



'Let food be your medicine and your medicine be your food'.

This was the oath doctors used to swear to Hippocrates, the founder of our Western medicine. We can put this into practise when we start feeding our horses and ponies according to their natural minimum roughage needs. We'll see that far fewer problems will develop. If we zoom in on nutrition even further, we'll see that the health and behaviour of the horse are even more heavily influenced by an inappropriate diet.



Dr. Annette van Weezel Errens  
Veterinair nutritionist



Equilin® products taste less sweet than other feeds. Your horse may have to get used to this. Therefore, first mix a small amount in wet mash or other tasty feed.

Let your horse get used to this.

Then you can slowly build up the quantity. Taste familiarisation takes time. That's because the taste buds take time to adjust. If you would like more tips on taste familiarisation, read the blog about it at: [www.equilin.eu](http://www.equilin.eu)



## Equilin® products

### Our Basic's

#### BASIC 7in1

Unique 7 in 1 formula: includes magnesium(citrate), organic vitamin E, MSM, omega 3 (DHA and EPA), essential amino acids, pre- and probiotics and a mycotoxin binding agent. Feed in addition to a complete diet (roughage + balancer/concentrates).

- supports intestinal function and intestinal flora
- stimulates muscle use
- improves endurance
- relaxes + improves skin, hoof and immune system quality.



#### COMFORT

BASIC + gastric relaxation formula including camomile, liquorice root and inulin (FOS).

- protects the stomach
- supports proper gastric function
- improves relaxation.



#### IMMUNO

BASIC + immune support formula including thistle, nettle and organic minerals (zinc, copper and selenium).

- supports the immune system and the natural cleansing function of the liver
- better immune defense
- detox in spring and autumn.



### Our Balancer's

#### BALANCER

Complete organically bound mineral supplement: organic vitamin E, pre- and probiotics and omega 3 fatty acids. No added iron. A complete addition to your roughage; or feed 50-60% of the recommended daily dosage in addition to concentrates (1-1,5kg/day/horse).

- for horses/ponies aged 3,5 years and over
- maintains the intestinal flora
- essential for all bodily functions.



### Balancer's

#### GROW

BALANCER + growth / reproduction formula: includes essential amino acids and omega 3 from algae. A complete addition to your roughage for young, developing animals.

- for young horses/ponies up to the age of 3,5 as well as gestating and lactating mares
- ensures proper bone and muscle growth and optimal broodmare health.



### Supplements

#### IMPROVED FORMULA!

#### RECOVER

Supplement with salts (electrolytes). Dissolve in water or wet mash for effective and rapid uptake. Use in times of excessive fluid loss due to heavy exertion, hot weather, transport etc.

- optimizes fluid balance in the body
- supports the immune system
- speeds recovery.



#### GLUCO

Supplement with plant-based GlucosamineHCL. Combine with one of our BASICs for optimal results.

- supports supple joints & movement
- for high-performance sport horses.



#### NEW!

#### GLUCO+

Plant-based GlucosamineHCL + herbs.

Combine with one of our BASICs for optimal results.

- supports the connective tissue and joints
- helps reduce stiffness in (older) horses.



#### MAGNESIUM

100% Magnesium citrate is highly absorbable

- improves muscle relaxation
- optimizes the nervous system
- supports over 300 other bodily functions.



## 'The New Feeding Concept'

Back to the horse's natural roughage needs



## THE NEW FEEDING CONCEPT

Practical handbook for improved horse welfare  
We also have an online course! Visit:  
[www.thenewfeedingconcept.online](http://www.thenewfeedingconcept.online)

Order the book now and receive a free Equilin sample sachet!

Go to  
[WWW.EQUILIN.EU](http://WWW.EQUILIN.EU)



## 'The New Feeding'

### Back to the horse's natural roughage needs

Ten years ago, the accepted roughage norm was still 1 kg of hay per 100 kg of the horse's body weight per day. This means the diet has to be supplemented with kilos and kilos or concentrates to meet all the nutrient needs.

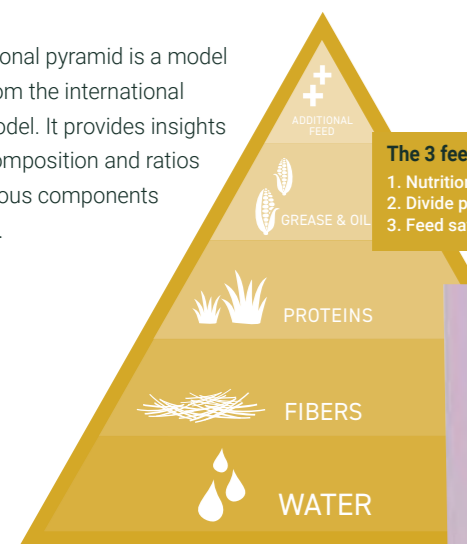
Now we know better! Scientific research has shown that this is outdated, and that a horse needs at least double the amount of roughage to keep their body healthy and feel satisfied. In nature, a horse will eat even more roughage.

And this means that, when a horse receives double the roughage norm, the sugar- and protein uptake will also double. This casts a new light on feeding concentrates. The necessary additions to the roughage need to be adjusted so that horses and ponies will not become overweight but can continue to feel fit and healthy and maintain a balanced intestinal flora.

Equilin products cater especially for this changed perspective on nutritional needs and have won several awards, including the HIP Award as 'changemaker' in the sector.



The nutritional pyramid is a model derived from the international human model. It provides insights into the composition and ratios of the various components of the diet.



