



BARASTOC FIBRE-BEET MASH Q&A

Why is fibre so important?

The horse has evolved to use fibre as a primary energy source. Tough plant material is fermented in the hind gut by specialist microbes. These microbes break down fibres to volatile fatty acids which the horse can use for energy. With a high grain diet, excessive starch and carbohydrates may overwhelm the capacity of the small intestine and overflow to the hindgut, where it can disrupt the delicate balance of microbes and lead to digestive upset and secondary problems such as colitis, colic, laminitis and scouring. Sticking to a diet based on fibre is safest for the hindgut and most closely aligned with the natural diet of equids.

What is a super fibre?

Super fibres are more digestible than other fibre sources, the horse gets more nutrients and in turn they provide a higher level of calories, which makes them ideal for supporting safe weight gain. As horses are hindgut fermenters this means super fibres are highly fermentable which help support the micro flora in the hind gut. This is another reason super fibres are important for condition as they help support gut health – if the horse has good gut health (balanced bacteria) they will be able to put on weight more efficiently.

Is Barastoc Fibre-Beet Mash a super fibre?

Yes, the beet pulp in Fibre-Beet Mash is a super fibre (approx.80% digestible) compared to something like hay which can be 40-60% digestible. Not only that, the Oat Fibre and Lucerne can be considered as super fibres. This means that the horse gains more nutrients and calories from Fibre-Beet Mash and less passes as waste in the horse's manure.

What is the digestible energy of Barastoc Fibre-Beet Mash?

DE is an estimate of the energy components of a feedstuff that is digested/fermented and absorbed across the gut wall. In horses, DE tends to be calculated based on nutrient analysis.

Barastoc Fibre-Beet Mash DE mg/kg is 12.0. This is considered a good DE due to the super fibres in Fibre-Beet Mash.

Will oat fibre fizz my horse up? What is the starch content?

No. Oat fibre is low in starch. It is not the oat; it is the outer shell (hull). They can be defined as grain free. We include Oat Fibre because it is a soluble fibre which helps the digestibility of Barastoc Fibre-Beet Mash. It is also rich in Beta glucans and emulsifiers that have a role in the nutrition and gastric ulcer protection.

What's the difference between Speedi-beet & Fibre-beet Mash?

Speedi Beet is for maintenance and Fibre-Beet Mash is for safe weight gain and overall condition.

Speedi-beet is unmolassed (95% sugar free) beet pulp flakes whilst Barastoc Fibre-Beet Mash is a combination of Speedi-beet, lucerne, oat fibre (grain free), peppermint, linseed, and Biotin. Both feeds are designed to be fed wet, offering many benefits including year-round hydration and is the most natural way to feed your horse and both soak into a mash in warm or cold water.

Both products are ideal for horses and ponies prone to laminitis as both are low in sugar and starch and are in high fibre and hold the BETA certification making them safe for ulcer prone horses.

With the addition of lucerne, oat fibre (grain free), linseed and biotin, Barastoc Fibre-Beet Mash is a superb conditioning feed, which provides safe weight gain and optimum biotin levels for hoof condition and can be fed as a forage/fibre replacer which is particularly useful for horses with poor dentation.



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How does Barastoc Fibre-Beet Mash benefit my horse?

You've got all the benefits of Speedi-Beet with its low sugar, zero starch, protect prebiotic effect and high level of easily digested soluble fibre. The addition of lucerne contributes a quality protein source containing essential amino acids for muscle tone and function. The oat fibre completes the trifecta as a third low carbohydrate, grain free and highly digestible fibre source. Peppermint for great palatability. The addition of linseed boosts the omega 3 and 6 content, and has benefits for coat and skin as well as contributing to the fat content for overall condition. Biotin may assist with healthy hoof formation whilst sodium and calcium balance out the nutrient profile.

What makes our beet pulp special?

Not all beet is created equal.

