



## THE TRUTH ABOUT

# SOY

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Soy has had a bad rap in the media and in the equine industry for many years. However, not all is bad about this protein source. Certainly, there are some negative aspects. However, this is why it is even more important to ensure you are picking the correct type of soy product for your horse.

### **Myth #1: Soy is not suitable for horses.**

Soy is definitely suitable for horses given it is a plant. There are many protein and fat sources out there which are derived from non-plant sources. Such as whey protein and fish derivatives. This makes it much more suitable than many of the other protein supplements on the market for horses.

### **Myth #2: Soy contains toxins.**

This is true for soy hulls, genetically modified and non-organic soy. We advise to steer clear of these types of soy at all costs, as they can have more negative impacts on the horses' body than positive ones. There are naturally occurring 'toxins' otherwise known as 'anti-nutrients in soy', these not toxic per say but do interfere with nutrient absorption and the way they are used throughout the body. These anti-nutrients are mainly found in the hulls of the soybean, which is another reason why we don't recommend feeding soy hulls to your horses.

Which soy is suitable then?

Human-gradeThe best type of soy encompasses a few different things. Ensuring it is human-grade soy flour eliminates the possibility of it containing soy hulls. Soy hulls are a waste-product and not used in food for human consumption. This reduces the trypsin-inhibitor content.

### **GMO-Free**

GMO-free soy or soy free from genetic modification. What is genetic modification? This is where there is a change in the DNA of the plant to make the crop more resistant to pests, drought and pesticide exposure. This is beneficial to increase crop yield, however when there are excessive sprays used on the plant this is not ideal. Glyphosates (Round Up) in particular are of the highest concern, being banned in multiple countries due to its carcinogenic effects, except for Australia and a few others. Not only is this a concern for our horse's health but equally our own health as well.

Studies have found genetically modified soy to yield between 5-15g of glyphosate per kilo. Due to the carcinogenic nature of this chemical, it could be a concern if it is included in your horse's diet. It is always in your best interest as well as your horse's to source GMO-free soy at minimum to further improve their health.

## Certified Organic

Organic soy flour which has been certified is another level up from GMO-free.

Although sprays and pesticides may still be used with GMO-free products, organic products strictly use no sprays. Therefore, there will be no residue or exposure on the soy product itself.

When would you use soy for horses?

- Improve muscle mass and condition
  - Soy flour (not hulls) is great to increase muscle mass and condition. This is due to the high level of protein and fat content of the soybean.
- Growing horses
  - Young horses and pregnant mares can benefit from soy supplementation if they may be not receiving enough through grass and hay alone.
- Low release energy
  - Soy flour can aid as an energy source for horses who become too hyped up on grains. The higher fat content enables a slower release of energy. This is a great grain-free alternative.
- Metabolic Disorders
  - Some disorders such as Cushing disease and Insulin Resistance may actually benefit from a small amount of soy supplementation. Protein can assist in reversing insulin resistance, be sure to work with a Nutritionist as well as a Veterinarian to understand how diet plays a role in these conditions.

Provided soy products are grown and produced in the correct environment and with GMO-free approaches or organic certification, soy is a great contender to add protein and fat to your horses' diet.

Contact us on 1300 HIFORM for more information.

