



Over the counter antihistamines for a medium dog (30-50 pounds)

You can use the generic version of any of these. Start with one, try it for a week and then if it doesn't seem to help, try another. If any of these do seem to reduce the inflammation/itching, just continue giving it as directed.

Claritin (loratadine) 10mg tablet: 1 tablet once daily.

Zyrtec (cetirizine) 10mg tablet: 1 tablet once daily.

Allegra (fexofenadine) 60mg tablet: 1 tablet 1-2 times daily

Tavist (clemastine fumarate) 1.34mg tablet: 1 tablet twice daily.

Chlorpheniramine 2mg or 4mg tablets: 4mg twice daily.

Benadryl 25mg tablet: 25 to 50mg 2-4 times daily. This medication may cause drowsiness. This dose seems high but dogs require more Benadryl than humans.

We **strongly** recommend the use of *omega-3 fatty acids*, most commonly found in fish oil. We carry a very cost effective product that is guaranteed to contain the appropriate fatty acids, unlike most products in the human market. The dose is 1 pump for every 20 pounds of pet. If you use an over-the-counter capsule, your dog may require as many as 6 capsules daily to meet the 180mg EPA per 10 pound recommendation.

The most common food allergies are **beef**, **wheat** and **dairy** and some dogs will need a diet change to get relief from allergic symptoms.