	27,6	12,0	20,7	0,1	0,2	0,8	15,3	2,7	1,0	1,8
Shila	18,4	28,9	10,6	17,5	0,2	0,3	0,6	18,1	2,4	1,2	2,3
Tequila	19,7	27,6	12,1	18,4	0,1	0,2	1,2	16,2	2,2	1,5	1,4
Aslan	19,0	27,1	11,1	20,1	0,2	0,3	1,0	19,8	0,5	0,7	0,6
Nemo	17,7	28,7	11,6	19,7	0,2	0,2	0,8	17,2	1,5	1,4	1,4
Mira	18,2	24,9	16,2	17,7	0,1	0,5	1,2	16,5	2,3	1,4	1,5
Average	**18,6**	**26,7**	**13,1**	**18,8**	**0,2**	**0,3**	**1,0**	**17,6**	**1,8**	**1,2**	**1,3**

Table 3. Fatty acids measurements of individual dogs.

The Omega-3 Index is the sum of the marine omega-3 fatty acids EPA and DHA. The Omega-3 Index shows if the omega-3 supplement consumed by the dog is bioavailable in the blood, which is necessary for influencing the inflammatory climate. The Omega-3 Index should preferably be above 6%.

Table 4 and Figure 2 clearly shows that Omega-3 from Effektri is absorbed by the dogs, and is bioavailable in the blood, while other Omega-3 supplements consumed by the dogs gives the same Omega-3 Index as dogs not consuming any omega-3 supplements. The reason may be the use of oxidized fish oil, or to little fish oil. Some of the dogs not taking any food supplements (Shila, Pepsi, Soda and Edward) have Omega-3 Index values indicating that they have a diet containing fatty fish, maybe as fishmeal. The Omega-3 Index should preferably be above 6%. Thus, the dogs using Effektri should also increase their daily dosage as recommended later in this white paper.

Name	Effektri	Other Omega-3	C20:5, EPA	C22:6, DHA	Omega-3 Index
Lucas	yes	no	3,9	1,8	5,7
Enya	yes	no	2	3,2	5,2
Oliver	yes	no	3,6	1,6	5,2
Albert	yes	no	3,6	1,2	4,8
Mira	yes	no	2,3	1,5	3,8
Båni	yes	no	1,5	2,2	3,7
Average	**yes**	**no**	**2,8**	**1,9**	**4,7**
Marcus	no	yes	1,3	1,5	2,8
Cowboy	no	yes	1,2	1,5	2,7
Scotty	no	yes	1,2	0,6	1,8
Average	**no**	**yes**	**1,2**	**1,2**	**2,4**
Shila	no	no	2,4	2,3	4,7
Pepsi	no	no	2,7	1,8	4,5
Soda	no	no	2,2	2,1	4,3
Edward	no	no	3	1,3	4,3
Tequila	no	no	2,2	1,4	3,6
Indy	no	no	1,9	1,1	3,0
Nemo	no	no	1,5	1,4	2,9
Hera	no	no	1,6	1	2,6
Alma	no	no	1,2	1,3	2,5
Bris	no	no	0,7	0,6	1,3
Kaos	no	no	0,6	0,6	1,2
Maze	no	no	0,6	0,6	1,2
Aslan	no	no	0,5	0,6	1,1
Føyke	no	no	0,3	0,4	0,7
Neo	no	no	0,3	0,4	0,7
Average	**no**	**no**	**1,4**	**1,1**	**2,6**

Table 4. Bioavailability of Omega-3 from Effektri and other omega-3 supplements. The Omega-3 Index should preferably be above 6%.

