

The Importance of Balanced Nutrition in the Performance Horse



There are three life stages of performance horse they are:

- 1.** Lite work
- 2.** Moderate work
- 3.** Intense work

All three life stages have different energy, protein, vitamin and mineral nutrient needs for the physical rigors of training, conditioning and showing.

The major limitations for performance horses are heat build up and energy deficiency.

Diet manipulations and supplementing can assist in delaying the onset of fatigue, thereby reducing the risk of injury and allowing the horse to maintain top speed longer.

All **performance horses** have to be fit to do their work, but the level of fitness required depends on the sport and the level of competition.

Endurance horses, driving horses and event horses all require high levels of fitness, particularly stamina; **dressage and show jumpers** require a different kind of fitness, that of power generation; for show horses a lesser level is sufficient.

Fit horses adapt so they generate energy principally by aerobic respiration. This is important in slow, prolonged work. Anaerobic energy production is intermittently used whenever fast work or extreme power is required, such as in multiple jumping efforts or powering up hill stretches during competition.

All competition horses require a basic level of aerobic conditioning, whatever their sport in order to compete effectively.

The performance horse needs the right nutrients at the right times so they have fuel for their muscles to generate movement.

There is more than one kind of muscle fiber, and these differ according to the speed of contraction of the individual fiber type, and whether it generates ATP aerobically or anaerobically.



Nutrition is important because each muscle fiber can use a different energy source.

Slow twitch muscle fibers can use fatty acids as the energy source, as can fast twitch muscle fibers.

Fast twitch muscle fibers can also utilize carbohydrates either as glucose or its stored form glycogen.

Fatty acids that are the end product of fiber digestion and free fatty acids that are the end products of oil digestion can act as fuel for both slow twitch and fast twitch muscle fibers.

Glucose and its storage form glycogen can be used by all muscle fiber types but is essential for fast twitch muscle fibers and therefore needed for fueling fast work like jumping or any other power work.

Diet is important to ensure there is enough glucose and glycogen for anaerobic energy production when needed, revolves around sparing its use in muscles by encouraging the use of oil an energy source either from dietary fiber or oil.

By providing enough energy you reduce falling glucose levels and rising lactic acid levels which reduces muscle function and prevent tendon, joint and bone injuries.

Performance horses are subject to above average levels of stress and horses that have been competing over several years will suffer from the usual wear and tear. Special diets are sometimes necessary.

If **long term muscle problems** are the main issue, then the horses' chances of recovery are improved by a high fiber, high oil and low or not starch diet.

Antioxidants have been found to “mop up” tissue damaging free radicals and aid in muscle recovery. If joint and stiffness is a main problem for a performance horse than joint supplements can help with inflammation, pain and improve joint movement.

Veterinary research consistently shows that what is in the feed bin can adversely affect health and performance. Applying basic principals that have stood the test of time with the most update sport science and nutrition research are fundamental to the formulation of Horse Moms Performance supplements.

Supplementing the performance horses diet can help prevent bone, joint and muscle injuries caused by heat overload and fatigue:

- Glucosamine, Chondroitin Sulfate, MSM and Sodium Hyaluronate restore joint function, reduce pain and

inflammation, regenerate connective tissue, prevent degrading of cartilage and promote rapid recovery.

- Silicon can help strengthen and build bones and joints.
- Essential amino acids Lysine, Methionine, Threonine and Creatine rebuild and enable muscle to recover more quickly from training and competition.
- Biotin, Zinc and Methionine improves condition and strengthens hooves.
- Antioxidants aid in muscle recovery and alleviate stiffness and soreness during activity.
- Omega 3, 6 and 9 fatty acids help regulate temperament, heat load during performance as well as help prevent joint, muscle, cardio and lung problems. It can also help stabilize blood sugar and improve feed utilization.
- Probiotics help absorb and utilize nutrient intake as well as reduce the risk of diarrhea, bloating, colic and ulcers.
- Immune builders help to “mop up” damaging free radical that harm healthy cells and strengthens body defenses.
- Metabolize Plus is a natural chelating agent that helps detoxify toxic heavy metals from the body that can cause inflammation.

Performance horses have particular health issues unique to their life stage so feeding the right supplement with the right nutrients in the correct amounts is important so they stay healthy and injury free now and in the future.

Horse Moms Performance Horse supplements are formulated and blended by a licensed nutritionist that has spent over 20 years researching equine nutrition and analyzing horse diets. He has

helped over 10,000 horses by formulating and blending custom supplements based on their diet and body chemistry.

We do the formulating and blending using a multitude of cutting edge bioactive ingredients. Our ingredients came from multiple sources and are **100% free of any and all toxic and heavy metals.**

We are able to blend all the required nutrients your horse needs together into one container while protecting them from each other and at the same time making them body activated and time released all with the same process. Instead of having to buy several products we put all of it in one supplement.



That means no contamination, longer freshness and lower cost and powerful results. Horse Moms supplements are produced in a certified FDA 1900 approved facilities and manufacturing our formulas using GMP (Good Manufacturing Practices) procedures.

This is truly the most complete and comprehensive supplements for performance horses. It addresses all of the problems performance horses have and helps prevent future ones. It supports your whole horse.

It's complete, healthy and will give your horse the support it needs for the rest of their life. And everything you need to help support your performance horse is in this supplement.

Horse Moms Performance Horse supplements are the only complete supplements your horse will ever need to help prevent fatigue and injuries.

Horse Moms Performance Horse supplements are available to ensure your horse has improved quality of life, longevity and an active life style.

To improve your performance horse's health further, when you buy Horse Moms Performance Horse supplement we will give you **Free Equus-Rx Nutrition Wizard software** so you can balance yours horses

diet. That means you can enter into the program what you are feeding your horse, see if your horse is getting all required nutrients and in the correct amounts.

If your horse isn't getting all the nutrients or the correct amounts you can go in the program and modify their existing diet by adding, subtracting or modifying different feeds, forages and supplements. It allows you to put together the best diet possible for your performance horse so they are that much stronger health wise to achieve their competition goals.

We want to give you as many tools as possible so you can give your horse the best chance to win and stay injury free. We care about your horse like we care about ours because we are Horse Moms too!

Sincerely,
Mary Bogdanski
Horse Moms Supplements *"Keep Them Safe and Healthy For Life"*

References:

Nutrient Requirements of Horses 6th revised edition,
National Research Council of The National Academies
Sport Science I, Equine Sport Medicine News
The Horse Nutrition Bible, Ruth Bishop

Horse Moms Life Stage Complete Supplements

Saves you time, saves you money and with scientifically tested and proven facts you can **finally know for certain** that your horse gets the right supplement at the right time and in the right amounts.

Take the guesswork out of supplementing your horse by analyzing the different life stages of the horses and feeding accordingly.

You get a supplement **with the nutrients specific to that life stage**.

PLUS your horse is provided with **total body support** ... with additional ingredients to support his skeletal system, digestive system, immune system, skin and coat, muscular system, circulatory system, nervous system and respiratory system.