

## Equine Electrolytes

The typical diet of the performance horse is often deficient in key salts. The body can't store the key electrolytes sodium (Na), potassium (K), chloride (Cl) and bicarbonate, so we need to replenish these daily if horses are excreting them in sweat.

Training for peak fitness involves the body right down to the cellular level, and cell activity requires electrical energy. Since water, the main constituent of the body, is a poor conductor, the soluble salts that we call electrolytes, provide that power.

Although there are many opinions on feeding electrolytes, it is generally accepted that it is safe to feed small amounts of electrolytes to most horses before salts in the body reach a critical depletion point. However, during an event or harder training, and even from transport, higher levels of supplementation are appropriate. Factors that affect how much electrolyte is required are:

### 1. The type of work

- Fast (short duration/high intensity)
- Slow (long duration/low intensity)

### 2. Sweat output

- Normal (up to 10L/day)
- Heavy (up to 30L/day)
- Very Heavy (up to 60L/day)

### 3. Climatic conditions

- Temperature relative to humidity

Remember to always have water available when feeding electrolytes, as the salts will trigger thirst, and electrolytes are most effective when the horse is actively drinking.

If your horse has reached dehydration or exhaustion, or is suffering any other metabolic disorders after exercise, contact a veterinarian immediately.

## The importance of Electrolytes

The important thing to remember about feeding electrolytes is that the aim is to replenish stores, not build up stores of the salts. So, to get the best result from your electrolyte feed a small quantity daily when sweat losses are occurring, and make sure you replenish at an event or during a hard training. Feeding small amounts of electrolyte frequently throughout the day is particularly important for endurance horses. It is preferable to wait a few hours before heading home from an event, as if your horse is becoming dehydrated, transport will be detrimental. Whenever you are feeding electrolytes, make sure you have plenty of fresh water available to drink, and ensure your horse drinks when they have consumed electrolytes.

Your **Compete** Electrolyte Stockist:



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Compete with the advantage  
of **COMPETE** Electrolytes





# Base COMPETE™



A simple electrolyte designed to replace what the animal sweats out and assist with muscle soreness

**Contains:** Sodium, Chloride, Bicarbonate and Potassium

**Feeding:** 30g per day, increase to 60g per day for heavy sweating and during summer months.

**Pack sizes:** 500g, 2kg, 8.5kg



# Advance COMPETE™



Suitable for endurance, racing, prolonged exercise, and demanding conditions

**Contains:** Sodium Chloride, Sodium Citrate, Potassium Chloride, Magnesium Sulphate.

**Feeding:** Add daily to feed of horses in training or after exercise.

Horses up to 300kg - 20g

Horses over 300kg - 30g

**Pack sizes:** 1kg, 2.5kg,

10kg, 25kg



# Extreme COMPETE™



Suitable for endurance racing, prolonged exercise and extreme conditions. Replaces electrolytes lost during exercise in extreme conditions

**Contains:** Potassium Chloride, Sodium Chloride, Ammonium Chloride, Calcium Carbonate, Magnesium Sulphate.

**Feeding:** Add daily to feed of horses in heavy training or after exercise

Horses up to 300kg - 20g

Horses over 300kg - 30g

**Pack sizes:** 1kg, 2.5kg,

10kg, 25kg