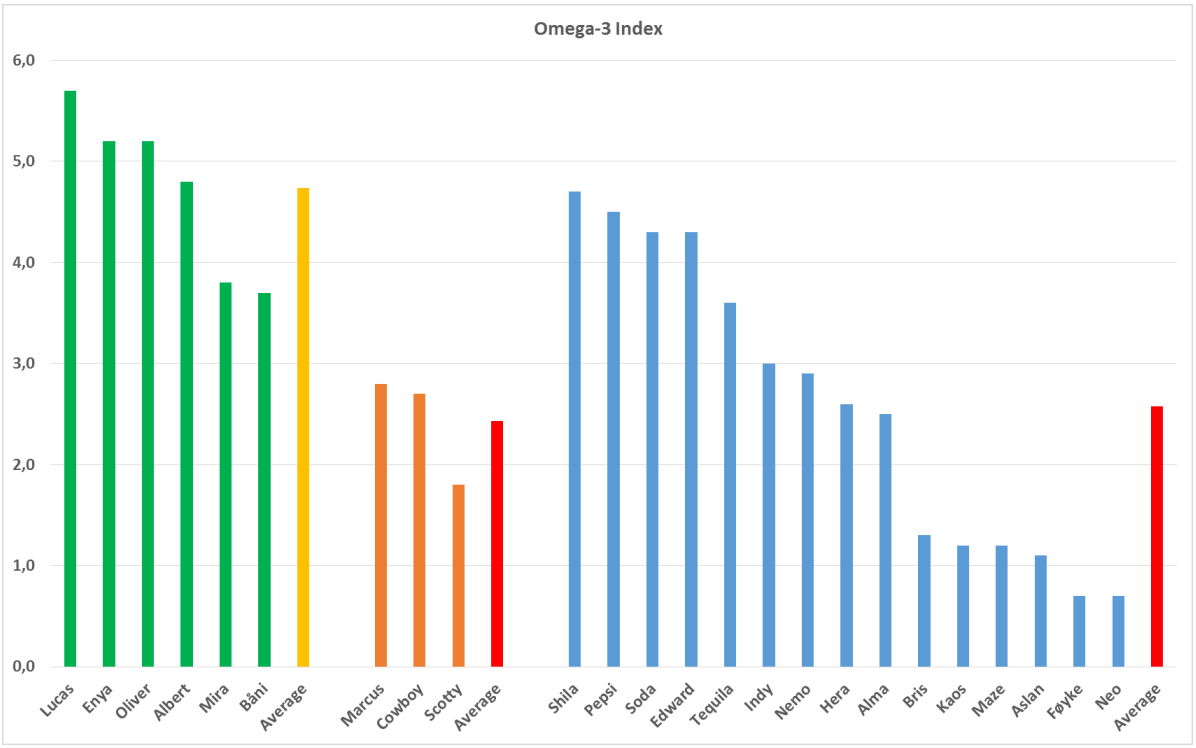


Figure 2. Bioavailability of Omega-3 from Effektri (green), other omega-3 supplements (orange) and no indicated supplement (blue). The Omega-3 Index should preferably be above 6%.

Dietary Index (Tot. Omega-6/Tot. Omega-3)

(C18:2 + C18:3 +C20:3+C20:4)/(C18:3 + C20:5 + C22:5 + C22:6)

The fatty acid composition of blood cell membranes is in equilibrium with the fatty acid composition of whole blood. In cell membranes saturated- (SAFA) and monounsaturated fatty acids (MUFA) provide stiffness due to the shape of these fatty acids, while polyunsaturated fatty acids (PUFA) provide flexibility. Long chain omega-3 PUFA (LC- omega-3) and long chain omega-6 PUFA (LC- omega-6) are important structural components of cell membranes and contribute to various membrane functions such as fluidity, permeability, activity of membrane-bound enzymes and receptors, and signal transduction. The sources of LC-omega-3 and LC-omega-6 are essential and must be supplied through the diet. A normal diet provides a surplus of LC-omega-6, SAFA and MUFA. These components shape the cell membrane functionality when LC-omega-3 is depleted. The food supplement Effektri provides LC-omega-3 to a normal diet, increasing the LC-omega-3 in blood. Finding a new equilibrium with the fatty acid composition of the whole blood, many of the SAFA and MUFA in cell membranes will be substituted by LC-omega-3 making the cell membrane more flexible and functional.

Table 5 and Figure 3 show that Effektri added to the diet is effective in reducing the ratio between Tot. Omega-6 and Tot. Omega-3 in whole blood independent of races, providing flexibility and functionality to cell membranes.

