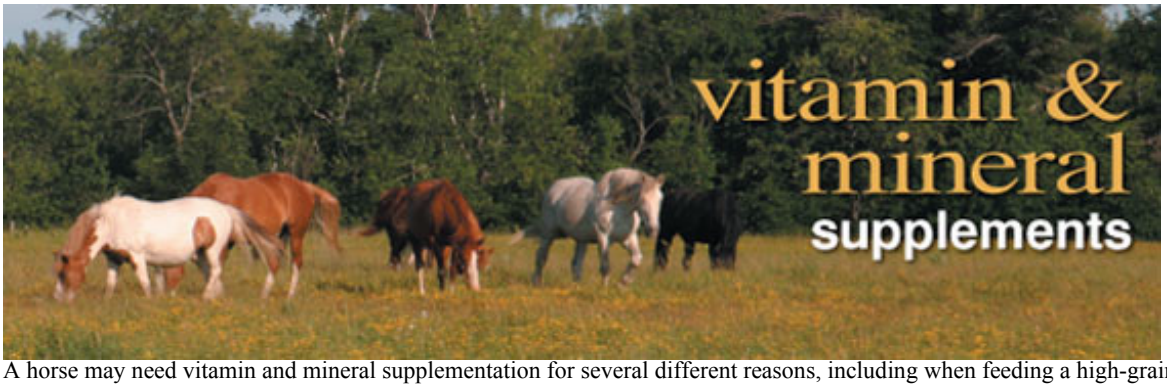
# Vitamin & Mineral Supplements for Horses: Comparison

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



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