

# ALL MIXED UP

## ARE THE ELECTROLYTES IN YOUR PRE-MIX FEED REALLY DOING THE JOB?

Few people argue that vitamins, minerals and electrolytes do not play an important role in optimising the performance of equine athletes, and the idea of a 'complete' feed is logical.

Whilst pre-mixed commercial feeds might save time and bother, the horse's requirements for certain nutrients can change daily, depending on intensity and duration of work, as well as weather conditions.

Like filling up fuel in a car, when it comes to electrolytes you must replace what is lost. Electrolytes are used by the body for many processes, but the most commonly known function is fluid regulation. The important electrolyte minerals are sodium, chloride, potassium and magnesium. All horses have a small daily requirement for electrolytes to replace the obligatory losses from the body in urine and faeces. However, sweating increases a horse's requirement for electrolytes, as large quantities are excreted in sweat.

For example, if you've driven a long way, you'll need more fuel to get back to a full tank. In the same way, if your horse is in heavy work or it's a hot day, he will need extra electrolytes to replace what is lost in sweat. While a horse's energy requirement will remain the same during consistent work, sweat losses will vary from day to day. So, feeding the same amount of a pre-mix feed everyday won't necessarily provide your horse with the electrolytes they require, even if you do feed the full rate.

An electrolyte deficiency can have severe implications not only for your horse's performance, but their health. Electrolyte deficiencies are associated with fatigue, muscle weakness, lethargy, reduced feed and water intake, weight loss and dehydration. Severe cases can result in colic, exhaustion, synchronous diaphragmatic flutter ('thumps'), collapse and death.

A racehorse in moderately heavy work in moderate climatic conditions can lose around 6.7L of sweat, which contains:

- 20.8 grams of Sodium
- 36.9 grams of Chloride
- 10.7 grams of Potassium
- 0.34 grams of Magnesium

The above electrolytes are present in pasture and hay in wildly varying concentrations. High grain, low forage diets are low in electrolytes and unbalanced for a working horse's needs. It is best to provide energy and protein from roughage and grain, with vitamins, minerals and electrolytes added as required on the day. This is the best way for you to control the health of your horse.

## WHAT SHOULD YOU LOOK FOR IN AN ELECTROLYTE REPLACER?

A well-formulated supplement will provide electrolytes in the same proportion as those found in horse sweat and will contain 20–25% sodium, 43–48% chloride, 10–12% potassium and smaller amounts of magnesium (normally 1–2%). Look for a product that isn't full of other additives and filler (e.g. sugar) which could compromise the electrolyte composition of the supplement. **KelatoLYTE** is a scientifically formulated electrolyte replacer that mimics the composition of horse sweat, so you know you are effectively replacing what is lost.

Feeding 90 grams of **KelatoLYTE** provides:

- 19.5 grams of Sodium
- 43.7 grams of Chloride
- 15 grams of Potassium
- 1.5 gram of Magnesium

**For just \$0.80 per 60g dose of KelatoLYTE, ensure these crucial nutrients are replenished and your horse will:**

- ✓ **STAY HYDRATED**
- ✓ **PERFORM AT ITS BEST**
- ✓ **RECOVER BETTER FOLLOWING EXERCISE**

