



## Beat the Heat

Did you know the average adult horses' body contains approximately 70% water? Water is the most critical nutrient needed to sustain life, so it is essential your horse has a consistent source of clean, fresh drinking water at all times!

So, how much water should your horse drink each day? A horse can drink 35 – 70 litres of water each day, but the amount required is determined by the amount of exercise, what they are eating, the temperature, and the weather. Just like us, in hot weather, horses will sweat more and drink a lot more water - especially if they are exercising or competing. Without enough water, horses can quickly become dehydrated, and this will affect their performance and health.

Water intake is important for replacing vital fluids and electrolytes that are lost through sweat and urination. Horses sweat to cool their bodies and regulate body temperature, but water isn't just important when it's hot. It is also needed for proper digestion and to dissolve nutrients for absorption. Providing your horse with the correct nutritional support for exercise and competition is very important, as this will help support normal appetite, maintain your horse's hydration levels, and replace electrolytes and nutrients that are lost through sweating.

**Pro-Dosa BOOST** contains significant doses of nutrients that help to stimulate appetite and thirst, including the following:

- ☆ **Electrolytes**, a broad range of electrolytes including calcium, magnesium, and phosphorus, as well as sodium, potassium, and chloride. These will help maintain normal hydration and the electrolyte balance necessary for muscle cell, cardiac, and nerve function.
- ☆ **B Vitamins**, which are needed for energy production, nerve function, and help support normal appetite.
- ☆ **22 Amino Acids**, to help stimulate thirst, limit lactic acid build-up and are involved in muscle recovery and repair.
- ☆ **Trace Elements**, including Copper, Iron, Manganese, and Zinc.

### **PRO-DOSA BOOST. A TOTAL COMPLEX FOR TOTAL PERFORMANCE**

“ We have seen good results using Pro-Dosa BOOST with our team of endurance horses, especially in the areas of hydration and with the horses eating and drinking so well. ”

Photo: Sarah Sullivan

For Endurance Horses during competition, these parameters are vitally important to performance and recovery. We have used Pro-Dosa BOOST for the past two years on our novice horses and on our team competing at the highest level, both here in Australia and overseas. Good results for Toft Endurance were achieved at the 2016 World Endurance Championships (Dream Dancer te), and also a win at the Moncuq3\* in France recently (Charlotte te). We also use Pro-Dosa BOOST for our harder training sessions and prior to and during travel. ”

**Penny Toft**

“ I have found Pro-Dosa BOOST to be practical & tremendously beneficial when my horses are competing, travelling and working hard, especially when I am competing over multiple days or when it is hot. ”

**Mary Hanna**

Pro-Dosa BOOST is successfully used throughout New Zealand, Australia, Asia, United Kingdom, The Middle East, Europe and South Africa

[www.pro-dosa.com](http://www.pro-dosa.com)

The body needs a full complement of nutrients in careful balance to achieve optimum health, performance and recovery.

Giving your horse one tube of **Pro-Dosa BOOST** at least two hours before loading them on the float (or if you are leaving early in the morning, it can be given the night before instead), will help them arrive at your destination in the best possible condition and ready for the competition ahead. Remember to have fresh water available at all times, including before and after travel and during competition.

Read our Healthy Horse Blog [www.pro-dosa.com/determining-healthy-horse-normal](http://www.pro-dosa.com/determining-healthy-horse-normal) to find out how to know your horse is well.

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