

 **PURINA**  
**PRO PLAN**



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# NUTRITION GUIDE

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**ADULT 7+**



**OPTI**AGE

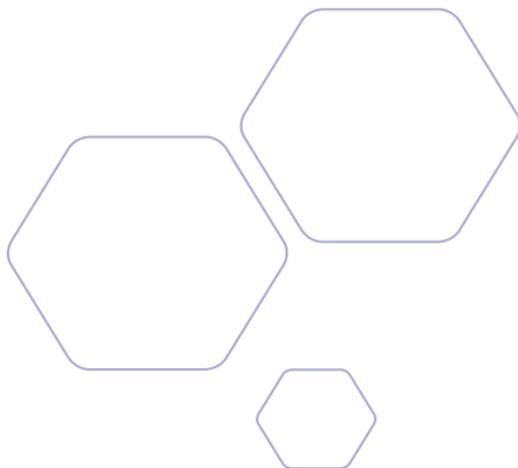
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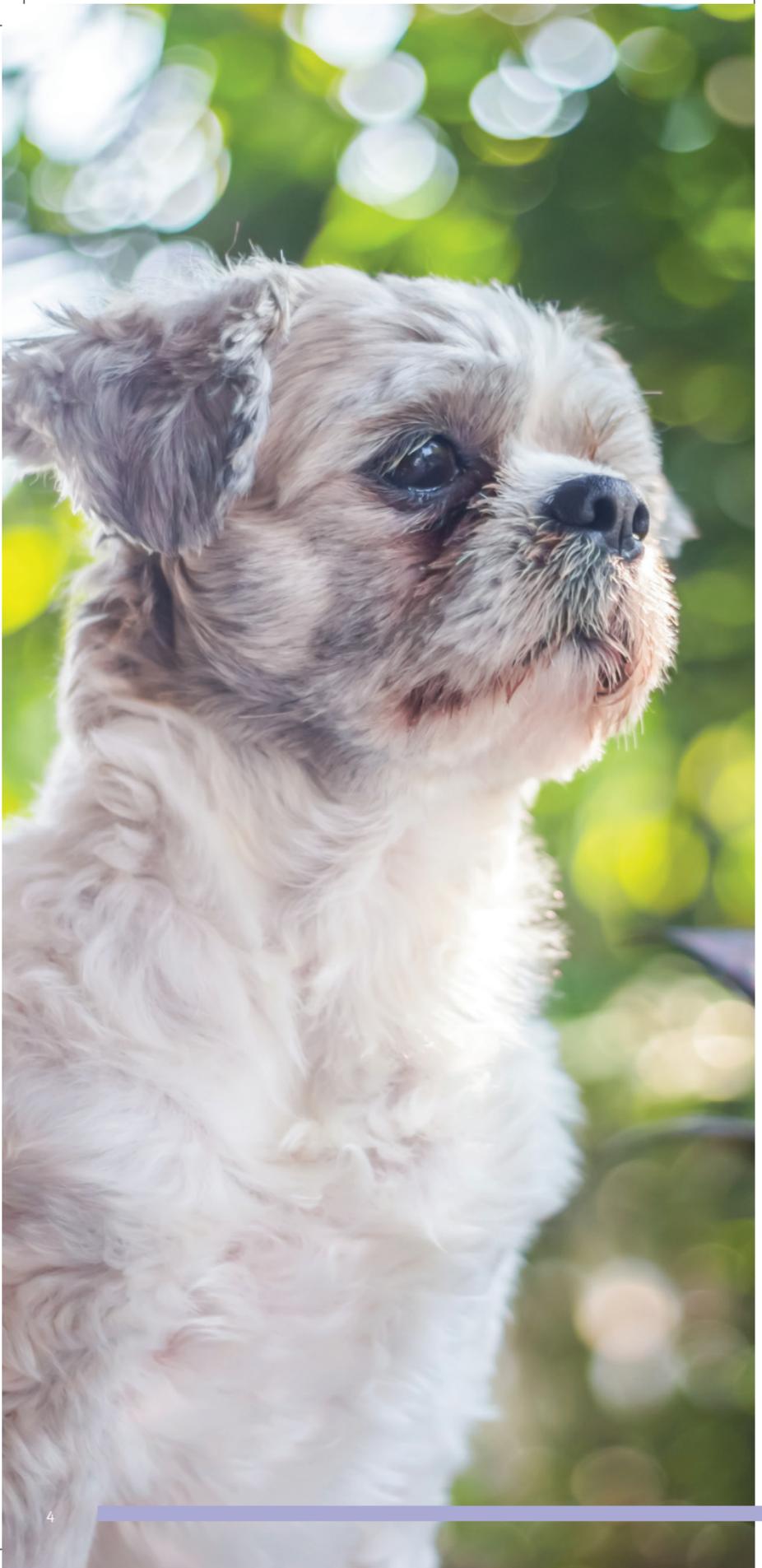
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# Help your dog enjoy his amazing world for longer

