



## IN THIS MONTH'S ISSUE

### 1. FEEDING

For coat shine

### 2. TESTIMONIAL

## FEEDING FOR COAT SHINE

Coat shine is one of the most sort after attributes for many owners and ultimately it does give an indication of the health and over all wellbeing of the horse. Long, dry or "starey" coats that don't shed often or at the right times of year can point to a horse with health or nutritional issues.

Taking a holistic view of the horses' wellbeing will ensure the root cause of coat issues is found. This includes factors that may not always be obvious such as worm burdens, dental issues, grooming and even more serious health conditions such as severe Ulcers and Cushings.

A good place to start with worming is a faecal egg count. Due to the resistance of many worms to common de-wormers, it is now no longer advised that all horses be dewormed on a regular programme but rather that a faecal count is done and horses treated only if required. This involves taking a sample of the horses' faeces and having it analysed by a professional equine service or Veterinarian to provide an idea of the amount and type of eggs present. Only horses with higher counts are then dewormed. The presence of

worms can be a problem, as they consume vital nutrients and can cause serious internal damage leading to dull and dry coats, weight loss, poor performance and anaemia just to name a few.

The next step would be to look at the horses' teeth. Generally for younger and senior horse's this should be done every six months with your average adult being done every 12 months. This analysis should be performed by a qualified professional to ensure the horse is able to chew comfortably which will aid in overall digestion of their food.

Conditions such as Ulcers and Cushings Disease can affect coat condition and health however these are often combined with additional problems and therefore there is no need to panic or suspect all horses with a dull coat of having such issues. However it is worth familiarising oneself with some of the symptoms of these conditions and obtaining a full Veterinarian check if other problems are suspected.



In order to achieve a shiny coat the importance of grooming should not be overlooked. Grooming everyday will help to stimulate blood flow that will bring good coat-enhancing nutrients to the hair follicles to help hair growth and to achieve a beautiful shine. After exercise, any sweat should be removed by brushing or washing off. Salty sweat can bleach the coat, affecting the coat's overall health. Also do not forget the effect the weather has on the coat. Horses that stand in the sun all day without shade may be more susceptible to coat bleaching.

Only once the above steps have been taken into account, can nutrition be assessed and considered.

Protein, energy, vitamin and mineral imbalances can all affect coat condition, therefore providing a well-balanced diet is the key. A number of owners agonise over what concentrate feed to provide their horse's and are left disappointed when even



after choosing a top-quality feed they still don't see the shine they expected. That doesn't necessarily mean the feed chosen isn't a quality feed, it could just be that it's not provided in the correct amount or balance for the horse in question based on the remainder of the diet. Having a nutritional consultation will allow the horse's diet to be assessed to ensure it is balanced correctly.

As a starting point, the base of the diet, forage, should be available as fresh grass as this provides a number of different nutrients of which one is vitamin E. Vitamin E aids in immune responses, nerve and muscle function and its antioxidant properties make it vital to the health of all horses especially young, growing horses. Good-quality hay is also important as it will ensure the digestive system is kept healthy.

The next area to look at is the concentrate feed being provided. Some horses may not need a "bucket feed" and if that's the case look at a ration balancer to ensure that the daily essentials are still provided to help assist the look of the coat. If a concentrate feed is provided then contact the feed company for information on the levels of certain nutrients important for coat condition which include essential amino acids





# CONGRATULATIONS

## Lisa Rahman and Belingwe Star

Congratulations to Lisa and Bling on their incredible results at Horse of The Year Show 2019.

Not only did they Win the Adult Open Working Hunter, The Champion Working Hunter and Reserve SASA Open Working Hunter but they were placed 3rd in The Supreme Working Hunter of the Year.

### WHAT FANTASTIC RESULTS.

*"Thank you to Equus and Epol for keeping my horses in top condition. Bling loves the Epol Rider cube with Equus Nice n Easy. A special mention also goes to Michael Blom for his help with all my preparation work and support at HOY"*



*For an absolutely free consultation with no further obligation contact our professional consultants to schedule a visit to your yard.*

### Hannah

073 423 5491

tech.equus@driehoek.co.za

### Helen

083 998 6824

helen@driehoek.co.za

(methionine and lysine), fat content, vitamin E, C, D and A as well as the B vitamin biotin, and minerals such as zinc and copper. Equine specific Yeast cultures such as Yea-sacc within products can also aid in promoting the good microflora in the gut, enhancing utilisation of fibre and minerals.

If the nutrients mentioned above are already provided, then check to see if the feed is being fed at adequate levels. Feeds are designed with a balance of protein to energy with specific levels of vitamins and minerals according to the workload/life stage of the horse. Thus if you are not feeding the manufacturers recommended level it may not be doing exactly what its designed to do.

Other nutrients that might also help support coat and skin health are essential fatty acids (Omega-3 and 6 oils). Fatty acids are a component of skin oils (sebum) that coat each strand of hair, giving the coat a protective barrier and a nice shiny appearance and so adding additional oils can be beneficial. Dietary fats also serve as carriers for fat-soluble vitamins such as A, D, E, and K and by providing additional fats in the diet helps the utilisation of these nutrients.

### Which one to choose?

Supplying additional omega-3 fatty acids (good sources include linseed and fish oils) which have immune-boosting and anti-inflammatory effects are often more worthwhile than providing Omega-6 oils (corn oil, sunflower, soya) which researchers believe to be more pro-inflammatory. Research has also shown that Omega-3 fatty acids can help with skin and coat hypersensitivity associated with insect bites and other allergic reactions.

Supplementation of Omega-3 oils for coat condition is recommended at 80-120ml per day.

Balance is key and that applies to oils as well, so discuss the horses' total diet with a nutritional consultant before implementing.

Next month- We look at oils in more detail and discuss their benefits and uses.



Like our page on Facebook | [www.equusfeeds.co.za](http://www.equusfeeds.co.za) | [info.equus@driehoek.co.za](mailto:info.equus@driehoek.co.za)

