

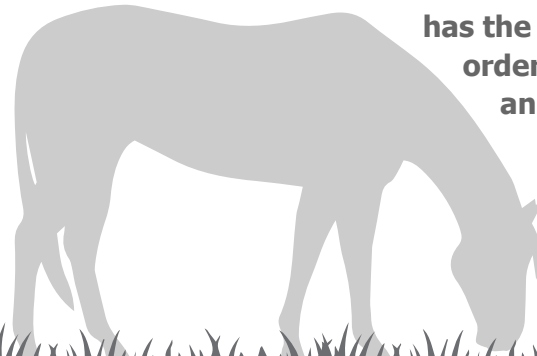
# VITAMIN E IN HORSES

## 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



**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



**VITAMIN E  
&  
SELENIUM**

**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.**

Nutritional Expertise  
Provided by



**100% natural Vitamin E is included in all three lines of Poulin Grain's equine feeds: EQUI-PRO®, E-TEC® and Decade®.**