Name	Effektri	Other Omega-3	C16:0	C18:2, LA	C18:3, ALA	C18:3	C20:3	C20:4, AA	C20:5, EPA	C22:5	C22:6, DHA	Omega-6/Omega-3 Ratio
Oliver	yes	no	19	20,5	0,2	0,2	0,8	13,4	3,6	1,3	1,6	5,2
Lucas	yes	no	16,9	22,4	0,2	0,2	1	14,4	3,9	1,3	1,8	5,3
Enya	yes	no	17,7	18	0,1	0,2	1	20,7	2	1,8	3,2	5,6
Albert	yes	no	18,1	16,6	0,5	0,3	0,9	19,7	3,6	1,3	1,2	5,7
Mira	yes	no	18,2	17,7	0,1	0,5	1,2	16,5	2,3	1,4	1,5	6,8
Båni	yes	no	18,5	19,7	0,2	0,3	1,1	16,4	1,5	1,3	2,2	7,2
Average	**yes**	**no**	**18,1**	**19,2**	**0,2**	**0,3**	**1,0**	**16,9**	**2,8**	**1,4**	**1,9**	**6,0**
Cowboy	no	yes	18,4	16,8	0,2	0,2	1,5	18,5	1,2	0,9	1,5	9,7
Marcus	no	yes	18,4	16,9	0,1	0,3	1,2	20,9	1,3	0,9	1,5	10,3
Scotty	no	yes	16,5	18,7	0,2	0,8	0,7	11	1,2	0,6	0,6	12,0
Average	**no**	**yes**	**17,8**	**17,5**	**0,2**	**0,4**	**1,1**	**16,8**	**1,2**	**0,8**	**1,2**	**10,7**
Soda	no	no	17,9	18,9	0,1	0,2	0,8	17,1	2,2	2,2	2,1	5,6
Shila	no	no	18,4	17,5	0,2	0,3	0,6	18,1	2,4	1,2	2,3	6,0
Edward	no	no	18,1	20	0,2	0,5	0,9	15,4	3	1,1	1,3	6,6
Pepsi	no	no	18,4	20,7	0,1	0,2	0,8	15,3	2,7	1	1,8	6,6
Tequila	no	no	19,7	18,4	0,1	0,2	1,2	16,2	2,2	1,5	1,4	6,9
Indy	no	no	19,8	20	0,1	0,4	1,1	14,9	1,9	1,6	1,1	7,7
Nemo	no	no	17,7	19,7	0,2	0,2	0,8	17,2	1,5	1,4	1,4	8,4
Alma	no	no	20	18,5	0,4	0,4	0,8	15,8	1,2	1,3	1,3	8,5
Hera	no	no	17,7	20,6	0,1	0,2	1,3	16,2	1,6	1,2	1	9,8
Kaos	no	no	19,2	17,8	0,4	0,3	1,1	19,6	0,6	1	0,6	14,9
Bris	no	no	20,3	17,8	0,01	0,4	0,6	19	0,7	1,2	0,6	15,1
Maze	no	no	19,3	16,1	0,2	0,4	0,9	22	0,6	1	0,6	16,4
Aslan	no	no	19	20,1	0,2	0,3	1	19,8	0,5	0,7	0,6	20,6
Neo	no	no	18,3	19,4	0,2	0,4	1,1	20,9	0,3	1	0,4	22,0
Føyke	no	no	19,7	17,4	0,2	0,2	1	23,6	0,3	1	0,4	22,2
Average	**no**	**no**	**18,9**	**18,9**	**0,2**	**0,3**	**0,9**	**18,1**	**1,4**	**1,2**	**1,1**	**11,8**

Table 5. Calculating the Dietary Index from fatty acids composition of whole blood in dogs. The Omega-6/Omega-3 Ratio should preferably be below 5.

