DOGOteka

WHAT WE DO NOT SEE IN THE SPORT DOG



ENERGY, ADAPTATION AND RECOVERY: DOGOTEKA'S MINI GUIDE TO CANINE ATHLETE NUTRITION

The trial may last only a few minutes. The work of the body continues twenty-four hours a day.

www.dogoteka.shop

DOGOteka

NOT A PRODUCT. AN APPROACH.

PERFORMANCE IS ONLY
THE VISIBLE PART



When we watch a sport dog, we see what the dog is able to do.

We see speed, strength, precision and concentration.

We see a jump, a grip, an acceleration or a correctly performed exercise.

But we do not see how much work its body has had to do to make all of this possible.

We do not see:

- the energy that must be produced
- the nerve impulses that must reach the muscles;
- the forces that tendons, ligaments and joints must transfer and absorb;
- the cellular balance that must be maintained;
- the work required to recover from exertion.

THE VISIBLE COMPETITION TAKES PLACE ON THE FIELD.

THE INVISIBLE ONE CONTINUES INSIDE THE BODY.

And it is often there that not only today's performance is decided, but also the dog's ability to recover tomorrow, sustain the next training session and face an entire season. Between the jar we buy and the cell that must use what it contains lies an entire journey.

THE QUESTION THAT CHANGES EVERYTHING

With a sport dog, we often ask ourselves:

"What can I give my dog to provide more energy?"

"What can I add to support better recovery?"

"Which ingredient is the most effective?"

These are understandable questions, but they focus mainly on what enters the body. They focus much less on what must happen afterwards. Every substance introduced must be absorbed, transported, transformed, used, stored or eliminated. Nothing enters the body without having to be processed. We can choose the larger jar. We can add protein snacks, fats, amino acids or carnitine. But making a substance available does not mean that it has already reached the place where it is needed.

It must be digested, absorbed, transported, transformed and used. If we look only at what enters, we see the beginning of the journey. We still do not know what the body will be able to do with it.

This is why the question should not simply be: **"What can I give my dog?"**

The more important question is: **"Is my dog's body in a condition to use what I am giving it?"**

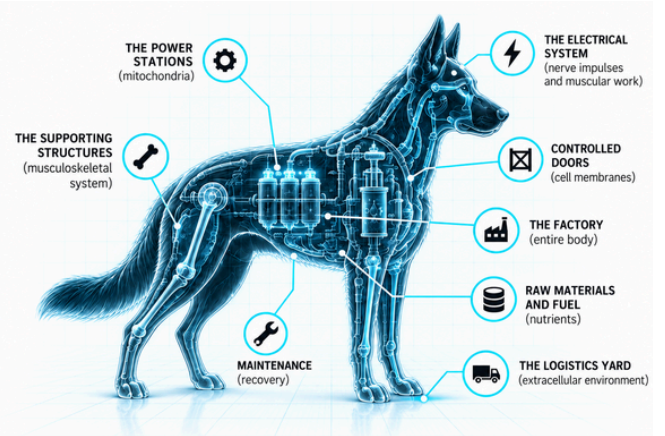
And also: **"Which function truly needs support at this particular moment?"**



INTELLIGENT SUPPLEMENTATION DOES NOT NECESSARILY MEAN GIVING MORE. IT MEANS UNDERSTANDING BETTER.

LET US IMAGINE THE BODY AS A FACTORY

To understand what we cannot see, let us imagine the dog's body as a factory:



- the factory is the entire body
- the raw materials and fuel are the nutrients
- the logistics yard is the extracellular environment in which exchanges take place
- the controlled doors are the cell membranes with their channels, transporters, pumps and receptors
- the power stations are the mitochondria
- the electrical system supports nerve impulses and muscular work
- the supporting structures are the musculoskeletal system
- maintenance is recovery.

A FACTORY DOES NOT WORK WELL BECAUSE ONE DEPARTMENT IS PUSHED TO ITS LIMIT.

IT WORKS WELL WHEN ALL ITS DEPARTMENTS ARE IN A POSITION TO WORK TOGETHER.

