

# Vitamin & Mineral Supplements for Horses: Comparison

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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.

	<a href="#">Liquid 747® Horse Supplement by Tuttle's</a>	<a href="#">Ultimate Horse Supplement by Equi-Shine</a>	<a href="#">Accel® Health &amp; Wellness Formula by VitaFlex®</a>	<a href="#">Vita-E &amp; Selenium Crumbles™ by Farnam</a>	<a href="#">Premium Equine Multi-Function Formula by Drs. Foster and Smith</a>	<a href="#">Premium Equine Vitamin Formula by Drs. Foster and Smith</a>
<b># Servings (up to)</b>	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	32	24
<b>Adult Serving Size</b>	1 oz	6 oz	1 oz	1/4 oz	4 oz	2 oz
<b>Form</b>	L	PL	PW	C	M	PL
<b>Pro/ Prebiotics</b>			Yes			
<b>Vitamin A (I.U.)</b>	21,240	52,500	6,250		20,000 IU	160,000 IU/lb
<b>Vitamin B1 (mg)</b>			14		16 mg	125.0 mg/lb
<b>Niacin (mg)</b>	2.95	4.35	31		62 mg	500.0 mg/lb
<b>Biotin (mg)</b>	0.03	0.003	0.5		20 mg	
<b>Folic Acid (mg)</b>	0.026	0.135	5.0			48.0 mg/lb
<b>Other B Vitamins</b>	Yes	Yes	Yes		yes	yes
<b>Vitamin C (mg)</b>			31		2,750 mg	
<b>Vitamin E (I.U.)</b>	41	1,125	250	313	500 IU	4,000 IU/lb
<b>Thiamine mg</b>	0.69	70	14			
<b>Selenium (mg)</b>		2.9	0.25	0.5	0.9 mg	20.0 ppm
<b>Magnesium (mg)</b>	195	1,513	580		150 mg	1.4%

<b>Vitamin D (I.U.)</b>	2,124	6,750	1,250		4,000 IU	32,000 IU/lb
<b>Iron (mg)</b>	468		161			2,000 ppm
<b>Copper (mg)</b>	2.34	170	12.5		65 mg	1,300 ppm
<b>Zinc (mg)</b>	14	510	37.5		195 mg	3,700 ppm
<b>Cobalt (mg)</b>			0.6			7.5 ppm
<b>Iodine (mg)</b>		3.3	0.6			12.5 ppm
<b>Phosphorus (mg)</b>	170	6,804	858		0.5 g	1.5%
<b>Manganese (mg)</b>		450	31			3,000 ppm
<b>Chromium</b>						
<b>Calcium (mg)</b>		16,585	2,500		1.5 g	2.5%
<b>Omega 3 Fatty Acids</b>		Yes			4,000 mg	

