

## Dietary Management To Tying Up Disease

### Fact Sheet

With the recent cold snap it has meant that many horses have been unable to maintain their normal exercise routines, therefore resulting in extended periods of stable confinement. This can unfortunately increase some health issues, such as colic and tying up, that require careful dietary management to help reduce the risk as well as some other problems with temperament and increased excitability.

There are some dietary adjustments that can be simply and easily put into place that can help to reduce the risk of Tying Up and also help to manage those horses who may have suffered an episode.

Good quality grass hay or a high quality haylage should form the basis of the diet. For horses that are not in race training then forage should ideally be fed on an ad lib basis or, alternatively, intake should be aimed at 1.5-2% of BW. Forage will pay a large proportion of the horses energy bill and help to reduce the reliance on feeding high levels of concentrate feed.

For horses that are in race training, at a very minimum intake horses should receive at least 1% of their bodyweight in forage daily. This should be split between several feedings so that horses are not left for extended periods of time with nothing to eat.

If exercise is severely restricted or stopped then concentrate feed intake needs to be reduced without compromising vitamin and mineral intake.

For horses that have shown no previous episodes of Tying Up, are in fittening work and are being fed on a basic cooling or low energy feed, these horses should have their concentrate ration halved. This will reduce the energy intake but ALSO reduce the quality protein, vitamin and mineral intake. This deficit MUST be 'topped up' to maintain normal metabolism, optimum immune function and muscle function.

This deficit can be replaced using a nutrient dense balancer feed such as Saracen Bio-Life 2000. Bio-Life 2000 is low in energy but high in quality protein, vitamins, minerals and antioxidants. Supplemented on top of half of the quantity of the normal low energy ration, 660 grams of Bio-Life 2000 will help to ensure a balanced ration.

Horses that have had an episode of muscle stiffness, increased muscle soreness or an episode of Tying Up should ideally be gradually introduced to a concentrate feed that is cereal free and therefore low in starch and sugar but high in digestible fibres and fat e.g. Saracen Horse Feeds Re- Leve





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For racehorses, point to point horses or any horse that is in a regular training programme and at a high risk to Tying Up **Re- Leve** is likely to be a permanent and necessary part of the diet.

**Re- Leve** is specifically formulated to manage horses prone to compromised muscle function and is designed to form the sole concentrate feed.

**Re- Leve** can be fed to horses that are on box rest, light work and to those right up to full race training and actual race day.

**Re- Leve** should be gradually introduced over a period of 7-10 days to a minimum maintenance intake of 2.0 Kg per day. This should be split between 2 or 3 individual meals.

Once regular exercise can resume the level of **Re-Leve** should be gradually increased. For horses that are in regular race training, hunting or regularly competing, average and typical intakes would be expected to be between 4-6 Kg per day. It is strongly recommended to contact a nutritionist at Saracen Horse Feeds for individual feeding plans for horses working at this level.

Ideally, **Re- Leve** should be supplemented with added **Equi Jewel** if more calories are required for the work being done or if an individual horse struggles to maintain body condition. **Equi Jewel** can be supplemented between 1-2lbs per day.

It is recommended to add a good quality chaff to the ration but try to avoid chaffs that are heavily molassed. Alfalfa chaff is suitable, as alfalfa is low in sugars and starch so will not exaggerate the condition.

Alfalfa is also high in calcium, which acts as a natural antacid, so helps to soothe any gastric irritation. A small meal of alfalfa fed before early morning training sessions can help to protect the stomach lining from acid irritation and ensure that when horses return to the stable their appetites are maintained.

Normal table salt should be added to the ration. This helps to stimulate thirst response to ensure that the horse remains properly hydrated, as well as replacing lost sodium and chloride.

Electrolyte supplements such as **KER Restore™** should be used strategically and advice sought on optimum supplementation programmes.

Some horses may also benefit from the strategic use of a natural vitamin E supplement, **KER Nano E™**. Research has shown that natural vitamin E is preferentially absorbed and retained by the horse compared to traditional synthetic sources. **Nano E™** should be supplemented daily for 7 days following a Tying Up episode and then used strategically 3 days prior to an intense work out, during and for 3 days post work out. The natural vitamin E contained within the **Re-Leve** will help to keep the reservoir topped up!

**FOR FURTHER TECHNICAL INFORMATION ABOUT THE PRODUCTS MENTIONED PLEASE VISIT OUR WEBSITE [www.saracenhorsefeeds.co.uk](http://www.saracenhorsefeeds.co.uk) OR FOR A PERSONAL FEEDING PLAN PLEASE CALL OUR FEED HELPLINE 01622 718487.**



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