#### The 3 feeding rules of the nutritional pyramid

1. Nutrition and exercise should always be in balance
2. Divide portions throughout the day: 24/7
3. Feed safely: hygiene.

A Quicksan will provide a good overview of the sugar, protein, fibre and water levels your horse will ingest through their roughage.

## Step-by-step guide

### 'The New Feeding Concept'

#### STEP 1

##### Is the horse getting sufficient suitable roughage for fibre and sufficient fresh, clean drinking water?

Biodiverse, well-dried roughage containing a variety of grasses and herbs and sufficient protein is preferable and is a real party for a healthy, balanced intestinal flora. Instead of roughage, you can also feed other (low-energy) high-fibre products such as alfalfa, roughage mixes, bran, soaked beetroot mash or a 'light muesli'.

**The roughage standard is at least 2kg of hay per 100kg body weight.**

Coarse roughage (very stemmy) <10% sugar	Medium roughage 10-12% sugar	Rich roughage (very leafy, first cut) < 12% sugar
Overweight horses	Growth 2nd & 3rd year	End of gestation and lactation
Sober breeds	Sport horses	First year of growth and development
Light recreation, up to medium level dressage	Underweight horses	Endurance, Eventing, trotting- and racehorses

#### Common roughage mistakes

- Day and night grazing for overweight horses
- Young, finely-structured grass for a sensitive horse
- Coarse roughage for a senior horse
- Soft, fine hay or (unfertilized) sugar-rich grass for sober breeds
- Mouldy hay or haylage for any horse/pony

#### STEP 2

##### 'The New Feeding Concept', the BASICS

BASICS optimize roughage digestion so beneficial fatty acids from nutritional fibre can be put to optimal use by the horse. It ensures that all nutrients can be better absorbed. In addition, they can supplement high-quality nutrients that are not or insufficiently present in normal horse feeds (nutraceuticals).

**This renders most other supplements obsolete as most essential nutrients are already included in the BASICS.**

#### STEP 3

##### The necessary roughage addition, the BALANCERS

BALANCERS contain highly absorbable vitamins and minerals that are lacking in the roughage. All horses and ponies need well-absorbable minerals and potential vitamins in addition to their roughage. For optimal results, BASICS and BALANCERS are combined.



#### STEP 4

##### Important point of attention! SALT

A lot of roughage contains too little sodium and relatively too much potassium. Supplementing salt requirements is necessary as this is not contained in any BALANCER, as salt can negatively impact the other nutrients in the BALANCER.

Sufficient salt ensures that the fluids can be resorbed properly from the intestines, promoting better quality faeces. It also boosts recovery after physical exertion.

Sodium requirement NRC	Maintenance	Light work	Heavy work	Lactation (month 1-3)	Absorption with 7.5 kg average hay DM(1.5% DM/BW)
<b>Horse 500 kg</b>	10 g Na 25 g salt	14 g Na 35 g salt	25,5 g Na 64 g salt	13 g Na 32,5 g salt	0,9 x 7,5 = 6,75 g = 16,9 g salt 2% roughage 9 g Na / 22,5 g salt
<b>Pony 200 kg</b>	4 g Na 10 g salt	5,6 g Na 14 g salt	10,2 g Na 25,5 g salt	5,1 g Na 12,75 g salt	0,9 x 3 = 2,7 g = 6,7 g salt 2% roughage 3,6 g Na / 9 g salt

You can supplement up to 15 grams a day with kitchen salt, this contains +/- 40% sodium. If you want to supplement more salt, use iodine-free salt or part diet salt if this is indicated from the roughage analysis.

In heavy training, hot weather, transport or other times of excessive fluid loss, offer extra RECOVER dissolved in water.

CHECK our product downloads at:  
[www.equilin.eu](http://www.equilin.eu)



## Do's

- 1 Feed a course of IMMUNO to begin the 'New Feeding Concept', so both the liver and the intestines can begin to digest the feed properly again
- 2 Feed BASIC's for muscle support
- 3 Feed BASIC's for coat- and hoof support
- 4 Feed BASIC's for intestinal support
- 5 Feed BASIC's for improved endurance without adding too much energy
- 6 Feed COMFORT for very tense horses and for gastric support
- 7 Feed IMMUNO for extra liver and immune support. Or as a detox course in spring and autumn or between competition seasons
- 8 Allow the horse plenty of time for taste familiarisation by adding a small amount (1/5 cup) to your horse's favourite feed and only build up the dose when your horse accepts the taste well
- 9 Always start with the build-up dosage of the BASIC' s and follow the nutritional advice.

## Dont's

- 1 Do not feed your horse wet, mouldy or spoiled roughage
- 2 Do not feed less than 2 and no more than 2.5 percent of your horse's body weight in kg of roughage
- 3 Do not feed any extra magnesium, linseed oil, vitamin E or protein supplements together with the BASIC's
- 4 Do not overfeed your horse, too much of anything is never a good thing
- 5 Do not feed IMMUNO to gestating or lactating mares, acutely laminitic or severely ill horses. Substitute for BASIC together with BALANCER
- 6 Do not feed COMFORT during competition because of the herbs in it, substitute for a build-up dose of BASIC 2 days prior to competition

**Did you know that horses engage other taste receptors to different food? This can take several weeks.**

We like to help you consider the total picture of your horse's management. Ask for your free nutritional advice on [www.equilin.eu](http://www.equilin.eu)

Would you like to order a perfectly tailored diet right away? Look at our full range of Equilin products at [www.equilin.nl/shop](http://www.equilin.nl/shop)