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

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

	<u>D-Carb Balance</u> <u>Pellets</u> <u>MVP</u>	<u>Exceed 6-Way™</u> <u>Pellets</u> <u>MVP</u>	<u>Vitamin E + SE</u> <u>XL™</u> <u>MVP</u>	<u>Mega-Cell™</u> <u>Pellets</u> <u>MVP</u>	<u>Mega-Mag™</u> <u>Pellets</u> <u>MVP</u>
<b># Servings (up to)</b>	10 lb=40 25 lbs=100	5 lbs=up to 320 10 lbs=up to 640	5 lbs=80* 10 lbs=160 20 lbs=320 30 lbs=480	5 lb =40 to 80	10 lbs=80 to 160
<b>Adult Serving Size</b>	4 oz/day	4 oz/day	1/4 to 1/2 oz/day	1-2 oz	1-2 oz
<b>Form</b>	PL	PL	PW	PL	PL
<b>Pro/Prebiotics</b>	YES	YES		YES	YES
<b>Vitamin A (I.U.)</b>		25,000 IU		20,000 IU	16,000 IU
<b>Vitamin B1 (mg)</b>	12.5 mg	60 mg		60 mg	60 mg
<b>Niacin (mg)</b>	500 mg	50 mg		80 mg	80 mg
<b>Biotin (mg)</b>		15 mg		1 mg	1 mg
<b>Folic Acid (mg)</b>		10 mg		15 mg	15 mg
<b>Other B Vitamins</b>	YES	YES		YES	YES
<b>Vitamin C (mg)</b>	250 mg	2,000 mg		30 mg	30 mg
<b>Vitamin E (I.U.)</b>	250 IU	750 IU	2,000 IU	500 IU	500 IU
<b>Thiamine mg</b>				60 mg	60 mg
<b>Selenium (mg)</b>	1.1 mg	2 mg	4 mg	1.8 mg	1.5 mg
<b>Magnesium (mg)</b>	2,665 mg	2,500 mg		3,000 mg	3,000 mg
<b>Vitamin D (I.U.)</b>	1,250	2,500 IU		2,000 IU	1,500 IU
<b>Iron (mg)</b>					
<b>Copper (mg)</b>	56 mg	12.5 mg		75 mg	75 mg
<b>Zinc (mg)</b>	225 mg	45 mg		250 mg	250 mg
<b>Cobalt (mg)</b>				500 mcg	500 mcg
<b>Iodine (mg)</b>	1.4 mg			2.5 mg	2.5 mg
<b>Phosphorus (mg)</b>	1,250 mg			1,705 mg	2,835 mg
<b>Manganese (mg)</b>	160 mg			182 mg	142 mg
<b>Chromium</b>	2 mg				
<b>Calcium (mg)</b>	2,550 mg	2,550 mg		3,685 (max) mg	1,275 (max) mg

<b>Omega 3 Fatty Acids</b>		3,500 mg				
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	<a href="#">Accel® Lifetime Health &amp; Wellness Formula by VitaFlex®</a>	<a href="#">Red Cell® Horse Supplement by Famam</a>	<a href="#">Vita Plus® by Famam</a>	<a href="#">Equi-Shine Horse Supplements Pellets by Equi-Shine</a>	<a href="#">Equi-Shine Horse Supplements by Equi-Shine</a>	<a href="#">Super E Horse Supplement by Equi-Shine</a>	<a href="#">Ultra Fire Horse Supplement by Finish Line</a>
<b># Servings (up to)</b>	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
<b>Adult Serving Size</b>	1 oz	1 oz	2 oz	4 oz	2 oz serving	1/2 oz	1/2 oz
<b>Form</b>	C	L	PW	PL	G	PL	PW
<b>Pro/Prebiotics</b>							
<b>Vitamin A (I.U.)</b>		25,000	50,000	35,000	35,000		2,600
<b>Thiamine (mg)</b>		30	25	25	25		160
<b>Niacin (mg)</b>			250				340
<b>Biotin (mg)</b>		0.02		0.625	0.625		
<b>Folic Acid (mg)</b>		7		2.5	2.5		5
<b>Other B Vitamins</b>		Yes	Yes	Yes	Yes		Yes
<b>Vitamin C (mg)</b>							500
<b>Vitamin E (I.U.)</b>	1000	35	50	375	375	2500	0.2
<b>Selenium (mg)</b>	1	0.65	0.02	2	2		
<b>Magnesium (mg)</b>		20	25	453	340		220
<b>Vitamin D (I.U.)</b>		3,500	500	4,000	4,125		
<b>Iron (mg)</b>		300	200	272	563		106
<b>Copper (mg)</b>		36	8	113	111		0.1
<b>Zinc (mg)</b>		110	40	340	340		0.4
<b>Cobalt (mg)</b>		2		3.40	3.7		17
<b>Iodine (mg)</b>		0.25	2	1.36	1.40		
<b>Phosphorus (mg)</b>			850	4,536	4,536		
<b>Manganese (mg)</b>		39	20	295	284		4
<b>Chromium</b>							

<b>Calcium (mg)</b>		1,418	8,618	7,796		2,100
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