Sending in more lorries does not automatically make the factory more efficient. First, we must understand which department truly needs support.

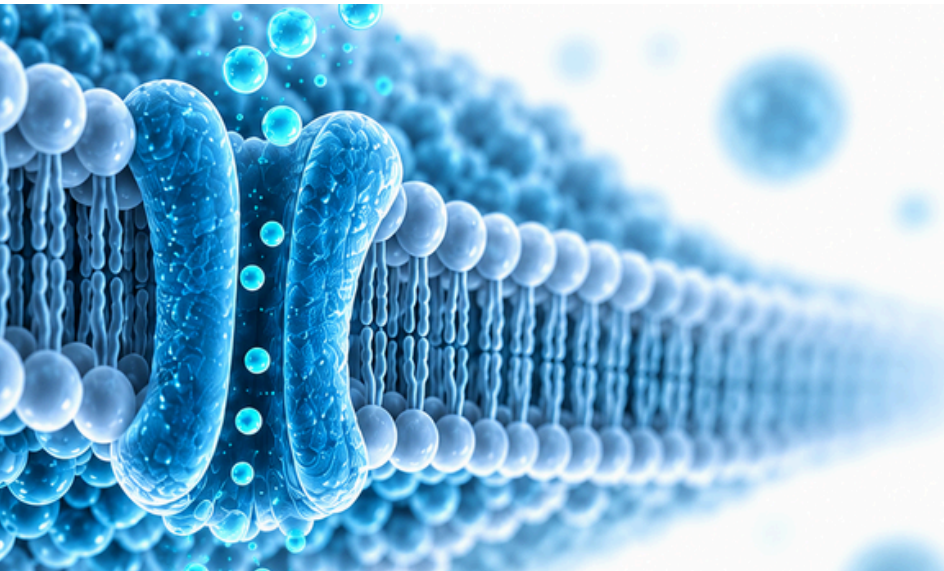
THE LOGISTICS YARD AND THE FACTORY DOORS

Between the small blood vessels and the cells lies the interstitial environment and extracellular matrix: the factory's logistics yard.

Oxygen and nutrients must cross this environment to reach the cells, while products of metabolism travel in the opposite direction to be processed by the body.

Then come the cell membranes. They are not rigid walls, but dynamic structures that regulate exchanges and communication through channels, transporters, pumps and receptors.

"THE DOORS DO NOT OPEN SIMPLY BECAUSE WE ADD MORE. IT IS NOT ENOUGH FOR A SUBSTANCE TO ENTER THE DOG'S BODY. IT MUST REACH THE PLACE WHERE IT IS NEEDED AND BE AVAILABLE FOR USE"



ATP AND CARNITINE:
ENERGY AND TRANSPORT

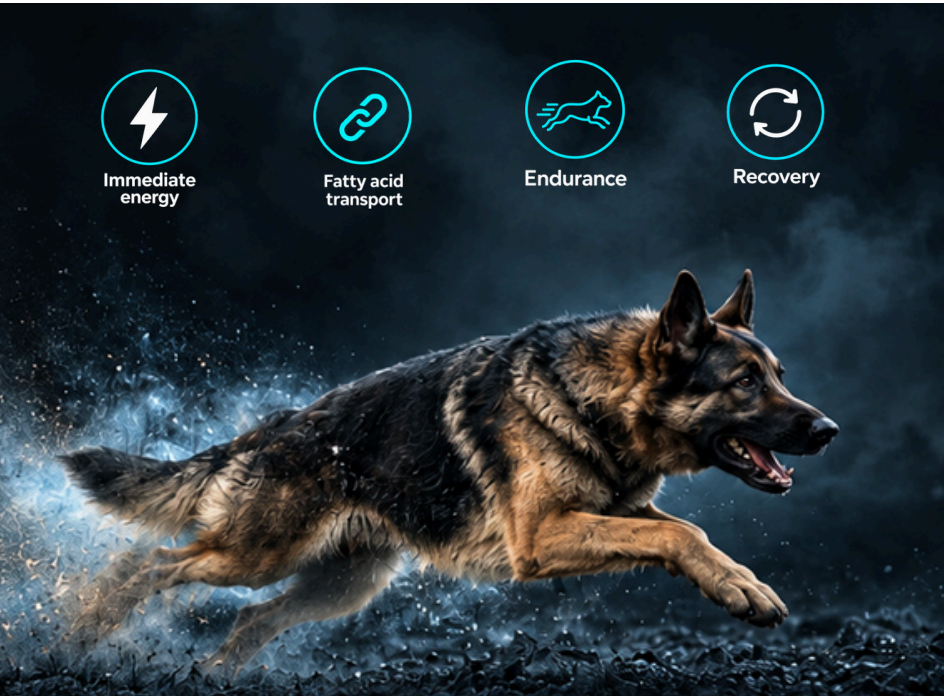
Muscles use ATP as an immediately available source of energy.

