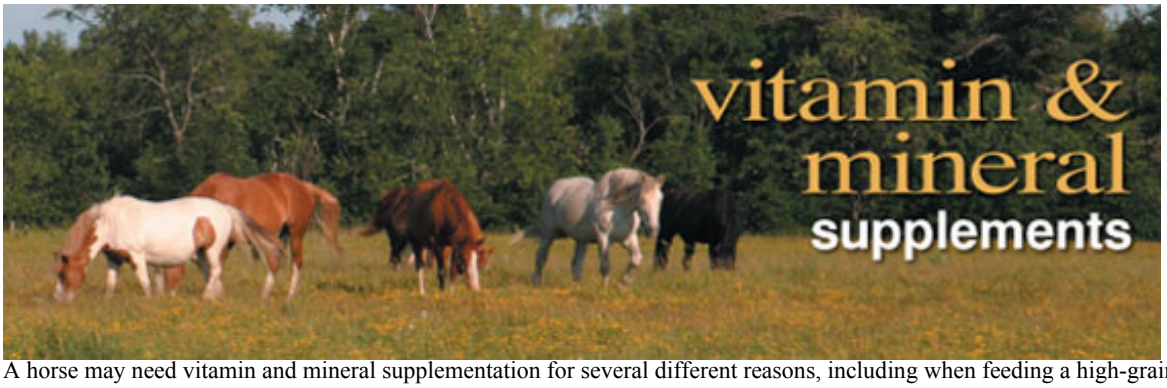
Vitamin & Mineral Supplements for Horses: Comparison

Drs. Foster & Smith Educational Staff



A horse may need vitamin and mineral supplementation for several different reasons, including when feeding a high-grain diet, or low-quality hay, if a horse is under stress (traveling, showing, racing, etc), prolonged strenuous activity, or not eating well (sick, after surgery, etc.). Severely stressed horses may benefit from the vitamins B-complex and Vitamin C during periods of high stress.

Minerals are required for maintenance of body structure, fluid balance in cells, nerve conduction, and muscle contraction. Only small amounts of the macro-minerals such as calcium, phosphorus, sodium, potassium, chloride, magnesium, and sulfur are needed daily. Sweating increases the horses need for sodium, chloride and potassium, which is the reason for supplementing with electrolytes if a horse is sweating a lot.

An important category of vitamins and minerals are antioxidants, which include vitamins C & E, selenium, zinc, and others. Nature supplies antioxidants to protect us from the destructive effects of environmental free radicals. Free radicals are caused by ultra-violet rays from the sun, x-rays, exposure to pesticides, insecticides, herbicides and more. What's more, free radical damage accumulates with age, so they are especially important for your older horse.

Check out the following charts to see which supplements your horse may need.

	Liquid 747	Equi-Shine Ultimate	Accel	Vita-E & Selenium Crumbles
Mfgr	Tuttle's	Equi-Shine	Vita-Flex	Farnum
# Servings (up to)	1 gal =128	25 lbs =67	5 lbs=80* 10 lbs =160 20 lbs =320 30 lbs =480	2-1/2 lbs =160 20 lbs =1280
Adult Serving Size	1 oz	6 oz	1 oz	1/4 oz
Form	L	PL	PW	C
Pro/ Prebiotics			Yes	
Vitamin A (I.U.)	21,240	52,500	6,250	
Vitamin B1 (mg)			14	
Niacin (mg)	2.95	4.35	31	
Biotin (mg)	0.03	0.003	0.5	
Folic Acid (mg)	0.026	0.135	5.0	
Other B Vitamins	Yes	Yes	Yes	
Vitamin C (mg)			31	
Vitamin E (I.U.)	41	1,125	250	313
Thiamine mg	0.69	70	14	

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Selenium (mg)		2.9	0.25	0.5
Magnesium (mg)	195	1,513	580	
Vitamin D (I.U.)	2,124	6,750	1,250	
Iron (mg)	468		161	
Copper (mg)	2.34	170	12.5	
Zinc (mg)	14	510	37.5	
Cobalt (mg)			0.6	
Iodine (mg)		3.3	0.6	
Phosphorus (mg)	170	6,804	858	
Manganese (mg)		450	31	
Chromium				
Calcium (mg)		16,585	2,500	
Omega 3 Fatty Acids		Yes		

C=Crumbles
G=Granules
L=Liquid
PL=Pellets
PW=Powder

*Based upon adult maintenance or non-training dose. Doses/values may vary for foals or horses in training.

	E & Selenium	Red Cell	Vita-Plus	Equi-Shine Pellets	Equi-Shine Granules	Super E	Ultra Fire
Mfgr	Vita-Flex	Farnam	Farnam	Equi-Shine	Equi-Shine	Equi-Shine	Finish Line
# Servings (up to)	4 lbs =64	1 gal =128	3 lbs =48* 7 lbs =112 20 lbs =320	6 lbs =24*	7 lbs =56*	4 lbs =128	15 oz =30
Adult Serving Size	1 oz	1 oz	2 oz	4 oz	2 oz serving	1/2 oz	1/2 oz
Form	C	L	PW	PL	G	PL	PW
Pro/ Prebiotics							
Vitamin A (I.U.)		25,000	50,000	35,000	35,000		2,600
Thiamine (mg)		30	25	25	25		160
Niacin (mg)			250				340
Biotin (mg)		0.02		0.625	0.625		
Folic Acid (mg)		7		2.5	2.5		5
Other B Vitamins		Yes	Yes	Yes	Yes		Yes
Vitamin C (mg)							500
Vitamin E (I.U.)	1000	35	50	375	375	2500	0.2
Selenium (mg)	1	0.65	0.02	2	2		
Magnesium (mg)		20	25	453	340		220
Vitamin D (I.U.)		3,500	500	4,000	4,125		
Iron (mg)		300	200	272	563		106
Copper (mg)		36	8	113	111		0.1
Zinc (mg)		110	40	340	340		0.4
Cobalt (mg)		2		3.40	3.7		17
Iodine (mg)		0.25	2	1.36	1.40		
Phosphorus (mg)			850	4,536	4,536		
Manganese (mg)		39	20	295	284		4

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Chromium							
Calcium (mg)			1,418	8,618	7,796		2,100

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