# VITAMIN E FOR HORSES

# **SOURCES OF VITAMIN E**

Vitamin E is an essential and required nutrient, but is not produced by the horse's body, therefore must be obtained through external sources:

FORAGES | GRAIN | SUPPLEMENTS

PEAK GROWTH OF PASTURE FORAGE IN THE NORTHEAST OCCURS FROM MAY THROUGH AUGUST

# FRESH GREEN GRASS

has the most Vitamin E, and in order to meet requirements an average maintenance horse would need to graze for

HOURS

# A HORSE NEEDS A MINIMUM OF 1000-2000 IU VITAMIN E/DAY

### VITAMIN E & HEALTH

Maintaining the required level of vitamin E positively affects a horse's health

SUPPORTS IMMUNE SYSTEM IMPROVES MUSCLE FUNCTION MAINTAINS NERVE FUNCTION

## VITAMIN E DEFICIENCY

If vitamin E levels are too low a horse may become lethargic, suffer from sore muscles and have decreased immune function

VITAMIN E DEFICIENCY IS MOST COMMON IN HORSES WITHOUT CONTINUAL ACCESS TO PASTURE, OFTEN DURING WINTER MONTHS

VITAMIN E LEVELS IN HAY

1 DAY AFTER CUTTING
7 DAYS AFTER CUTTING

AND COMPANY OF AN ACTION OF AC



NATURAL VITAMIN E IS A POWERFUL ANTIOXIDANT DERIVED FROM VEGETABLE OIL. IT WORKS CLOSELY WITH SELENIUM AND VITAMIN C TO PROTECT THE BODY FROM THE OXIDATIVE STRESS OF EXERCISE, ILLNESS AND CERTAIN MEDICAL CONDITIONS. NATURAL VITAMIN E IS EASILY ABSORBED AND UTILIZED BY THE BODY.

**100% natural Vitamin E** is included in Poulin Grain's EQUI-PRO® & E-TEC® lines of super premium equine feeds.