Because ATP reserves are limited, they must be continuously regenerated through energy systems whose contribution changes with the intensity and duration of exercise.

When long-chain fatty acids are used, the carnitine shuttle helps transport them across the inner mitochondrial membrane, where they can undergo oxidation.
If fatty acids are the cargo, carnitine is part of the transport system.

THE LORRY IS IMPORTANT.
BUT THE LORRY IS NOT THE ENTIRE FACTORY.

More lorries do not automatically mean more usable energy. The entire system must be able to process what arrives.



RECOVERY IS
BIOLOGICAL WORK

When the trial ends, the body's work is not over.
Maintenance begins.

Recovery is not simply the time between one training session and the next.

It is the work through which the body must:
- restore its balance
- replenish the reserves that have been used
- adapt the structures placed under strain
- prepare for the next effort.

A dog may finish a trial enthusiastically and achieve an excellent result. This does not tell us how much the effort has cost its body or whether recovery is already complete.

COMPLETING A TRIAL DOES NOT MEAN HAVING RECOVERED FROM IT.



AN INJURY DOES NOT ALWAYS BEGIN ON THE DAY IT APPEARS

A good performance does not reveal how much work was required to produce it.

A dog may continue to work while its body compensates for an increasing workload.

Training session after training session.

Competition after competition.

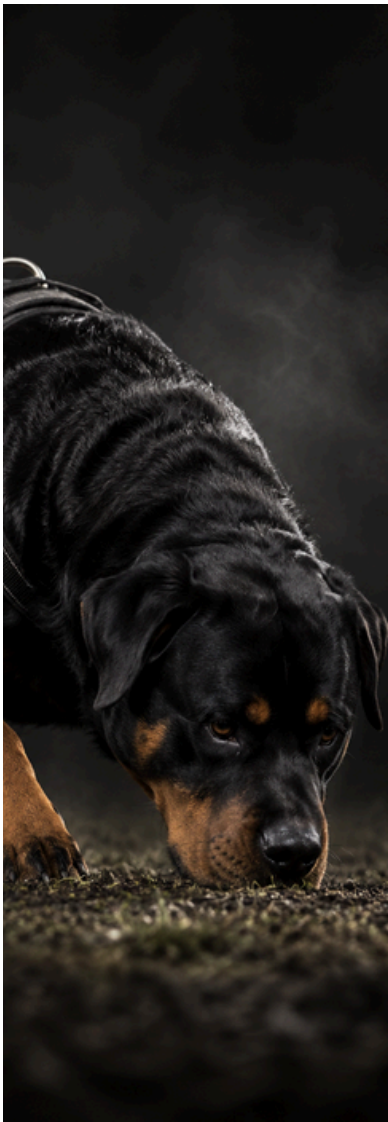
Microstress after microstress.

Until, in some cases, that capacity to compensate is no longer sufficient.

This is when we may observe stiffness, reduced precision, less willingness to work, lameness or pain.

No complementary feed can prevent trauma or replace correctly planned training, recovery, workload management and veterinary assessment.

NUTRITION IS ONE PART OF THE OVERALL MANAGEMENT OF A CANINE ATHLETE.



THERE IS NO NEED
TO GIVE EVERYTHING



A systemic approach does not mean giving every product to every dog.

