

INCREDIBLE DOG CHALLENGE SOURCES

1. Dogs burn fat at almost twice the rate of humans

A diet that's high in fat and protein can increase an active dog's metabolism and his endurance.

Source: Reynolds et al., Iams Nutrition Symposium, 1996, Nutrient Requirements of Dogs and Cats in Nutrition Research Council 2008, Ch. 11, pp 285-287

2. Incredible Sprinters

During sprint racing, dogs will burn energy at a rate 3 times greater during the initial burst of acceleration (first 7.5 seconds) compared to rate of burning energy during the rest of the run (up to 1 min).

Source: Staaden, Ross. *The exercise physiology of the racing greyhound*. PhD thesis, Murdoch University. 1984

3. Incredible Energy

A dog's muscles store 50x more energy as fat when compared to the total amount of carbohydrates stored in muscle as glycogen.

Source: Internal calculation based on estimates of body fat and muscle glycogen content from Kobryn and Brzezinska, 1978

4. Small Dog. Big Jumps.

Most small dogs can jump 6 times higher than their hip height.

Source: Zanghi, B. (2015). Incredible Dog Science [video file]. Retrieved from: <https://www.proplan.com/dogs/incredible-dog-challenge-old/incredible-dog-science>

5. One giant leap

On a pound for pound basis, dogs can produce more muscle power in comparison to humans which is one reason they can jump so high and so far.

Source: Misty May/Incredible Dog Science Video (as approved by Dr. Zanghi)

6. Not Carbs.

A dog's main energy source comes from fat, not carbs.

Source: The data came from Arleigh Reynolds in 1995, as data published in abstract form. Reynolds and Coworkers, FASEB Journal, 1995.

7. VO2 Max

Concentrated Nutrition of SPORT 30/20 helps optimize oxygen metabolism for increased endurance.

Source: SPORT 30/20 product claim.