When to use What Supplements: A Guide

Probiotics

**Bio Flora EQ** combines different strains of active *cooling* microorganisms from the Lactobacillus family that help cool the “fire” (inflammation) in the GI tract. It is recommended for horses with loose stools or diarrhea, horses in antibiotic or worming therapy, and horses under stress.

**Bio Yeast EQ** is a *warming* probiotic that provides two strains of active yeast that work primarily in the hindgut to digest fiber and maintain proper pH. It is recommended for helping horses gain and maintain weight, and is especially beneficial to hard keepers, older horses, and horses on limited turnout or in dirt paddocks.

Chia Seeds or Flax Seeds?

Both of these foods are excellent sources of omega-3, but chia seeds have some noticeable additional benefits. Chia is a high mucilage seed that helps slow down the digestion of carbohydrates, making it an excellent choice for easy keepers and metabolic horses. The mucilage in chia also can replace products like psyllium to help remove sand from the GI tract. Chia also provides the amino acid proline, which is a major constituent of collagen; this is particularly important for horses with connective tissue challenges or weakness.

Hemp Seed oil or Camelina oil?

**Hemp seed oil** is lower in omega-3 than camelina, but also provides gamma linolenic acid (GLA), which camelina does not. GLA regulates the prostaglandins (hormone-like substances involved with inflammation and blood flow). Because of hemp oil’s GLA content, it is an excellent choice for reducing inflammation in the GI tract, and is highly recommended for hindgut ulcers.

**Camelina oil** is one of the richest sources of vitamin E, making it an excellent choice for horses needing vitamin E augmentation, horses needing the antioxidant support of vitamin E, and horses with EPM, EPSM, or PSSM. One of the advantages of a whole food vitamin E is that it provides the family of tocopherols, not just the isolated d-alpha tocopherol.

Star Lyte or Cool Star?

**Star Lyte EQ** is an electrolyte formula like no other. It provides Himalayan sea salt, Hawaiian black lava salt, Celtic sea salt, and the nutritional seaweed Alaria esculenta, making it the most comprehensive electrolyte supplement on the market. Star Lyte can be used year round for daily electrolyte needs.

**Cool Star EQ** is a body-cooling formula that provides a variety of foods that are cooling to the system: cucumbers, butternut squash, parsley, fennel, mango, coconut, sunflower seeds, and chia. Also included are cooling probiotics: Bio Flora, plus Hawaiian black lava salt for additional mineral support. The variety of foods in Cool Star also supports greater diversity of beneficial microorganisms in the GI tract. Cool Star is used as needed when heat and/or humidity requires more body cooling. This is especially beneficial on days that a horse works or competes in hot weather, helping the horse cool from the inside out.

Furnace or Circuvate?

**Furnace EQ** provides foods high in the amino acid arginine, which is a substrate for nitric oxide, the master circulatory molecule in the body. By stimulating nitric oxide production, we increase circulation. This is beneficial for healing connective tissue, providing more blood supply to the feet and joints, and bringing more oxygen to the muscles. It is in a convenient bar/cookie, which makes it easy to feed.

**Circuvate EQ** is the next generation of nitric oxide-supporting supplements that can increase circulation and vaso-dilation. Provides a patented extract from Indian Gooseberry that has the ability to increase nitric oxide production by 54% as well as increase production of the super antioxidant glutathione. The benefits of Circuvate are improved oxygenation of tissues, removal of toxins and metabolic waste, enhanced healing, reduction of inflammation and oxidative stress. Circuvate is a powder.

Equilibrium, True Balance or Thera Calm for Stress?

**Equilibrium EQ** contains ashwagandha, a sacred Ayurvedic plant classified as an adaptogen, capable of balancing the endocrine, glandular, and circulatory systems. Ashwagandha also helps stimulate the production of the neurotransmitter serotonin. Increased serotonin in the brain helps horses focus and feel more relaxed. Equilibrium also includes foods high in magnesium for muscle relaxation.

**True Balance EQ** is a wonderful choice for horses that don’t need calming. It provides holy basil, another adaptogenic plant, that reduces cortisol like ashwagandha, but does not stimulate serotonin. True Balance also provides medicinal mushrooms for kidney, liver, and immune support.