Barastoc Fibre-Beet® Mash contains non-GM, single source UK beet pulp, with no additives, chemicals or preservatives ensuring the best quality product for your horse. British beet pulp is the freshest, cleanest, and least contaminated in the world. Its production probably has the lowest environmental impact of all regions. The beet pulp sourced by BHF, and processed by British Sugar at Wissington is the only beet pulp that has a sugar level of 5% or less.

Why replace a portion of your forage with Barastoc Fibre-Beet® Mash?

Pasture quality and availability varies throughout the year, and often good quality forage can be in short supply. Additionally, dry forage sources can vary widely in their nutritional make-up. Bought in hay is only as good as the season's cut and may be quite different bale to bale. By replacing a proportion with a standardised product of known quality, such as Fibre-Beet® Mash, a more consistent, stable, high quality forage base can be achieved. Consistency is key for hind gut health and maintaining a year-round standardised forage source is a good way to help protect the digestive system.

How much Barastoc Fibre-Beet® Mash should I feed?

If feeding for weight gain, start on 2kg (dry weight) each day. Assess your horse's condition and use your judgement to adjust/reduce quantities fed as you go. If feeding alongside hard feed as the fibre part of the diet/ulcer prevention, recommendations are as below:

FEEDING GUIDE Suggested Feeding Rate (Kg / Day)			
Bodyweight(Kg)	Light Exercise / Rest	Moderate Exercise	Hard Exercise
300 - 450	0.5	0.75	1.0
450 - 560	0.75	1.0	1.5
560 - 650	1.0	1.5	2.0
650 +	1.25	1.75	2.25

If feeding for hay replacement, approximately 500g of Fibre-beet Mash (dry weight) replaces 1kg of hay. If Fibre-Beet Mash is used as a complete forage/fibre replacer feed 250g/100kg body weight of your horse.

Can I overfeed Barastoc Fibre-Beet Mash?

It is difficult to "overfeed" Barastoc Fibre-Beet Mash as it is a highly digestible natural fibre source. Fibre-Beet Mash can be fed at up to a maximum rate of 1kg per 100kg of horse weight. This would be as a complete forage replacement. Always monitor horse condition and consult us directly for advice if needed.

Can I replace chaff with Barastoc Fibre-Beet Mash?

Yes. Simply replace 1kg of chaff with 400g (dry weight) of Fibre-Beet Mash. Fibre-Beet Mash is a superior source of fibre when compared to chaff. It is far more digestible. Cereal chaff has a very high Lignin component. It can be useful for diluting forage energy, but otherwise a product with low DE due to the fibre content being Lignin.



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How much hay can I replace with Barastoc Fibre-Beet Mash?

Fibre-Beet Mash is a superb conditioning fibre feed. It is ideal if you are short of good quality hay or pasture and can be fed at up to 1kg/100kg body weight. This means that for a 500kg horse you can feed up to 5kg of Fibre-Beet (dry weight) each day. While it is recommended that at least half of your horses' fibre intake is long stem fibre like pasture or hay, as a short-term solution, if you have no hay or pasture available you can safely substitute all your horse's fibre requirements with Fibre-Beet Mash. Longer term you can replace up to half, and for better quality fibre sources, up to one third can be substituted with Fibre Beet Mash. Remember to always trickle feed your horses fibre throughout the day, so they have constant access to a forage source.

Is it safe for ulcer prone horses?

Yes, Barastoc Fibre Beet Mash has been awarded the Gastric Ulcer Feed Assurance Mark by the British Equestrian Trade Association, making it safe to feed to horses prone to and suffering from gastric ulcers. As a highly digestible fibre source it is ideal as a small feed prior to strenuous exercise to help in preventing stomach ulcers caused by exercising on an empty stomach.

Fibre-Beet Mash works on two levels for gastric ulcers:

1. ACID BUFFER
2. GUT LINING PROTECTOR

The ingredients in Barastoc Fibre-Beet Mash work together to support gut function, balance the pH in the stomach and it creates a mucous like layer to protect the gut wall from acid splash.

Barastoc Fibre-Beet Mash can be particularly useful to prevent the reoccurrence for those horses that suffer from equine gastric ulcer syndrome such as recovering horses, horses on box rest, heavy competition, travelling or during breaking/weaning and pretraining.