It means identifying the function that truly needs support before choosing a product. We consider:

- age and size
- discipline, intensity and duration of work
- environmental conditions
- usual diet and stage of the season
- joint condition
- how the dog responds and recovers

INTELLIGENT SUPPLEMENTATION DOES NOT MEAN GIVING MORE. IT MEANS CHOOSING BETTER.

The right **function.**
The right **product.**
At the right **time.**
For that **particular dog.**

THE ELECTRICAL SYSTEM:
DogoRehydro

Muscles do not need energy alone.

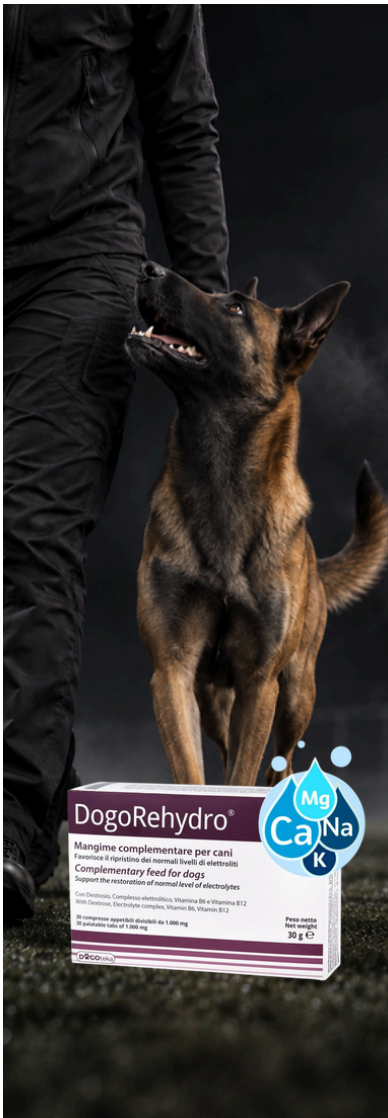
They must also receive the correct signals that enable them to contract.

Sodium, potassium, magnesium and chloride contribute to ionic and fluid balance, nerve impulse transmission and muscle contraction.

DogoRehydro is a complementary feed formulated to help restore and maintain normal electrolyte levels, particularly during periods of intense heat or intense physical activity.

An adequate supply of fresh water must always be available.

WE MAY HAVE THE FUEL. BUT THE ELECTRICAL SYSTEM MUST ALSO BE ABLE TO SUSTAIN THE WORK.



THE SUPPORTING STRUCTURES:

DogoMaxy



Every acceleration, deceleration, jump, landing and change of direction generates forces that must be absorbed and distributed by the musculoskeletal system.

The muscles do not work alone.

Bones, joints, cartilage, tendons and ligaments all play a part.

DogoMaxy is a dietetic complementary feed formulated to support joint metabolism in cases of osteoarthritis.

Its use should be evaluated according to the individual dog's age, size, discipline, workload and joint condition.

EVEN THE MOST POWERFUL ENGINE NEEDS SUITABLE SUPPORTING STRUCTURES.

CELL MEMBRANES:
DogoOmega *plus*

Not all fats perform the same function.

EPA and **DHA** are **long-chain omega-3** fatty acids that can be incorporated into cell membrane phospholipids.

They also contribute to the formation of lipid mediators involved in the physiological regulation of inflammatory processes.

DogoOmega *plus* is a liquid complementary feed formulated to complete the daily diet with a balanced supply of omega-3, omega-6 and omega-9 fatty acids.

It contains EPA and DHA from marine and algal sources, together with selected vegetable oils.

Once again, it is not only what we provide that matters.

WHAT ALSO MATTERS IS THE PHYSIOLOGICAL FUNCTION THAT A NUTRIENT CAN PERFORM WITHIN THE BODY.