**Thera Calm EQ** is for horses that need increased calming with GI tract support. It is a blend of haritaki and ashwagandha with casein, a protein that increases serotonin levels. Thera Calm also provides whey protein, which is a rich source of the amino acid glutamine that protects gastric mucosa—for horses with gastric ulcers. Thera Calm is an excellent choice for horses that are on layup, are over-reactive in periods of stress, or need mental relaxation.

Furnace or Comfort Zone Ultra for Circulation?

**Furnace EQ** increases circulation by opening the capillaries, while **Comfort Zone EQ Ultra** closes the capillaries to reduce heat and inflammation. For horses that are stiff, but get less stiff after moving around, Furnace is the best choice. For horses that are stiff and don’t improve with movement, Comfort Zone is the best choice. If you’re dealing with inflammation, use Comfort Zone, which provides the inflammation-reducing plants boswellia and turmeric. Comfort Zone EQ Ultra is also terrific for sore muscles, or for those days the horse has worked very hard or been competing on difficult footing.

There are situations like hoof syndrome and navicular disease that may warrant using both Furnace EQ and Comfort Zone EQ Ultra—similar to the common veterinary protocol of using iso-oxyprone with bute.

For More Information, see www.BioStarUS.com
Which product for joints?

**Flex-Well EQ** provides nutritional support for the joints (which includes bone, connective tissue, and cartilage). It provides the body what it needs to make glucosamine sulfate along with additional bone, connective tissue, and antioxidant support.

**Optimum JS** and **Optimum Senior JS** are excellent choices for a multi-nutritional formula that includes whole food vitamins and minerals plus **Flex-Well**.

For the older or stiffer horse, combining **Furnace EQ** with **Flex-Well** provides a dynamic duo of increased circulation, which helps reduce stiffness along with the total joint support of Flex-Well.

Hooves: Ultra Hoof or Impulsion?

What makes **Ultra Hoof EQ** different is that the essential biotin, methionine, copper and zinc are bound to yeast, increasing bioavailability and absorption. Ultra Hoof EQ has the added benefit of providing hawthorne berry powder for circulatory support, driving more of the nutrients needed to the foot; plus bovine colostrum for cellular repair and support.

If you don’t see an improvement in your horse's feet in 90 days on Ultra Hoof EQ, it may be that your horse's hooves need deeper cellular support from the mitochondria.

This is where **Impulsion EQ** enters as a hoof formula because it provides the bioresin shilajit, which helps the mitochondria function more efficiently. Mitochondrial health affects ATP, muscles, organs, and tissue repair, as well as inflammation. The mitochondria reside in large numbers outside the nucleus of every cell. When the mitochondria become less functional, hooves may become more brittle, and grow more slowly.

If your horse is metabolic and has foot issues including laminitis, several studies have confirmed that metabolic diseases link to mitochondrial dysfunction. Helping to restore healthy mitochondria is particularly important for metabolic horses.

For More Information, see www.BioStarUS.com
PART 2: Specific Health Concerns

Which product should I use with my insulin resistant horse?

If your IR horse is overweight, then **Optimum HW** (Healthy Weight) is a great place to start. Optimum HW is a multi vitamin/mineral with Crominex® 3+, which helps to regulate sugar and fat metabolism. We know how critical diet is in managing metabolic disease, specifically the non-structural carbohydrates (NSC). NSC is calculated by adding the starch percentage to the water-soluble carbohydrate percentage, and should add up to 10% or less for metabolic horses. BioStar’s Optimum HW has an NSC of 9.8%.

**Chia seeds** are especially beneficial for metabolic horses and easy keepers because of their high mucilage content, which help to slow the digestion of carbohydrates.

**Impulsion EQ** provides the bioresin shilajit, which works to fortify the mitochondria within cells. Metabolic imbalances have been traced to under-active mitochondria, which are responsible for cellular respiration and the production of energy currency in the cell known as ATP. For metabolic horses and easy keepers that need more energy for work and training, Impulsion EQ helps the body provide more cellular energy, which also benefits the metabolism of the horse. The NSC value is: 5.1%

**Tri Dosha EQ** provides chasteberry for pituitary support, holy basil for adrenal support and the Ayurvedic Indian gooseberry (known as amla), which supports healthy metabolism and is balancing to the body system. Horses and ponies prone to laminitic episodes do well on the glandular support of Tri Dosha EQ.

