

# AT A GLANCE

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## Equine Supplements

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Market study results show more than half of all horse owners in the United States offer their horses some type of supplement. Those supplements typically fall into **TWO** categories:

- 1 Nutritional or feed supplements, which are designed to meet a horse's needs when certain nutrients—such as vitamins or minerals—are missing from the diet.

**Example:** A hay analysis might reveal that your horse's forage is deficient in certain vitamins and minerals necessary for basic bodily functions and optimum health. A carefully selected supplement can help fill the void.



PAM MCKENZIE

An analysis measures hay's nutrients.

- 2 Health supplements, which are intended to support maintenance of normal biological structure and function.

**Example:** Your aging sport horse is showing early signs of osteoarthritis-associated discomfort, so your veterinarian recommends a joint-support supplement containing ingredients backed by research showing improved joint function in study horses.



Joint supplements are a popular choice for horse owners.



### Supplements ingredients can include:

- ◆ Vitamins;
- ◆ Minerals;
- ◆ Herbs; and
- ◆ Other botanicals.

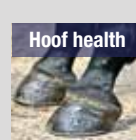
On the market you'll find many different supplements purported to offer a myriad of benefits for horses. Health supplements include claims to support:

- ◆ Joints;
- ◆ Pain management;
- ◆ Gastrointestinal tract/digestion (e.g., gastric ulcers, and sand colic);
- ◆ **Anxiety/stress** (i.e., calming supplements);
- ◆ **Hoof health;**
- ◆ **Shiny, healthy hair coats;**
- ◆ Respiratory health;
- ◆ **Allergies;**
- ◆ **Metabolic issues;**
- ◆ Energy;
- ◆ Anhidrosis;
- ◆ Insect control;
- ◆ And more.

Anxiety/stress



Hoof health



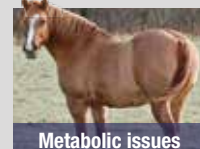
Shiny coats



Allergies



Metabolic issues



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## Equine Supplements



MICHELLE ANDERSON

Supplements come in many forms that you can top-dress on rations or administer directly to horses:

- ◆ Powder
- ◆ Pellets
- ◆ Granules
- ◆ Liquids
- ◆ Pastes

**Veterinarians might treat some nutritional deficiencies, such as selenium, with injections.**

THE HORSE STAFF



### WARNING!

Some supplements include ingredients forbidden by horse show or event organizations. Check your governing body's prohibited substance list before feeding your horse any supplements.

## Tips

- ◆ Select supplements and ingredients that offer benefits supported by independent scientific studies. Not sure? Search by ingredient on TheHorse.com to find research summaries.
- ◆ Work with your veterinarian to diagnosis any health condition or disease your horse might have. Your veterinarian will help create a treatment and management plan that might include supplements.
- ◆ An equine nutritionist can help formulate a balanced diet for your horse and ensure you're not over- or underfeeding any nutrients.
- ◆ Feed following the manufacturer's instructions or as directed by your veterinarian and/or equine nutritionist.
- ◆ Ensure each individual horse consumes its own supplements (this might mean separating horses during mealtimes).
- ◆ Remember that "natural" ingredients don't necessarily equal "safe."



Many horse people equate supplements with small scoops or packages around 1 or 2 ounces per serving. But some nutritional supplements come in the form of ration balancers and concentrate feeds. These options often supplement calories, fat, and protein, as well as essential vitamins and minerals. Some include additional ingredients. For example, some senior and performance horse concentrates include ingredients purported to support joint function, such as glucosamine.

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