Why is Barastoc Fibre-Beet Mash suitable for horses and ponies prone to laminitis?

Barastoc Fibre-Beet Mash is one of the lowest sugar (5%) and starch (3%) fibre mashes available. Nutritional laminitis can be caused by the hindgut microbes producing lactic acid in high quantities, causing disruption to the microflora and stimulating toxin production. One of the major sources is undigested starch. Barastoc Fibre-Beet Mash allows you to reduce the reliance on starchy feeds in the diet by replacing them with safer fibrous sources without compromising the requirement for high energy conditioning. In addition, the fermentation of the fibre Fibre-Beet Mash produces lower levels of lactic acid than grass or hay.

What are the benefits of lucerne?

Lucerne is a member of the legume family and has a high protein content and favourable amino acid profile for muscle tone and function. The leaves are rich in protein and essential minerals whilst the stem has a beneficial fibre profile. This fibre is rich in cellulose and so provides excellent bulking, whilst the hemicelluloses are easily fermentable for slow-release energy. Additionally, lucerne has a high content of calcium in a highly bio-available form, calcium can assist in creating an alkaline environment in the gut and helps neutralise gastric acid. Mixed with Speedi-Beet in the ratio that we have in Fibre-Beet Mash, has been shown in independent research to be optimal for digestibility (the horses get more from the nutrients Lucerne in Fibre-Beet Mash and less is passed through as waste/manure).



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Is Barastoc Fibre-Beet Mash heating and can I feed it to a “fizzy” horse?

Fibre-Beet Mash is a low sugar and starch conditioning fibre feed (no fizz formula). The causes of “hot” and “fizzy” behaviours are complex and not completely understood, but are believed to be the horse’s reaction to feeds that are rich in non-fibre carbohydrates – starch, sugars etc. It may be a direct response to the simple sugars released into circulation and the effects of these on metabolism and organs including the brain. However, the low levels of sugars (5%), and only 3% starch and grain free nature of Fibre-Beet Mash mean it is unlikely to have any effect.

How is Fibre-Beet Mash different to other conditioning feeds and mashes?

Common conditioning feeds are often high in fat and grains. Barastoc Fibre Beet Mash targets overall condition through first optimising gut health and fibre rather than a high fat formulation. This means it can be fed to horses prone to laminitis and other metabolic conditions, and its grain free formula means it is a cool energy source and unlikely to “heat” your horse, while still providing picture perfect conditioning.

Why feed Barastoc Fibre-Beet Mash over other conditioning feeds?

1. It targets gut health first to optimise results (you get more value).
2. The feed targets overall condition not just weight gain, but also topline, muscle tone, function, skin, coat, and hoof health (all in one).
3. Even the fussiest of horses will eat it due to the added peppermint.

How do I soak Barastoc Fibre-Beet Mash?

It is so easy to prepare. Simply soak 3:1 with cold or warm water. If using cold water wait 45 minutes, if using warm water wait 15 minutes. For example, 1kg (dry weight) of Fibre-Beet would require 3L of water. You can even soak in advance, if it is stored in a cool location and consumed within 24hrs.

What are the benefits of a soaked feed?

Not only does it help digestion of the product, but it also ensures your horses is getting water intake. Hydration is critical, water makes up 70% of your horse. Water is essential to many of the horse’s bodily functions that maintain good health and well-being; delivering saliva, stomach acid, enzymes of the small intestine to enable fermentation to occur in the hindgut. The horse’s body also relies on water to carry oxygen to and carbon dioxide away from cells as well as transporting hormones and antibodies. Soaking Barastoc Fibre-Beet Mash enhances the benefits of the product.

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Is Barastoc Fibre-Beet Mash a complete feed?

It depends on your horses’ requirements. We would recommend first identifying your horses’ needs, depending on the level of work, you can then match that with providing the required number of vitamins, minerals, and protein. Barastoc Fibre-Beet Mash is complementary and pairs well with the Barastoc range.