Which Supplements should I use for Cushing’s (PPID) horses?

Diet and exercise are just as important for Cushing’s horses as they are for insulin resistant horses. Keeping the NSC at 10% or less is critical.

**Bio Yeast EQ** helps your underweight Cushings Horse by adding an active yeast. It helps support the hindgut in digestion and utilization of fiber, thereby helping the horse gain weight from the hay and forage provided.

**Gold Star camelina oil** is great for Cushing’s horses because of its high omega-3 and vitamin E content. You can add coconut meal (such as Stance Equine’s CoolStance) for added fat, protein, and fiber.

**Tri Dosha EQ** supports healthy pituitary and adrenal gland functions with the combination of chasteberry for the pituitary, holy basil for the adrenal gland, and Indian gooseberry for metabolic support. Cushing’s horses produce excessive amounts of ACTH from the pituitary gland, which causes the adrenal glands to produce excessive cortisol. Tri Dosha EQ will not interfere with the standard medication pergolide. It also supports your horse by lowering cortisol, providing organic milk thistle for the liver, and organic Schisandra berry for immune system support.

**Impulsion EQ** is beneficial to Cushing’s horses that need more energy and muscle. It provides shilajit for mitochondria support, plus foods high in branched-chain amino acids for muscle building, and beneficial fats from organic pumpkin seed meal and coconut meal. Impulsion EQ contains 19% protein and 11.7% fat with an NSC of 5.1%.

How do I support gastric ulcer horses?

Tum-Ease EQ is a unique blend of micro-crystallized aloe (medical grade) that works like the drug sucralfate to coat and protect the stomach and GI tract. This unique aloe is combined with one of nature’s richest sources of the amino acid glutamine: cabbage. Glutamine is used by the body to heal intestinal mucosa. Because Tum-Ease EQ is in the form of a cookie, you can feed it by hand 30-40 minutes before riding (as you are tacking up) and help protect your horse’s GI stomach from acid burn.

Thera Calm EQ is a unique approach to ulcers and stress because it targets the brain/gut/adrenal axis. Thera Calm EQ helps to reduce cortisol, increase the neurotransmitter serotonin, and reduce inflammation in the GI tract. Under stress, the body releases more cortisol, setting off the “flight-or-fight” response, increasing restlessness and anxiety, and reducing blood flow to the gastrointestinal system. Cortisol also increases gastric acid secretion which, if un-buffered from salvia, can irritate the delicate mucosa further. The cycle can start in the GI tract, in the adrenal gland, or in the brain, so it is important to support all three systems.

What products do you recommend for hindgut ulcers?

Hindgut ulcers are becoming increasingly common in performance horses. The protocol that I have seen work best for most hindgut ulcer horses includes the medications sucralfate and misoprostol. Changing the diet for 30 days to give the hindgut a rest by substituting hay for soaked hay cubes, Chaffhay, or chopped hay and plenty of forage if available. For a horse that typically gets six flakes of hay a day, I will reduce it to two flakes and substitute the Chaffhay and soaked hay cubes throughout the day, giving one flake of hay in the AM and one flake at night. The purpose is to give the hindgut a rest from the high lignin content in the stems of the hay.

Empower EQ hemp seed oil is unique in that it provides GLA, which regulates the prostaglandins that regulate inflammation.

Misoprostol is a synthetic prostaglandin. As the horse starts transitioning in lower doses of misoprostol, the GLA in hemp oil helps the regulation of inflammation.

BioFlora EQ is a multi-strain probiotic with MOS — mannan-oligosaccharides — which are important in maintaining the correct pH of the hindgut. This is critical, as many hindgut ulcers are the result of a pH imbalance.

Listen to your intuition

When making feed and supplement choices, always listen to your intuition. If something doesn’t feel right for your horse, listen to that little voice; it is your horse speaking to you.