

August Newsletter

HI FORM



Happy Birthday



In the southern hemisphere, the "Horses' Birthday" is celebrated by nearly all breeds on the first day of August. The reason for the selection of the first day of August in the southern hemisphere, as opposed to say the first day of January, May or November is that historically, the weather at the commencement of September is just beginning to warm up, prompting mares to commence their oestrus cycle, or 'come into season'. A mare's oestrus cycle is stimulated by the presence of extended daylight, nature intending that foals be born eleven months later through spring and summer when feed is plentiful so that mares can produce good supplies of nutritious milk. Therefore, mares successfully bred early in September will produce foals in early August.

*How old is your horse horse  
turning this year?*



Happy Birthday 



## DEBATE ON OATS



Oats have 90% starch digestibility, compared to around 30–35% for barley and corn. When oats are fed, in the right amounts, they are easily broken down in the small intestine and the enzymatic processes are not disrupted. Oats are also lower in Protein and carbohydrates compared to all other grains.

Whole oats are ideal because they contain:

- A high proportion of mucilaginous substance
- A high proportion of husks
- A high pre-cecal starch digestibility even before breakdown
- A high fat content predominantly essential fatty acids
- Are ideal to chew taking due to the horse's amazing grinding process within the mouth
- Very high palatability
- Do not require soaking

When adding oats, the calcium/phosphorous balance of the overall diet needs some attention. Many nutritionists recommend the optimum ratio for a mature horse to be between 1.5–1 and 2–1 calcium to phosphorous. Oats are higher in phosphorous, and can have an inverted calcium to phosphorous ratio of 1 to 5 (1 part calcium to 5 parts phosphorous)—so if you feed a lot of oats, you will need to balance this out with the correct amount of calcium. Using a daily formula such as CompletaVite or BreedPlus will solve this problem. If you are feeding hays and chaffs then this will also assist the calcium/phosphorous ration Feeding Lucerne chaff or hay is also an excellent way to provide a better balance. At the end of the day the pros of feeding whole oats far outweigh the cons.

Feeding oats is nothing new, they were the feed used with cavalry horses dating back to the 11th century. Oats were usually fed with hay and straw. Older horses with poor teeth that can't chew whole oats properly however they can still benefit from oats by soaking the oats with hot water before you feed

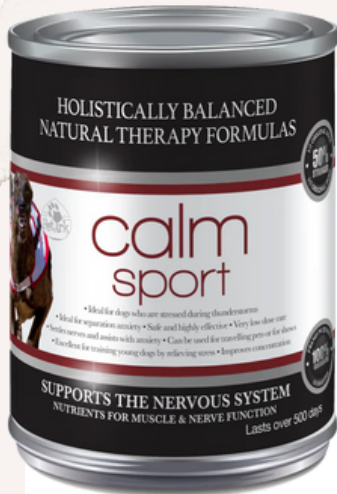


***"Harry's Competitor Oats suitable for high performance horses and is a highly digestible, complete and highly concentrated feed. Alfalfa hay, oaten hay, whole oats, cold pressed, expelled, GMO free soy oil and Hi Form Oxydane™ to provide your horse with an excellent balance of vitamins, mineral tissue salts, amino acids, trace elements and organic herb extracts."***



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## PETARK



PetArk Calm Sport assists in the maintenance of normal muscle and nerve function, and contains a range of nutrients that have a role in assisting the transmission of nerve impulses. PetArk Calm Sport makes a difference to your dogs day by reducing their level of stress naturally and is designed specifically with racing greyhounds in mind.

### Dosage rates:

Small dog up to 7kg: 1/8 spoon

Medium dog up to 20kg: 1/4 spoon

Large dog over 20kg: 1/2 spoon



## BREEDPLUS



To achieve an optimal daily nutritional intake, we recommend using BreedPlus with Harry's Choice StudHorse all natural feeds. To find out more, go to [www.harryschoice.com.au](http://www.harryschoice.com.au)



Hi Form BreedPlus offers essential support for weanlings, yearlings and broodmares. Includes an excellent level and balance of calcium and phosphorous. This plays a role in normal growth and maintenance of bones.

BreedPlus is a complete amino acid, vitamin and high available calcium formula with an emphasis on essential minerals. Contains trace elements and will assist in maintaining the health of pregnant and lactating mares, weanlings and yearlings.



