



Combat Travel Stress

Travelling isn't always easy for horses, and due to heat or the stress of travel, many come off the float hot and sweaty. Read our travel blog to find out why www.pro-dosa.com/stresses-equine-travel/.

Did you know....that oxidative muscle cell damage can occur in as little as one hour, as the horse works to keep itself balanced during transportation?



What is Oxidative Muscle Cell Damage?

Oxidative muscle cell damage is caused by free radicals which are unstable oxygen molecules, produced naturally as part of metabolic activity. These free radicals attach themselves to muscle cell walls, causing damage and fatigue. The harder muscles work, the more free radicals are produced, the more oxidative damage occurs, and the more fatigue results. Oxidative muscle cell damage occurs during travel as well as during exercise.

To prevent oxidative stress, the body uses a defence system of antioxidants, molecules that scavenge free radicals *before* they cause damage. These antioxidants, therefore, help to reduce muscle cell damage and muscle fatigue. **Pro-Dosa BOOST** contains **Vitamin C**, a potent antioxidant.

Fatigued muscles have oxidative damage and microscopic tears, so they must be repaired and then grow and strengthen to cope with the work required of them. **Pro-Dosa BOOST** provides all the essential nutrients required to help with muscle growth and recovery. Including the following:

- ☆ **B Vitamins** - needed in higher amounts in horses under stress to support appetite, red blood cell production, metabolism and growth, energy production, nerve cell function, and coat and skin condition.
- ☆ **Minerals** - including, copper, zinc, manganese for general growth, metabolism, and maintenance of connective tissues as well as potassium, calcium, magnesium, and phosphorus, important in muscle metabolism, muscle cell contractility, and energy production. (Pro-Dosa BOOST also contains sodium and chloride, important electrolytes.)
- ☆ **22 Amino Acids** – the building blocks for protein synthesis, required for muscle cell recovery and growth. They also stimulate thirst.

To find out more about the role of the nutrients in **Pro-Dosa BOOST** follow - www.pro-dosa.com/pro-dosa-boost-nutrients/

Providing your horse or pony with one tube of **Pro-Dosa BOOST**, at least two hours prior to 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. Using **Pro-Dosa BOOST** before travel will not only help protect muscles from oxidative muscle cell damage during travel and competition, but will also have them eating and drinking when they arrive.



"I have been using Pro-Dosa Boost with my competition dressage horses with great success. Prior to using Pro-Dosa Boost my advanced horse Watergate had tie-up symptoms related to travel, competition and intensive training. I use Pro-Dosa Boost as a pre-competition tonic, travel sickness preventative and during intensive training periods. Watergate has had no tie-up related symptoms since commencing this prevention programme. The extensive list of replacement minerals, vitamins and electrolytes included in Pro-Dosa Boost gives me the confidence that my horses are receiving all they require to prevent fatigue and loss of performance".

- **Wendi Williamson**, Dressage, Waitekauri Farm, New Zealand