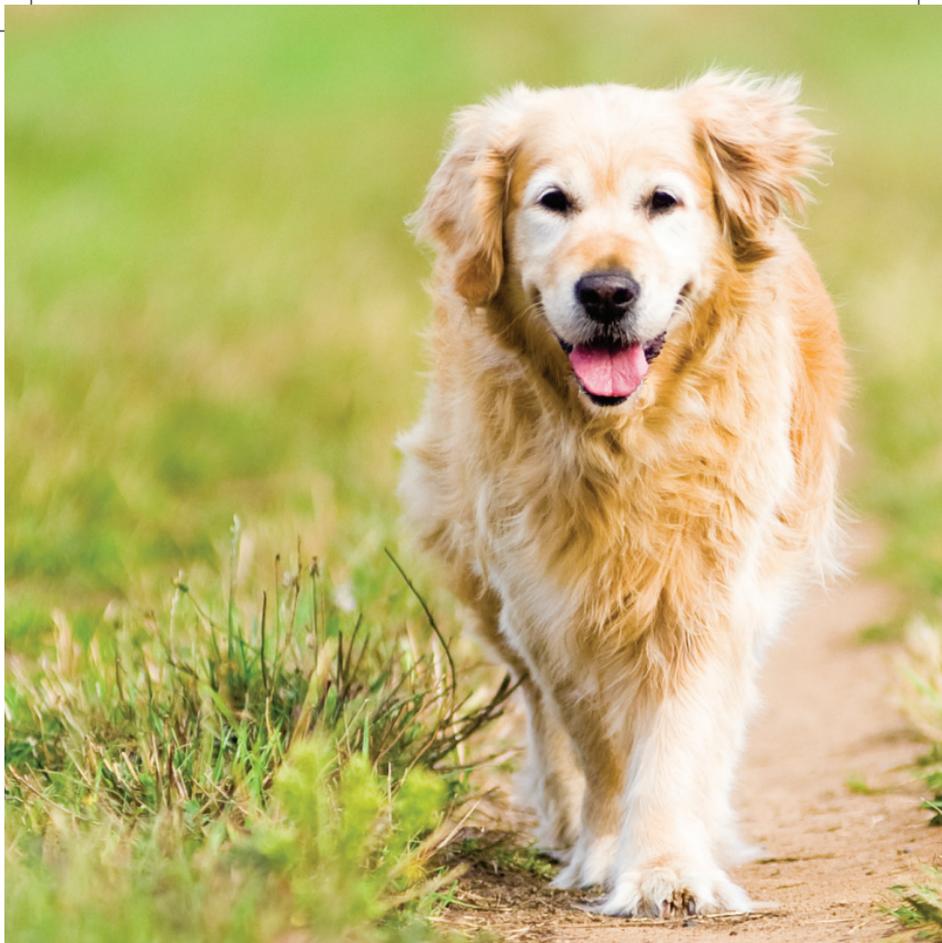
OPTIAGE™ is the breakthrough innovation that keeps dogs alert, playful and active throughout their senior years.