Research has shown that developmental orthopedic diseases such as OCD, cervical vertebral malformations, angular deformities, contracted tendons and physitis can be caused by many factors such as genetic predisposition, management practices, diseases and dietary influences. Good nutrition may assist with these types of conditions.

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## SPONSORED RIDER UPDATE

What a time our HiForm sponsored riders are having overseas!

Elliot Pattinson of the Pines Performance Centre in QLD is in Germany and has just scored a huge 72% at an international Grand Prix test over there. He has also qualified a young horse for the Bundeschampionat later this year.



Meanwhile Emma Booth has qualified for the WEG para dressage team on the lovely Furst Deluxe and will be representing Australia and a very proud Hi Form in Herning this month! Emma travelled over to stay with Maree Tomkinson in Germany and has been riding two of Maree's horses over there.

Lastly, we are very excited to announce our newest sponsored rider is none other than Jayden Brown. Jayden is a superstar of Australian dressage and has recently relocated to the UK for two years in the lead up to the Paris Olympics. He has qualified for the WEG this month and will be representing Australia (and again, a very excited Hi Form) there! His favourite product is Proflamaid to keep his horses sound and aid in any healing necessary.





# THE DRUM ON CALCIUM & PHOSPHORUS RATIOS

Written by Antoinette Foster BSc Nutrition, Equine Nutritional Therapist and Medical Herbalist ©Hi Form Australia PL 2022

Calcium and phosphorus are extremely important for the horse's health and wellbeing, The horses' bones and teeth contain approximately 99% of the calcium in the horses body. The horse's health is very reliant on calcium and phosphorus. Calcium supports brain and neuromuscular function, blood clotting and the activity of enzymes. The attributes of phosphorus are as follows, the regulation of muscle contraction, integrity optimization of glucose for energy conversion. 35% of the average bone is made up of calcium where is phosphorus is approximately 14 -17%. this ratio is roughly 2:1. Based on this ratio suggest that it is ideal to maintain this in the horse's diet.

**Table 1. Average daily values of calcium and phosphorus needed for horses at different life stages with different activity levels. (Supplied table from various sources)**

Life Stage/Activity Level	Calcium (grams/day)	Phosphorus (grams/day)
Adult at maintenance	20	14
Adult in light work	30	18
Adult in moderate work	35	21
Adult in heavy work	40	29
Pregnant mare (first 6 months of gestation)	20	14
Pregnant mare (last trimester of gestation)	36	26
Lactating mare (first 40 days of lactation)	59	38
Weanling (215 kg)	39	21
Yearling (320 kg)	38	21
2-year-old (430 kg)	37	20

## What suits each individual horse?

We understand that the calcium and phosphorus ratio is especially important but the amounts of each mineral in the horse's diet is also important. Calcium and phosphorus are macro-minerals which means that horses must receive a number of grams per day per body weight. Whereas milligrams per kilo are called micro minerals.

**What you will supply your horse depends entirely on individual needs.** For example, there are different requirements for pregnant and lactating mares and young growing horses. It makes sense that these horses require a higher level of these minerals. Calcium should be at least 0.6% and the phosphorus 0.4% of the total ration to ensure that the joints, muscles etc are supported for these types of horses.

Mature horses require the lowest amounts for maintenance, these types of horses are those that are in work and only require adequate levels to support physical function. it has been proven scientifically that horses undergoing intense exercise require higher levels of calcium. The higher the work level, the higher the requirement for calcium, this is necessary due to bone and tissue repair, but a high level is lost through sweat. By increasing the intake 1.5-2 times the maintenance requirements should support the horse efficiently

## Finding the right balance with your feed

Make sure when you are looking for a supplement for your horse no matter what age that you read the label and the levels of calcium and phosphorus, but also the form of mineral that is being used. It is also important to remember that if you have a young growing horse you will need to be making changes prior to maturity.

Feeding hays such as alfalfa can be beneficial for young growing horses Alfalfa contains an excellent level of calcium and the ratios of calcium to phosphorus are also excellent. Grains tend to be higher in phosphorus then calcium, so make sure that you are formulating the correct balance between the two. Aim for a diet suited to the species, one that is packed full of natural nutrients. Horses have evolved to consume a high roughage diet this means, pasture, hays some grain and possibly some oils, plus the correct added vitamins and minerals.

*\*\* Always contact a qualified nutritionist to assist with balancing your feed ration no matter what the age of the horse. We know that nutrition is essential for ongoing health and wellbeing, supporting skin, hoof growth, muscle, and joint health and one of my most favourite topics of discussion the gut microbiome.*