

Omega-3 Dosage Chart for Dogs by Weight

Quick reference only. Exact dosing still depends on the EPA+DHA concentration of the product you are using. Educational only, not veterinary advice.

Dog weight	Maintenance target	Therapeutic target
10 lb (4.5 kg)	~135 mg EPA+DHA/day	~450 mg/day
20 lb (9 kg)	~270 mg/day	~900 mg/day
30 lb (13.6 kg)	~410 mg/day	~1,360 mg/day
40 lb (18.1 kg)	~540 mg/day	~1,810 mg/day
50 lb (22.7 kg)	~680 mg/day	~2,270 mg/day
60 lb (27.2 kg)	~820 mg/day	~2,720 mg/day
80 lb (36.3 kg)	~1,090 mg/day	~3,630 mg/day
100 lb (45.4 kg)	~1,360 mg/day	~4,540 mg/day

- Start lower for small dogs, puppies, seniors, and sensitive stomach dogs.
- Give fish oil with meals and ramp gradually to reduce loose stool risk.
- If your dog gets diarrhea after starting, pause and reassess the dose.
- Use the Club Hachiko dosage calculator for exact ml or pump conversions.