

With the spring flush arriving early your horse's behaviour could be changing for the worse!

If you notice your horse behaving more nervously, or being more flighty, fizzy or excitable, this is more than likely being caused by the fresh spring grass.



Magnesium is the go-to product to help settle this type of behaviour, but which form of magnesium is the best?

While there are numerous forms of magnesium suitable for feeding as dietary supplements, there is limited scientific data regarding the comparative bioavailability of these various forms of magnesium in horses under New Zealand grass conditions.

In horses, magnesium absorption occurs predominantly in the small intestine. The majority of the magnesium is absorbed by passive diffusion, the process by which molecules diffuse from a region of higher concentration to a region of lower concentration via the cell membranes i.e. the molecules travel to where they are most needed.

Concentration aids absorption. With higher dietary levels of this mineral, more will be absorbed.

The multitude of forms and varying characteristics of magnesium supplements available in New Zealand, makes it difficult to compare bioavailability across products and brands.

What is known however, is that both organic and inorganic magnesium (salts) are equally efficient in restoring magnesium levels in blood.

When choosing magnesium supplements it is important to also consider the following factors:

- Higher concentrations of magnesium, result in higher absorption rates across membranes so always check the potency of the product.
- Not all magnesium supplements are the same.
 Dose rates will vary depending on the potency of the magnesium.

- Palatability helps to ensure the horse takes the product, some sources of magnesium such as magnesium chloride and magnesium sulphate are known to be notoriously unpalatable.
- Magnesium Oxide is easy to source and relatively cheap. Particle size (fine powders versus granular forms) plays a key role in both the quality of the product and the rate of absorption prior to being passed out of the horse.

AHD ORAL MAG 25% Magnesium Pidolate

Magnesium Pyrrolidone Carborylate is the only form of magnesium that can be retained and made available via the cell membranes in a horse at consistent levels for up to 10 days.

This is because Magnesium Pidolate is a pharmaceutically produced fine grade white powder, that is highly water soluble. Daily dosage helps to ensure improvement in the behaviour of a horse affected by grass.

ORAL MAG can be administered as an oral drench or added to hard feed. Follow label instructions for dosage rates.

Equilibrium Cool Mix B1

You may also like Equilibrium Cool Mix, great for nervous, fizzy or excitable horse and can be fed in conjunction with Oral Mag.