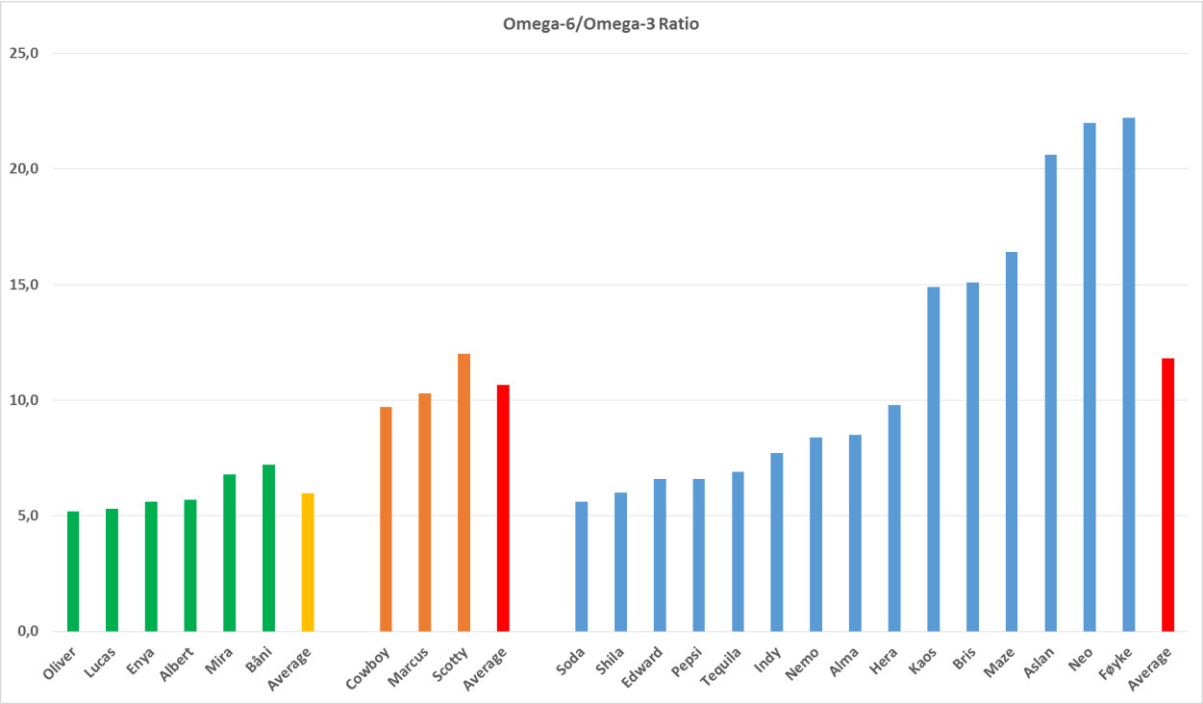


Figure 3. Dietary Index for individual dogs of different races taken from Table 5. Dogs that are taking Effektri oil are marked green, other omega-3 supplements (orange) and no indicated supplement (blue). The Omega-6/Omega-3 Ratio should preferably be below 5.

Pro-inflammatory index (% AA/% EPA)

Many dogs are afflicted with chronic lifestyle ailments such as problems of behavior, stomach problems, stiff muscles, respiratory system problems, itchy skin, joint problems, autoimmune diseases, dietary allergies and obesity. Most of these problems are caused by chronic inflammation supported by poor eating, poor sleeping schedules, daily stress and more. Chronic inflammation is characterized by the imbalance between the ratios of anti-inflammatory versus pro-inflammatory eicosanoids. Eicosanoids are hormones, which in turn control other hormones and practically all have important functions in the body, e.g. the central nervous system and the immune system. Thus, they are very important for good health and well-being.

Name	Effektri	Other Omega-3	C20:4, AA	C20:5, EPA	AA/EPA
Lucas	yes	no	14,4	3,9	3,7
Oliver	yes	no	13,4	3,6	3,7
Albert	yes	no	19,7	3,6	5,5
Mira	yes	no	16,5	2,3	7,2
Enya	yes	no	20,7	2,0	10,4
Båni	yes	no	16,4	1,5	10,9
Average	**yes**	**no**	**16,9**	**2,8**	**6,9**
Scotty	no	yes	11	1,2	9,2
Cowboy	no	yes	18,5	1,2	15,4
Marcus	no	yes	20,9	1,3	16,1
Average	**no**	**yes**	**16,8**	**1,2**	**13,6**
Edward	no	no	15,4	3	5,1
Pepsi	no	no	15,3	2,7	5,7
Tequila	no	no	16,2	2,2	7,4
Shila	no	no	18,1	2,4	7,5
Soda	no	no	17,1	2,2	7,8
Indy	no	no	14,9	1,9	7,8
Hera	no	no	16,2	1,6	10,1
Nemo	no	no	17,2	1,5	11,5
Alma	no	no	15,8	1,2	13,2
Bris	no	no	19	0,7	27,1
Kaos	no	no	19,6	0,6	32,7
Maze	no	no	22	0,6	36,7
Aslan	no	no	19,8	0,5	39,6
Neo	no	no	20,9	0,3	69,7
Føyke	no	no	23,6	0,3	78,7
Average	**no**	**no**	**18,1**	**1,4**	**24,0**

Table 6. Calculating the Pro-inflammatory Index from fatty acids composition of whole blood in dogs. The AA/EPA Ratio should preferably be below 3.

The key link between diet, inflammation and eicosanoids is that the pro-inflammatory eicosanoids are derived from Arachidonic acid (AA), an essential LC-omega-6 fatty acid originating from plants, and the anti-inflammatory eicosanoids that are generated from Eicosapentanoic acid (EPA), an essential LC-omega-3 fatty acid originating mainly from marine sources. Normal diets are often pro-inflammatory containing more Omega-6 than Omega-3, and should be balanced by increased intake of anti-inflammatory LC-omega-3. The AA/EPA Ratio in whole blood provides a picture of the pro-inflammatory status of the diet.

