



Water: The Most Important Nutrient

Did you know that the average adult horse's body is 70% water? Water is necessary for all cells and every system in the body. It's vital for the cardiovascular system, digestion and nutrient absorption, kidneys, brain, and muscles, to name only a few.

How much water should your horse drink? A horse can drink 35-70 litres of water each day, but the actual amount required is determined by a number of factors including the amount of exercise; the temperature and humidity; the horse's fitness, body condition, ability to sweat, and hair coat; and what they eat. Just like us, in hot weather, especially when exercising, horses will sweat more to cool themselves and regulate body temperature. Without sufficient water and electrolyte intake, horses can quickly become dehydrated, affecting their performance and health. Providing your horse with optimal nutritional support for exercise, travel, and competition is critical for the maintenance of normal appetite and thirst, in turn required to sustain hydration and replace electrolytes lost through sweat.

Pro-Dosa BOOST contains significant amounts of nutrients that help to support normal appetite and thirst including the following:

- ☆ **Electrolytes**, including calcium, magnesium, and phosphorus, as well as sodium, potassium, and chloride. These macrominerals help to maintain normal thirst, hydration, and electrolyte balance necessary for muscle cell, cardiac, and nerve function.
- ☆ **B Vitamins**, which are needed in balance with each other, for normal energy production, red blood cell formation, nerve cell function, and appetite;
- ☆ **22 Amino Acids** that help support thirst in the dehydrated horse as well as providing the building blocks for proteins required for muscle recovery and growth; and
- ☆ **Trace Elements**, including Copper, Iron, Manganese, and Zinc, that are important for general metabolism as well as red blood cell formation.

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

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 to find out how to know your horse is well.