Just like humans, dogs today are living longer than ever thanks to significant improvements in medical care, nutrition and overall lifestyle. But just like humans, dogs change both mentally and physically as they get older – and many of these changes can lower your dog's overall quality of life.

When your dog enters his senior years, you are likely to start noticing changes in behaviour and appearance. This will happen around the age of 7 for medium sized dogs, but 9 for smaller breeds. At first you will see subtle changes, such as a greying muzzle, more sleeping or less ability to walk up and down stairs. But as time progresses, the signs of ageing will become clearer and more significant – ranging from stiff joints and weight gain to less alertness, playfulness and interest in interacting with family members.

OPTIAGE™ is the result of years of research by our vets and nutritionists. The unique formulation contains a blend of nutrients clinically proven to enhance alertness and maintain ageing dogs' brain function for longer.

Available for dogs of every size, it's the diet that helps you keep your senior dog's world amazing.



## When are dogs considered 'senior'?

Most dogs are still very fit and active at 7 years old, with few external signs of ageing. But at this age, internal changes will start to happen because of the natural ageing process.

Veterinary experts and canine nutritionists consider 7 years of age to be the point when most dogs enter their senior years. For large breed dogs, senior years start slightly earlier at the age of 6, while smaller dogs become senior at around 9.



Some dogs don't show significant signs of ageing until they are quite elderly, but others can experience stiffness in the joints at a relatively young age.

## PHYSICAL CHANGES ASSOCIATED WITH AGEING



### **Skin and hair coat**

Less shiny, less thick coat  
Slightly greying muzzle



### **Digestion**

Reduced ability to digest and absorb nutrients, resulting in loose stools



### **Immune system**

Possibly less efficient natural defences



### **Mobility**

Stiffness in joints, so less able to jump and walk up the stairs



### **Body condition**

Potential weight gain

# Brain food and brain ageing

The brain is an extremely active and hungry organ that requires large amounts of energy to function well. This energy is typically provided by glucose found in food. A constant and plentiful supply of glucose ensures the brain cells (or neurons) continue to work effectively.

However, at around 7 years of age (depending on the dog's size), a dog's brain starts to lose its ability to use glucose as an energy source. The effects are likely to be subtle at first, but over time you will notice a progressive loss of mental powers as your dog's brain becomes slower and less alert.



## BEHAVIOURAL CHANGES ASSOCIATED WITH AGEING

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As with humans, decreased brain alertness in dogs can lead to changes in behaviour, including:



### **Reduced activity level**

Less desire to play or go for walks



### **Memory loss**

Both relating to objects and the environment



### **Less interest in social interaction**

With family members or other dogs



### **Less curiosity about their environment**



### **Shorter attention span**



### **Abnormal sleep/wake cycles**

More sleeping during the day and less at night



### **Loss of house training**

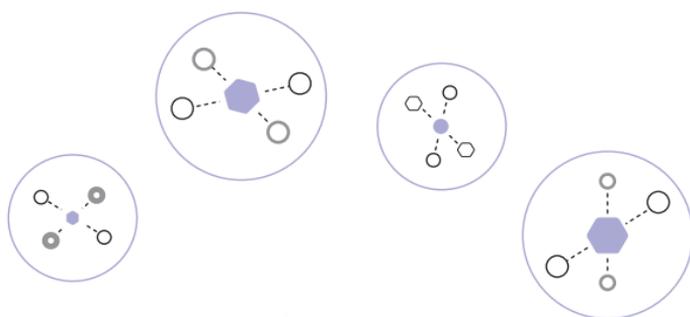
# The breakthrough in nutritional science:

## AN ALTERNATIVE ENERGY SOURCE FOR THE BRAIN

The unique blend of nutrients in OPTIAGE™ is proven to help tackle the effects of ageing. By supplying the brain with an alternative energy source, the diet helps keep your dog sharp and alert in his senior years.

Developed by PURINA® scientists and veterinarians, the diet includes MCTs (medium chain triglycerides). These are special dietary fats found in certain botanical oils, such as coconut oil. The MCTs are effective because they can easily be converted into energy that is readily used by the ageing brain cells.