Table 6 and Figure 4 show that Effektri added to the diet is effective in reducing the AA/EPA Ratio in whole blood independent of races, thus reducing the dietary pro-inflammatory climate.

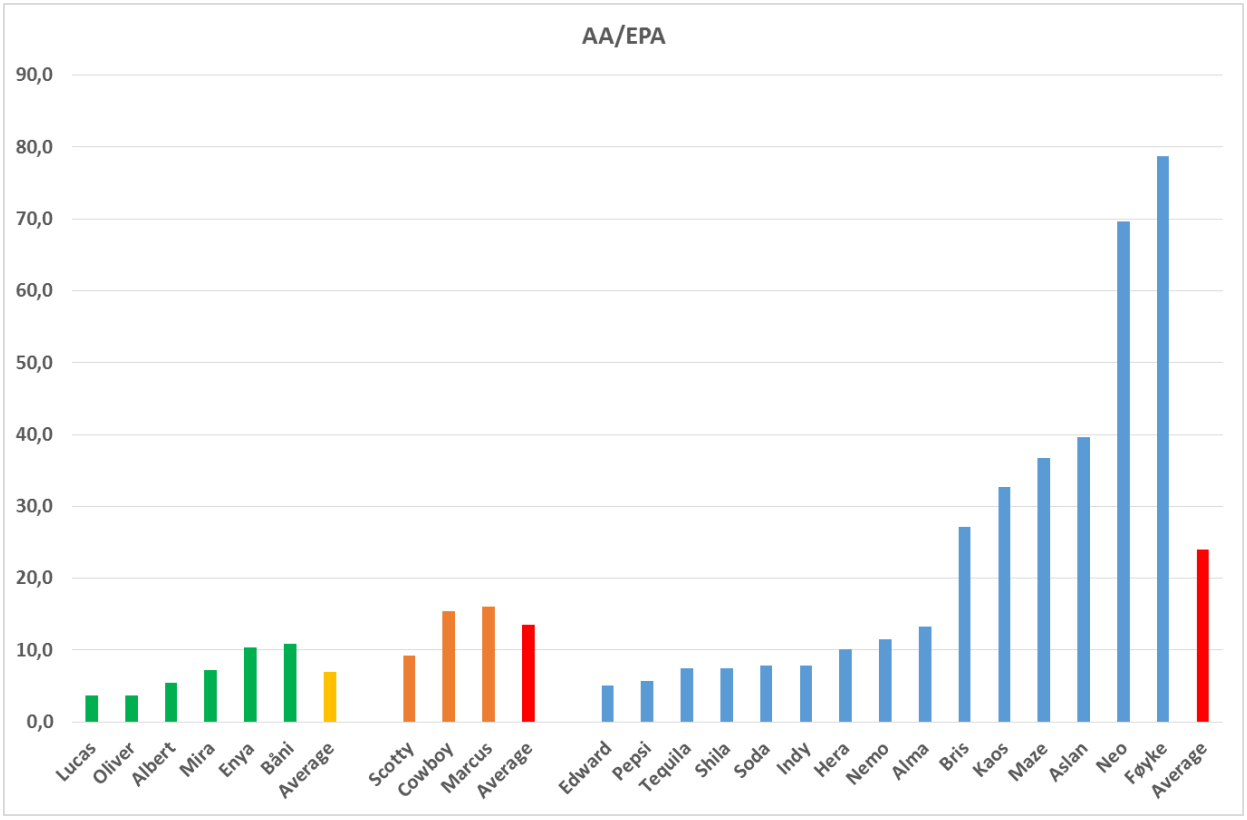


Figure 4. Pro-inflammatory Index for individual dogs of different races taken from Table 5. Dogs that are taking Effektri oil are marked green, other omega-3 supplements (orange) and no indicated supplement (blue). The AA/EPA Ratio should preferably be below 3.

Recommendations

When using Effektri oil to reduce, to restore or to maintain the dietary and pro-inflammatory indicators of fat metabolism, we need some extra information to be able to provide a correct recommendation for each dog. Thus, the dog owner, when retrieving the fatty acids analysis result by introducing his personal code onto www.effebalance.fi , will be requested to fill in an online questionnaire providing information about the Dog name, Race, Gender, Age, Weight, Condition, Exercise level and Known chronic lifestyle ailments (see Appendix 1).

