



## FEED SOURCES FOR THE ENDURANCE HORSE

### A TOTAL EQUINE NUTRITION SOLUTION

#### FIBRE

Fibre must form the base of all equine diets and is even more important for the endurance horse. Fibre not only contributes valuable calories to maintain body condition but also is critical for digestive health. Forage stimulates water consumption which is very important for the endurance horse providing a good reservoir for water and electrolytes.

Utilise pasture and a good quality grass hay as primary fibre sources (avoiding high protein and high calcium hays). Additional fibre can also be included in the hardfeed, Lucerne is an appropriate fibre source to be included here as it provides **quality** protein and has benefits for gastric health.

Suitable products:

- **FibreProtect®** – highly palatable premium Lucerne which has been ensiled using a unique fermentation process. Fibre Protect® is a dust-free moist product, ideal for horses that suffer from respiratory conditions. It is high in moisture to also assist with hydration and is particularly valuable in the ration of horses that travel away frequently. Fibre Protect® contributes Calcium and quality protein to the diet as well as fibre for digestive health. Fibre Protect® holds an ACVM registration in recognition for its contribution in assisting to manage equine gastric ulcers. Low in NSC it can play a valuable role in reducing total sugar levels of the diet if using it as a replacement for a portion of pasture and or hay in the diet.
- **Dunstan Betabeet** – a non molassed sugarbeet flake. Sugarbeet is a 'super fibre' and therefore more calorie dense than traditional fibre sources so great for meeting the increased energy demands of the endurance horse and maintaining body condition. Again as a fibre source it is beneficial for digestive health and as it is soaked prior to feeding is also great for hydration.

#### FAT

Fats are a valuable calorie source for the endurance horse. Energy dense results in horses able to consume many more calories without having to eat more feed, if the ration is dressed with oil or contains a high fat supplement.

Feeding fat daily (for a period of 8-10 weeks) results in the horse able to better mobilise and therefore utilise fat more during exercise than horses only fed fat for a limited period. The use of fat during exercise means that muscle and liver glycogen stores can be spared.

Suitable products:

- **Dunstan Trifecta Oil** - a highly palatable blended vegetable oil.

## STARCH/GRAINS

Grain is also an important energy source as it provides a calorie dense feed to maintain body condition in working horses. Grains will provide starch for glycogen synthesis, creating liver and muscle glycogen stores. Muscle glycogen provides a fuel source for the working horse and liver glycogen is available for the release of glucose into the bloodstream during exercise.

Suitable products:

- **Dunstan Eezymix** – Highly palatable, fully extruded cereal grain nugget. Containing two oilseeds (Linseed and Full Fat Soya) for enhanced skin and coat quality as well as a full vitamin and mineral premix. It utilises organic minerals and Natural Vitamin E.
- **Dunstan Extruded Rice** – Fully extruded rice with added rice bran oil provides an energy dense supplement.
- **Dunstan Extruded Barley** - Fully extruded it provides a 'safe' way to feed barley that lacks digestibility for the horse in an uncooked form.

## VITAMINS AND MINERALS

A balanced intake of a full profile of vitamins is a key base to the ration. It is particularly important to ensure Selenium and Vitamin E requirements are being satisfied. These nutrients are key antioxidants important for muscle recovery and health, they are also important for general immunity. If feeding high intakes of oil additional Vitamin E may be required, depending on the other components of the ration.

If using a premixed feed at the recommended intake in most situations adequate vitamin and mineral intake will be provided. For 'good doers' a semi-concentrate will provide key nutrients in a lower intake of feed or a balancer pellet for those feeding unfortified feeds.

Suitable feeds:

**Dunstan Resolve®** - low starch semi-concentrate. Ideal for good doers and contains Melofeed®, a new generation antioxidant to assist with muscle and joint health

**Dunstan Multi-Ultra** – low intake vitamin and mineral pellet. Balances both forage and straight grain rations.

## ELECTROLYTES

Salt should be supplemented daily depending on daily sweat loss. Plain salt should be fed in the early part of training and can continue through to competition to avoid sodium imbalances. A good quality electrolyte should be used on hard training rides, one that provides all four essential electrolytes.