By providing the fuel the brain needs, OPTIAGE™ helps to enhance alertness, playfulness, mental sharpness and general cognitive function in senior dogs.



# Caring for your maturing dog

As owners, we can help our dogs enjoy good health and quality of life for longer by following these simple tips:

## 1. Tailored nutrition

Nourish the brain with the exclusive blend of nutrients contained in OPTIAGE™ from PURINA® PRO PLAN®, the breakthrough nutritional innovation proven to enhance alertness and mental sharpness in senior dogs.



## 2. Mental and visual stimulation

Keep your dog's brain active and stimulated. You can use brain-training toys for play, or give him a view out of the window so he can watch the world. Try making your walks fun and interesting – and why not teach him a new trick?



## 3. Physical activity

Playtime is just as important for dogs when they get older. Talk to your vet about the right level to maintain his physical and mental fitness.



## 4. Regular veterinary visits

Making sure you have regular check-ups will allow your vet to monitor possible changes in your pet's health – and take prompt action if necessary.



# OPTIAGE

from PURINA® PRO PLAN®

**SPECIALLY FORMULATED NUTRITION TO HELP YOUR DOG KEEP HIS SPARK FOR LONGER**

For 85 years, our team of dedicated veterinary surgeons and canine nutritionists has carried out pioneering research and development into the health and wellbeing of pets. Their expertise has delivered the innovation of the OPTIAGE™ blend contained in PURINA® PRO PLAN® Medium & Large Adult 7+ and Small & Mini Adult 9+.

As you would expect from PURINA® PRO PLAN®, these specially designed senior formulas contain highly digestible ingredients that are carefully selected to deliver tailored health benefits, including:

- Increased protein levels to **help maintain muscle mass**
- Omega-3 fatty acids to support **healthy joints for an active lifestyle**
- A formulation that promotes **healthy gums and strong, clean teeth**



# OPTIAGE

Specially formulated nutrition  
to help your dog love life for longer



## PURINA® PRO PLAN® SMALL & MINI 9+ ADULT with OPTIAGE™

Complete pet food for small  
and mini size dogs aged from  
9 onwards.

### LONG-TERM BENEFITS



Supports healthy ageing thanks to nutrition  
adapted to senior dogs



Formulated for total dental care



Proven to enhance brain function for more active years  
through our exclusive blend of nutrients



A combination of key nutrients that helps to support  
healthy joints for your dog's active lifestyle



Contains high quality pieces of chicken



**OPTI**NUTRITION  
Superior levels of nutrients

No added colourants. Contains antioxidants of natural origin.

Composition: Chicken (15%), Dehydrated poultry protein, Wheat, Rice (12%),  
Maize, Maize gluten meal, Vegetable oil fractions, Dried beet pulp, Soya  
meal, Wheat gluten meal, Minerals, Animal fat, Fish oil, Digest, Yeast.

OPTIAGE™ contains Medium Chain Triglycerides (an alternative brain energy source) from botanical oils that have been proven to promote alertness and mental sharpness in dogs 7+, with visible results within 30 days.



## PURINA® PRO PLAN® MEDIUM & LARGE 7+ ADULT with OPTIAGE™

Complete pet food for medium and large size dogs aged from 7 onwards.

### LONG-TERM BENEFITS



Supports healthy ageing thanks to nutrition adapted to senior dogs



Formulated for total dental care



Proven to enhance brain function for more active years through our exclusive blend of nutrients



A combination of key nutrients that helps to support healthy joints for your dog's active lifestyle



