



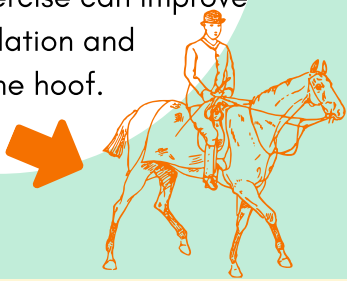
HOW TO FEED & MANAGE LAMINITIS & OVERWEIGHT HORSES & PONIES

Primary check factors for Laminitis

- 1** Symptoms such as **hot hooves, bounding digital pulse, physical damage such as white line and bruising** etc. can appear at any time depending on the underlying cause. Regular checks will help keep on top of the condition.
- 2** Over-consumption of **starch and sugars; toxicity of the gut; increasing age; breed; obesity; lack of exercise and overfeeding.** Predispositions such as **Cushings and IR; mechanical damage; cortisone administration (to stallions)**
- 3** **Weight and condition** - Obesity can contribute to EMS and IR, both implicated in laminitis. High weight puts added pressure on the hoof, overfeeding disrupts hindgut function - a primary cause of laminitis. Weight reduction essential; a body condition score of 3-4 to be aimed for.

WHY EXERCISE?

Vasoconstriction - caused by the absorption of endotoxins from the gut. Causes pooling of blood in the extremities and stops inflammatory factors being flushed away. Gentle exercise can improve the circulation and flush the hoof.



FEEDING - intake should not be more than **2% (dry matter) of a horse's body weight, rising to 2.5% if in heavy work. Reduce to 1% up to 1.5% if weight loss required. Avoid overly high nutrient levels. Feed forage and other fibre feeds. eg unmolassed beet pulp.**

Carbohydrates - starch and sugar intake must be kept to a minimum. Keep daily intake of sugar/starch below **10% NSC preferably.**

Grass - fructans easily fermented releasing lactic acid which disrupts hindgut function and opens absorption to endotoxins. Avoid Spring, Autumn and winter grass growth when there are sunny, frosty conditions.

Diet tip: did you know?

Overfeeding protein can be as damaging as overfeeding carbohydrates. A total dietary level of 12% protein is more than sufficient for mature horses and ponies. Undigested protein will be fermented by some hindgut bacteria releasing endotoxins and vasoconstrictors, both components in laminitis



Fibre.
The main energy source for horses. Hind gut fermentation of fibre maintains the correct environment for the microbial fermentation and the integrity of the gut wall. Some fibre types are more suitable than others. Sugar beet, lucerne, soya hulls and oat straw give good VFA proportions, with sugar beet giving the lowest lactic level, and good levels of butyric acid. Butyric improves tight junctions between the gut cells and helps reduce absorption of endotoxins.

Top tips for managing laminitics...

- Turn out into a bare paddock and provide soaked hay to still allow fibre intake
- Grazing muzzles can be used or strip grazing introduced to reduce the amount of grass consumed, whilst still allowing for daily turnout
- Hay may be soaked for several hours to reduce the soluble carbohydrate content and therefore the calories; adequate amounts can then still be fed to ensure your horse or pony is receiving the correct daily intake of fibre, which will help to keep his gut working efficiently
- Ask your hay merchant for a hay analysis to manage NSC intake - ideally should be 10% or less
- **Feed a product recommended for laminitis such as FIBREGENIX LAMI LOW-CAL DIET BALANCER** - carefully researched & specifically formulated for metabolic conditions, 8.8% NSC; low feeding rate; complements fibre diets, provides all supportive nutrients and specific digestive aids that will help maintain the correct hindgut environment, ensuring those bacteria that can cause harm will not be able to grow.
- **DO NOT STARVE YOUR HORSE OR PONY!**

4 key digestive aids that benefit laminitics

- 1. Live yeast probiotic** - increases fibre digestion allowing better utilisation and nutrient uptake. Helps reduce lactic acid accumulation in the hindgut
- 2. Purified Nucleotides** - increases nutrient absorption where diet is limited. Enables rapid cell proliferation required for recovery of damaged laminae and to aid the growth of the hoof wall
- 3. MOS Prebiotic** with beta glucans - boosts the immune system and removes pathogenic bacteria from the digestive system
- 4. FOS Prebiotic** - Helps reduce the risk of digestive upset, assists in improving insulin sensitivity in overweight horses & ponies, strengthens the immune system; enhances digestive health.

"Lami pellets saved her!" Kristy M, NSW