THE FACTORY'S SPARKS:
MultiAdapt



ROS stands for reactive oxygen species. These are reactive chemical species derived from oxygen and produced naturally as part of cellular metabolism. Their production can increase during muscle activity. However, ROS are not always the enemy. At normal physiological levels and over short periods, they also play a role in the signalling processes through which the body responds to exertion and develops certain adaptations to training. Problems can arise when their production becomes excessive or prolonged, exceeding the capacity of the body's regulatory systems. The aim is not to extinguish every spark. It is to prevent those sparks from becoming a fire.

MultiAdapt is not presented as a product intended to eliminate ROS. It is a complementary feed formulated to support the body's natural defences and normal energy metabolism, and is also suitable for sport and working dogs during periods of increased nutritional demand. As energy production increases, so does the work the body must do to maintain its internal balance.

THE PRODUCTION DEPARTMENT:
CelerVis Pet

CelerVis Pet is the product most readily associated with the sport dog.

But it should not be regarded simply as a paste containing calories.

It is a complementary feed in paste form intended particularly for dogs undergoing physical exertion associated with work or sport.

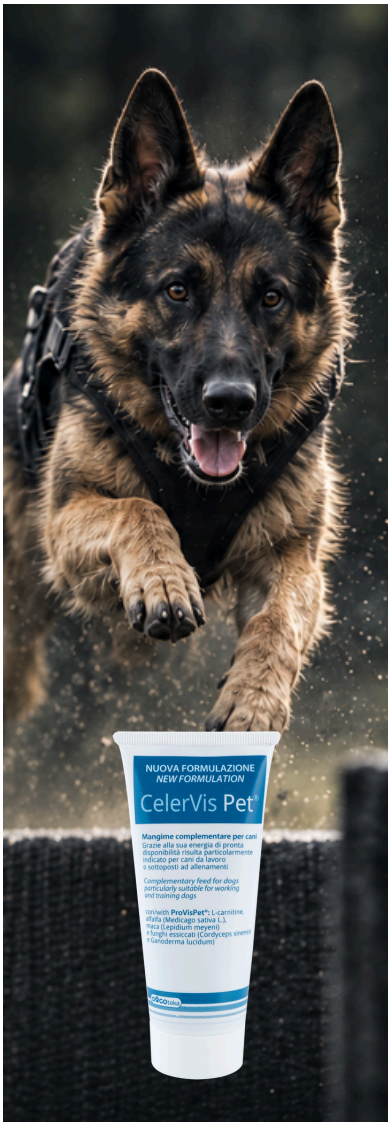
It is formulated to provide energy support during activity and sustained energy availability.

It contains *carnitine, taurine, leucine and valine, alfalfa, maca and mushroom extracts.*

CelerVis Pet represents one department of the factory.

Not the whole factory.

SUPPORTING PRODUCTION WITHOUT CONSIDERING THE ELECTRICAL SYSTEM, SUPPORTING STRUCTURES AND MAINTENANCE MEANS SEEING ONLY ONE PART OF THE JOURNEY.



THE DOGOTEKA PROGRAMME

Different functions. One body.

The programme does not consist of giving everything. It begins by identifying where the individual dog has a genuine nutritional requirement.



DogoRehydro®
To help restore and maintain normal electrolyte levels during intense heat or intense physical activity.



DogoMaxy®
To support joint metabolism in cases of osteoarthritis, according to the individual dog's requirements and directions for use.



MultiAdapt®
To support the body's natural defences and normal energy metabolism during periods of increased nutritional requirements.



DogoOmega *plus*
To complete the diet with omega-3, omega-6 and omega-9 fatty acids, including EPA and DHA.



CelerVis Pet®
For the energy support of dogs undertaking intense physical activity, work or sport.
Different products. Different functions. Different moments. One body.

DOGOteka

WANT TO DISCOVER EVERYTHING THAT GOES UNSEEN IN THE CANINE ATHLETE?

Watch your dog. How they perform. How they respond. And above all, how they recover. Then talk to us.

The difference isn't in which product you choose.
The difference is in the vision.

This guide is for informational purposes only and does not replace an assessment by a veterinarian.



DOGOTEKA d.o.o.
Golo Brdo 3A
1215 Medvode
Slovenia

info@dogoteka.si
00386 31 331 508
www.dogoteka.shop

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