



# GET YOUR HORSE BACK TO PERFECT CONDITION WITH BARASTOC FIBRE-BEET MASH

## What do we need to consider when feeding for condition?

Picture perfect condition is something we all dream about for our horses, but what really is “perfect” condition and how can we achieve it without the associated negatives – excess fat and energy. Condition is the relationship between muscle and fat, and factors in a horse’s body conformation, general alertness, behavioural normality and stamina. Increases in weight do not necessarily correlate to improved condition.

Feeding your horse to improve condition can be a complex and dependent on a few key factors:

- Energy intake (fat, carbohydrate, or fibre energy)
- Protein levels and amino acid profile
- Minerals, trace elements., vitamins

... And most importantly the intake of the correct type of forage.

## Energy vs Protein vs Fat

Improving condition requires a balanced intake of nutrients, allowing the horse to build skeletal muscle and deposit reasonable amounts of fat whilst still providing energy for maintaining its internal systems. This means an increase in all nutrients in a balanced, easily digestible and bioavailable form is crucial for achieving a horses’ ideal condition.

When only energy intake is increased, the condition of a horse does not improve. Increasing fat or carbohydrate levels will increase the energy levels but, energy intake that is greater than energy output will only result in additional fat deposits.

When only increasing the protein content, excess amino acids will be broken down leading to increased fat deposits and increased urinary nitrogen, which can over time place strain on the kidneys. It is safe to add small amounts of oil (fat) to the diet to increase energy reserves, and this can be more beneficial than using some forms of carbohydrate, however this should be considered as a short-term measure, unless exercise increases to match the higher nutrient intake.

## Why is Fibre-Beet Mash good for condition?

The best way of improving condition is to introduce more energy from natural sources like fibre, and to provide a protein source that complements pasture and hay to match the horse’s energy requirements. Barastoc Fibre-Beet Mash works in this way.

Barastoc Fibre-Beet Mash is a blend of Speedi-Beet, Lucerne, Oat Fibre, Micronised Linseed, Peppermint and Biotin. It provides quality protein, a highly fermentable fibre, and a range of micronutrients.

Barastoc Fibre-Beet Mash is more than its ingredients.... Where Barastoc Fibre-Beet Mash really comes into its own is its interaction between the different components.

## Speedi-Beet (Unmolassed Beet Pulp)

The effective degradability (ED) of beet pulp is high. ED is a term used to explain how much of the feed is broken down and available for absorption by the intestinal flora. High ED, therefore, indicates greater nutrient availability, and improved protein and energy intake and absorption. Additionally, some research has shown Speedi-Beet has a greater fermentation rate than regular beet making it a real super fibre when combined with other nutrients like in Barastoc Fibre-Beet Mash. Beet pulp also is rich in pectin and therefore acts as a prebiotic.



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### Lucerne

Beet pulp has a prebiotic effect, which enables the gut flora to better breakdown feed and provide greater nutrient absorption; and there appears to be a particular interaction with lucerne. It is suggested there is a 25% boost to lucerne ED when combined with beet pulp, as well as a general improvement of digestibility of nutrients fed alongside.

### Oat Fibre

Oat Fibre is rich in beta glucans, a type of soluble fibre that act as a prebiotic and are important for supporting immune health. It also contains saponin, this emulsifying compound plays a key role in gut health support and gastric ulcer protection (by creating an additional mucous layer in the gut lining to protect from acid splash) and helps the beneficial bacteria bind with the prebiotic to improve overall gut health.

### Linseed

Micronised Linseed provides vitamins, trace elements, quality protein as well as being rich in antioxidants and Omegas 3,6 and 9.

### Biotin

The biotin has been added to target overall condition, it targets skin, coat, and hoof health.

### In short... Barastoc Fibre-Beet Mash targets gut health so the horse has:

1. Improved nutrient availability in the small intestine which then increases uptake of protein, minerals, and fat.
2. Improved fermentation along the gut which then increases slow-release energy and improves gut health.

### Why is Fibre important when feeding for condition?

As horses are hindgut fermenters, fibre is an integral part of gut health. It is important their diet includes fibres that are highly fermentable to keep the microbiome thriving. These types of fibres feed the diverse gut flora and help to create a healthy gut environment. Feeding Barastoc Fibre-Beet Mash alongside pasture or hay enhances the fibre profile, giving a better ratio of celluloses: hemicelluloses: pectin and improving overall intake and consistency of fibre.

The protein makeup of Barastoc Fibre-Beet Mash is equally important. A lot of feeds are limiting in one or two amino acids – usually lysine and methionine. This means the horse has to eat more of one and remove the over-provided ones – with an energy cost. Barastoc Fibre-Beet Mash helps to reduce these imbalances and provides a more efficient use of protein, allowing better muscle development. Barastoc Fibre-Beet Mash is also a reliable source of arginine which is involved in the initiation of protein synthesis and branched chain amino acids important for skeletal muscle.

The combination of ingredients in Barastoc Fibre-Beet Mash make it an ideal conditioning feed. Highly fermentable fibres combined with biotin to help support hoof quality and quality branched chain amino acids for muscle development mean Barastoc Fibre-Beet Mash can complement forage, improving its ED, and supplies nutrients that work to improve the condition and help overall wellness.