

## Avocado/Soybean Unsaponifiables (ASU) for Joint Health

*Drs. Foster & Smith Educational Staff*



AS MORE dogs and cats each year need joint health support, owners and veterinarians alike are searching for ways to promote our pets' quality of life. In addition to glucosamine and chondroitin supplements, another compound called Avocado/Soybean Unsaponifiables (ASU) shows unique promise.

- ➔ **WHAT IS ASU?** ASU is an extract derived from avocados and soybeans and is included in certain oral joint supplements.
- ➔ **WHAT DOES ASU DO IN THE BODY?** ASU can help:
  - Protect cartilage
  - Support repair
  - Maintain comfort
- ➔ **WHAT RESEARCH SUPPORTS THE USE OF ASU?** Laboratory research and studies in animals and people have shown that ASU is effective and safe.

ASU compliments the action of glucosamine and chondroitin, and can help cells in the joint produce the building blocks of cartilage.

ASU has been approved for use in humans in Europe for a number of years. Multiple, well-designed studies have shown that it provides long-term relief of osteoarthritis of the knee and hip in people and may decrease their need for other medications that are more likely to have side effects, such as aspirin, and other non-steroidal anti-inflammatory drugs (NSAIDs).

Some dogs have had sensitivities to eating whole avocados. However, ASU is made from an extract of avocados. Studies have shown ASU is safe for dogs, with no adverse side effects.

Combined with weight control and a veterinarian-recommended exercise program, ASU is a great addition to comprehensive joint health support and is included in [Dasuquin®](#).

