

## PROVEN EFFECTIVE WEIGHT LOSS PROGRAM

Grass is the biggest contributor to excess calories in most horses' diets. Horses and ponies that are out on pasture for 24hrs a day can consume many times their own energy requirement on a daily basis. Therefore initially eliminating then restricting grass intake in line with an increase in exercise is essential for effective weight loss.

Ideally during this initial weight loss stage turnout should be provided in a ménage or alternatively a bare paddock where the grass has been sprayed off. Suitable low calorie forage should be provided to replace the grass, the amount fed needs to be carefully weighed and controlled. Your veterinary surgeon will be able to advise you on what is the most appropriate amount for your individual horse or pony. This may need to be reduced in time if weight loss is slow.

Feeding forage alone especially when restricted will not provide a balanced diet which is needed to sustain health and well-being. Therefore Equine Veterinary Feeds Weight Control has been carefully formulated to provide your horse or pony with quality protein, vitamins and minerals that will be lacking in a forage only diet.

Equine Veterinary Feeds Weight Control is a fibrous blend of alfalfa, timothy grass and oat straw alongside a nutrient rich balancer pellet. The diet is low in non-structural carbohydrate making it suitable for horses and ponies prone to laminitis or those with Cushing's disease or metabolic syndrome.



### WHAT TO EXPECT

All horses and ponies are individuals and respond to dietary restriction differently but a weight loss of 0.5-1.0% of bodyweight per week is realistic. Therefore the timeframe to reach an ideal bodyweight can vary depending on start weight and rate of loss but you should see a marked difference within 12-16 weeks.

### VETERINARY MONITORING AND ADVICE

Weight loss programs often fail due to lack of appropriate restriction or visual results, however with regular monitoring by your vet adjustments can be made regularly to achieve consistent results. Veterinary supervision is also required if severe restriction is needed in the very obese horse or pony. Your vet will be able to suggest the most appropriate diet for your horse or pony, monitor their progress on a regular basis to ensure weight loss is occurring at an appropriate rate and check that there are no adverse side effects. Other clinical tests and evaluations may also be carried out to monitor your horse or ponies response to weight loss.



### OTHER WEIGHT LOSS TIPS

- Try soaking hay overnight in tepid water to reduce the water soluble carbohydrate and calorie level.
- Choose mature fibrous low calorie forage, if in doubt have your forage analysed.
- Clean straw can be mixed with hay to dilute the calorie content however it shouldn't be used as the sole forage source.
- To maximise eating time try putting hay in double hay nets.
- Monitor the eating of any bedding material. In some restricted animals they will eat both shavings and straw in these cases rubber matting maybe more appropriate.
- Maximise exercise opportunities if you don't have time to ride try loose schooling, lungeing or leading off another horse.
- Don't over rug and use winter as an opportunity to reduce your horse's weight.
- Use a weight tape or piece of string and measure the largest point around your horse's belly and record on a weekly basis to monitor progress.
- When weight loss is achieved and turnout reintroduced try a grazing muzzle as these can reduce grass intake by on average 83%\*

\*The effect of wearing a grazing muzzle vs. not wearing a grazing muzzle on intakes of spring, summer and autumn pastures by ponies.

A.C. Longland, C. Barfoot, and P.A. Harris



EQUINE VETERINARY FEEDS

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# HORSE OWNER LEAFLET

If your horse or pony has been identified by your veterinary surgeon as needing to lose weight we know that this can be easier said than done, this is why Equine Veterinary Feeds in association with SPILLERS® have developed a clinically proven diet designed to be fed under veterinary supervision to produce safe effective weight loss.

Developed in association with



Vet name	
Telephone number	

Owner name	
Telephone number	

Name	
Breed	
Height	
Initial weight	

- Energy: 8.8 MJ/kg
- Calcium: 1.2%
- Oil: 4%
- Phosphorus: 0.5%
- Protein: 16%
- Magnesium: 0.4%
- Fibre: 22%
- Copper: 80 mg/kg

- Ash: 8.5%
- Selenium: 1 mg/kg
- Starch and simple sugars: 8.3%
- Vitamin A: 20,000 iu/kg
- Non-structural carbohydrate: 12%
- Vitamin D3: 2000 iu/kg
- Lysine: 1%
- Vitamin E: 1000 iu/kg

## WEIGHT TRACKER

## WEEKS

[illegible]