Contains high quality pieces of chicken

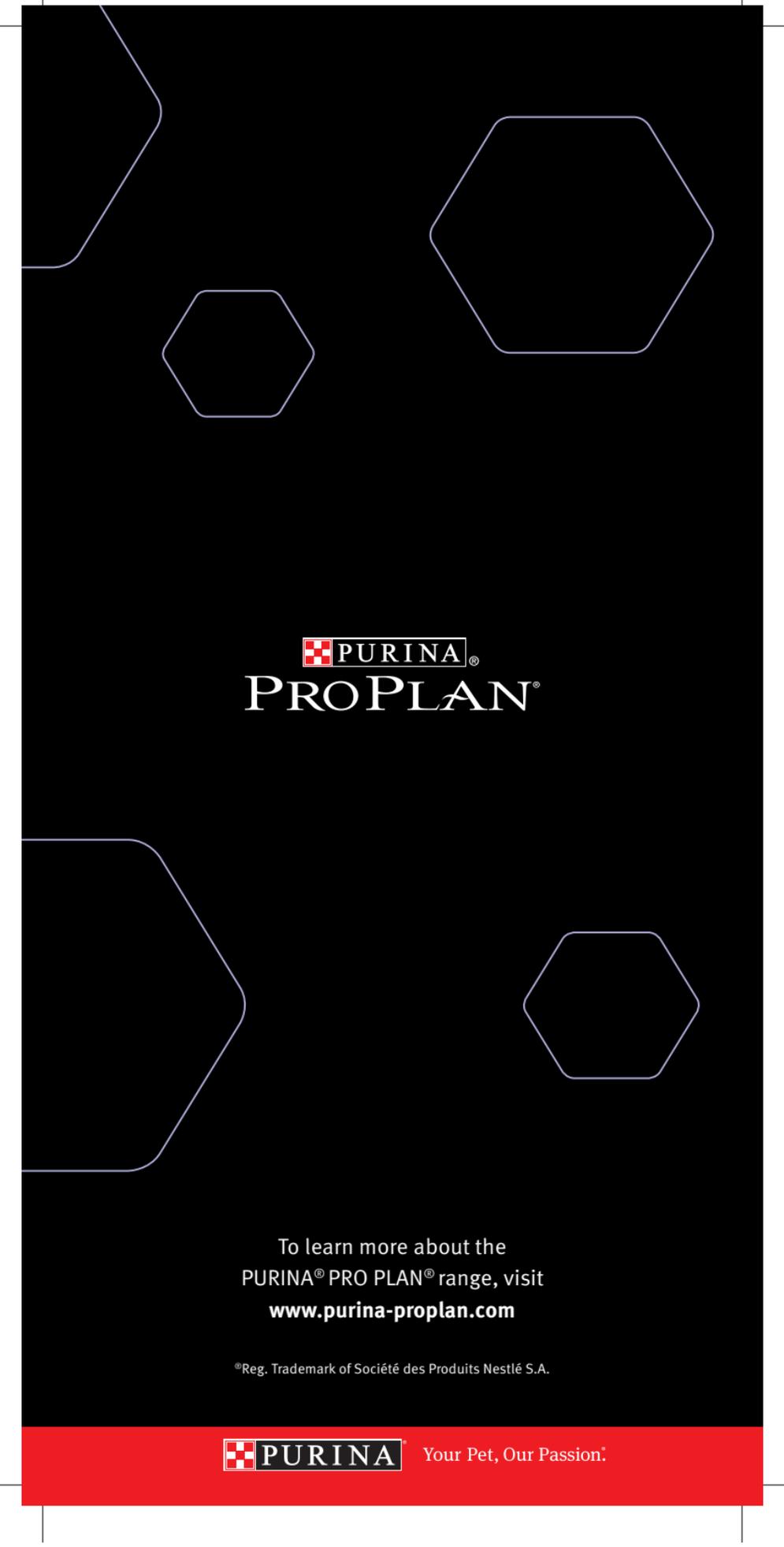


**OPTI**NUTRITION  
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Composition: Chicken (15%), Dehydrated poultry protein, Wheat, Rice (12%), Maize, Maize gluten meal, Vegetable oil fractions, Dried beet pulp, Soya meal, Minerals, Wheat gluten meal, Animal fat, Digest, Fish oil



 **PURINA**<sup>®</sup>  
**PRO PLAN**<sup>®</sup>

To learn more about the  
PURINA<sup>®</sup> PRO PLAN<sup>®</sup> range, visit  
[www.purina-proplan.com](http://www.purina-proplan.com)

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**PURINA**

Your Pet, Our Passion.<sup>®</sup>