

# ORGANIC SELENIUM FOR HORSES

## EQUINE SELENIUM REQUIREMENTS

In general, the total amount of selenium in a horse's diet should be:

**1-3 mg per day**  
for the average-sized horse



## SELENIUM IN THE NORTHEAST

Soil in the northeastern United States is naturally low in selenium

% daily value of Se  
in Northeast forages  
**< 0.0025%**

## SOURCES OF SELENIUM

FORAGE (FRESH/DRY)

GRAIN

SUPPLEMENTS



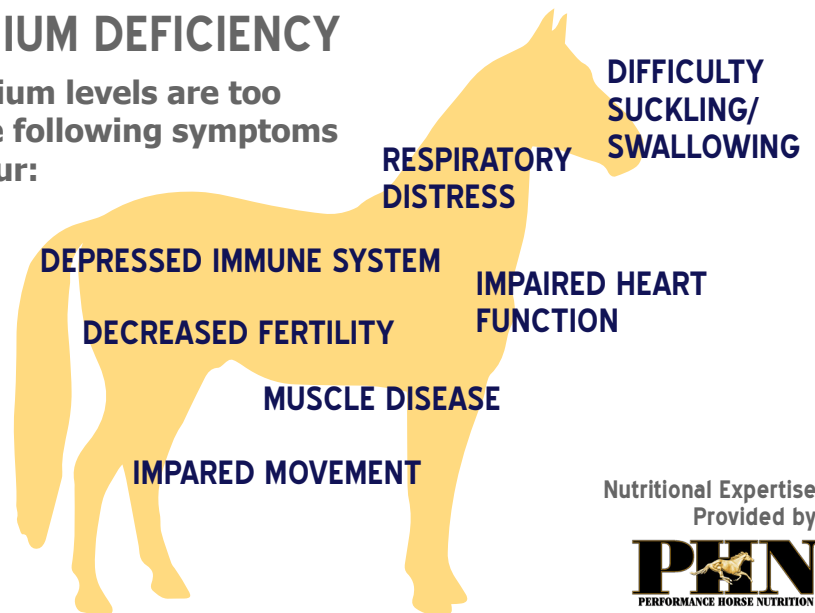
## SELENIUM & HEALTH

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

IMMUNITY FROM DISEASE  
IMPROVES THYROID FUNCTION  
REPRODUCTIVE HEALTH  
OPTIMAL GROWTH  
IMPROVES MUSCLE FUNCTION

## SELENIUM DEFICIENCY

If selenium levels are too low, the following symptoms can occur:



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## ORGANIC SELENIUM

More readily absorbed and therefore more readily available than inorganic selenium

25%  
MORE



ABSORPTION

THE ORGANIC FORM OF SELENIUM IS COMMONLY KNOWN AS SELENIUM YEAST

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

For a list of references, please visit [poulingrain.com/blog/vitamin-e-synthetic-or-natural](http://poulingrain.com/blog/vitamin-e-synthetic-or-natural)

[www.poulingrain.com](http://www.poulingrain.com) | 800.334.6731

**POULIN GRAIN**

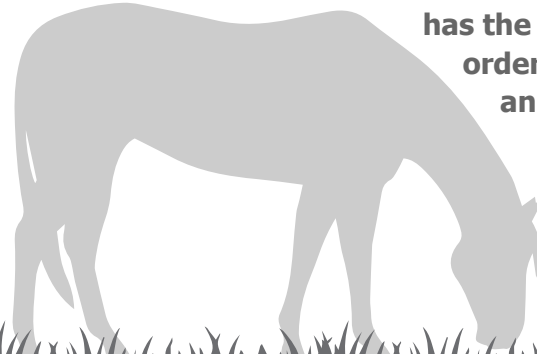
# NATURAL VITAMIN E FOR HORSES

## 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



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.

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

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