

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

Vitamin D (I.U.)	2,124	6,750	1,250		4,000 IU	32,000 IU/lb
Iron (mg)	468		161			2,000 ppm
Copper (mg)	2.34	170	12.5		65 mg	1,300 ppm
Zinc (mg)	14	510	37.5		195 mg	3,700 ppm
Cobalt (mg)			0.6			7.5 ppm
Iodine (mg)		3.3	0.6			12.5 ppm
Phosphorus (mg)	170	6,804	858		0.5 g	1.5%
Manganese (mg)		450	31			3,000 ppm
Chromium						
Calcium (mg)		16,585	2,500		1.5 g	2.5%
Omega 3 Fatty Acids		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>
# Servings (up to)	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
Adult Serving Size	4 oz/day	4 oz/day	1/4 to 1/2 oz/day	1-2 oz	1-2 oz
Form	PL	PL	PW	PL	PL
Pro/Prebiotics	YES	YES		YES	YES
Vitamin A (I.U.)		25,000 IU		20,000 IU	16,000 IU
Vitamin B1 (mg)	12.5 mg	60 mg		60 mg	60 mg
Niacin (mg)	500 mg	50 mg		80 mg	80 mg
Biotin (mg)		15 mg		1 mg	1 mg
Folic Acid (mg)		10 mg		15 mg	15 mg
Other B Vitamins	YES	YES		YES	YES
Vitamin C (mg)	250 mg	2,000 mg		30 mg	30 mg
Vitamin E (I.U.)	250 IU	750 IU	2,000 IU	500 IU	500 IU
Thiamine mg				60 mg	60 mg
Selenium (mg)	1.1 mg	2 mg	4 mg	1.8 mg	1.5 mg
Magnesium (mg)	2,665 mg	2,500 mg		3,000 mg	3,000 mg
Vitamin D (I.U.)	1,250	2,500 IU		2,000 IU	1,500 IU
Iron (mg)					
Copper (mg)	56 mg	12.5 mg		75 mg	75 mg
Zinc (mg)	225 mg	45 mg		250 mg	250 mg
Cobalt (mg)				500 mcg	500 mcg
Iodine (mg)	1.4 mg			2.5 mg	2.5 mg
Phosphorus (mg)	1,250 mg			1,705 mg	2,835 mg
Manganese (mg)	160 mg			182 mg	142 mg
Chromium	2 mg				
Calcium (mg)	2,550 mg	2,550 mg		3,685 (max) mg	1,275 (max) mg

Omega 3 Fatty Acids		3,500 mg				
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	Accel® Lifetime Health & Wellness Formula by VitaFlex®	Red Cell® Horse Supplement by Famam	Vita Plus® by Famam	Equi-Shine Horse Supplements Pellets by Equi-Shine	Equi-Shine Horse Supplements by Equi-Shine	Super E Horse Supplement by Equi-Shine	Ultra Fire Horse Supplement by 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
Chromium							

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