To reduce, restore or maintain the dietary and pro-inflammatory indicators of fat metabolism, our Effektri oil recommendation is primarily based on the body weight of the dog, adjusted for 1) Exercise level, 2) Condition, 3) Known chronic lifestyle ailments, 4) Dietary indicator result and 5) Pro-inflammatory indicator result.

A basic daily intake of Effektri oil of 0.15 ml oil per kg body weight (= 3.8 ml for a 25 kg dog), provides 0.03 g LC-Omega-3 (EPA+DHA) per kg body weight from fish oil (= 0.75 g LC-Omega-3 for a 25 kg dog). The LC-Omega-3 is protected by 0.06 mg polyphenols from olive oil per kg body weight (= 1.5 mg polyphenols for a 25 kg dog).

Table 7 provides the ml Effektri oil recommendations for each of the 20 dogs in our example. After treatment as recommended for 120 days, a new test may indicate improvements that may lead to reduced recommended daily maintenance intake of Effektri for life.

Name	Race	Gender	Age	weight	Exercise	Known chronic lifestyle ailments	Omega-6/Omega-3 Ratio	AA/EPA	Effektri, ml
Albert	Boston terrier	male	2	8,7	2	1	5,7	5,5	2
Alma	Dalmatiner	female	3,5	22,7	2	0	8,5	13,2	4
Aslan	Siberian husky	male	7	25	3	0	20,6	39,6	6
Bris	Border collie	male	1,5	18	2	0	15,1	27,1	4
Båni	English setter	female	9	21,5	2	1	7,2	10,9	5
Cowboy	Chinese crested	male	3,5	5,7	2	1	9,7	15,4	1
Edward	Labrador Retriever	male	8	38	1	1	6,6	5,1	8
Enya	Boxer	female	3,5	30	2	1	5,6	10,4	7
Føyke	Alaska husky	female	3	20	2	0	22,2	78,7	5
Hera	Danish Sweedish farmdog	female	2,5	10	2	1	9,8	10,1	2
Indy	Lagotto Romagnolo	female	2	15	2	0	7,7	7,8	3
Kaos	Alaska husky	male	4	34	3	1	14,9	32,7	9
Lucas	Golden Retriever	male	9	37,5	2	1	5,3	3,7	8
Marcus	Chinese crested	male	3,5	7	2	1	10,3	16,1	2
Maze	Border collie	male	1	22	2	0	16,4	36,7	5
Mira	Vorsther	female	2,5	25	2	0	6,8	7,2	5
Nemo	Tervueren	male	3,5	22	2	0	8,4	11,5	4
Neo	Border collie	male	10	24	2	1	22,0	69,7	6
Oliver	Golden Retriever	male	6	35	2	1	5,2	3,7	8
Pepsi	Rottweiler	female	6	38	2	0	6,6	5,7	7
Scotty	Chinese crested	male	1,5	6,2	2	0	12,0	9,2	1
Shila	Rottweiler	female	3	40	2	0	6,0	7,5	8
Soda	Rottweiler	female	2	40	3	0	5,6	7,8	8
Tequila	Rottweiler	female	5	45	3	0	6,9	7,4	9

Table 7. Calculating Effektri Health Concept recommendations for individual dogs.

Conclusion

Effektri oil is effective in reducing the dietary indicator in whole blood independent of race, providing flexibility and functionality to cell membranes.

Effektri oil is effective in reducing the pro-inflammatory indicator in whole blood independent of race, thus reducing the dietary pro-inflammatory climate.

Dogs with reported known chronic lifestyle ailments have elevated dietary- and pro-inflammatory indicators in whole blood before they start using Effektri.

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Appendix 1 – Effektri Online questionnaire

□ Horse
□ Dog

Animal Name: ……..

Animal Age: ……

Animal Gender: ……

Animal Race: ……..

Animal Nationality: …….

Animal Weight in kg (estimation): ……

Use of Effektri: □ Yes □ No

Use of other omega-3: □ Yes □ No

Exercise:

□ No □ Low □ Medium □ Intensive

Animal's condition:

□ Too skinny □ Skinny □ Good □ Heavy □ Too heavy

Known chronic lifestyle problem:

□ Joints □ Coat □ Stomach □ Tendon □ Muscles □ Immune system

□ Allergy □ Respiratory system □ Particularities/other

Explain Particularities/other: ……