

# ◆ Coconut Oil Dosage Guide for Dogs (2026)

Start low • Increase slowly • Always consult your vet first

Coconut oil may support skin, coat, and digestion in dogs when used correctly. Oral doses should always begin at the lowest amount and increased gradually. High fat content means it is best used occasionally – not as a daily supplement for most dogs.

## ORAL DOSAGE REFERENCE TABLE

Dog Weight	Starting Daily Oral Dose	Maximum Suggested (Vet Approved Only)
<b>Under 10 lbs</b>	¼ teaspoon	½ teaspoon
<b>10–25 lbs</b>	¼ – ½ teaspoon	1 teaspoon
<b>26–50 lbs</b>	½ – 1 teaspoon	1–2 teaspoons
<b>51–75 lbs</b>	1 teaspoon	2 teaspoons
<b>Over 75 lbs</b>	1 – 1½ teaspoons	Up to 1 tablespoon (vet guidance only)

## SAFETY NOTES

● **Always start with the lowest dose and increase slowly over 1–2 weeks.**

*Jumping to higher doses too quickly is the most common cause of digestive upset.*

● **Monitor for loose stools, vomiting, or skin reactions after each increase.**

*If any reaction occurs, pause immediately and allow 3–4 days before trying a smaller amount.*

● **Best used occasionally, not as a daily supplement.**

*High saturated fat content means long-term daily use is not appropriate for most dogs.*

● **Consult your veterinarian before starting, especially if your dog has pancreatitis,**

*obesity, or liver disease – coconut oil is contraindicated in these conditions.*

## TOPICAL USE REMINDERS

**Dry / flaky skin:** Apply a small amount and massage gently into affected area.

**Paw care:** Rub into pads after walks; prevent licking for 5 minutes.

**Coat conditioning:** Work a pea-sized amount through coat sparingly.

**Wound / hot spot:** Use only on minor superficial areas; consult vet for open wounds.

*“Natural remedies like coconut oil can be a gentle addition to your dog’s care – but they work best when used thoughtfully, at the right dose, and always alongside your veterinarian’s guidance.”*

– Dr. Shruti Bhattacharya

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