



Please be reminded of restrictions regarding the administration of electrolytes **within 48 and 24 hours of a race or Vets' List workout:**

Permitted at any time:

- Salt and mineral blocks.
- Unsupplemented isotonic electrolyte solutions that may be **consumed by free choice** by the horse, i.e., electrolyte water in the stall.

Permitted up to 24 hours before a race or Vets' List workout:

- Electrolytes that are administered orally. Examples that fall in this category include powders that are top-dressed or mixed in the feed, as well as electrolytes administered via paste.
- Unsupplemented isotonic electrolyte solutions administered intravenously such as Lactated Ringer's solution.
- Electrolyte patches.**

Permitted up to 48 hours before a race or Vets' List workout:

- Electrolytes administered via nasogastric (stomach) tube.

Since electrolyte patches are not consumed "free choice" by a horse in feed or water, their use is prohibited **within 24 hours of a race or Vets' List workout.

Please direct any questions to sciencesupport@hiwu.org.

Yours,

The HIWU Team