**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%

**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:

- Difficulty suckling/swallowing
- Respiratory distress
- Depressed immune system
- Impaired heart function
- Decreased fertility
- Muscle disease
- Impaired movement

**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®.
FRESH GREEN GRASS has the most Vitamin E, and in order to meet requirements an average maintenance horse would need to graze for 12 hours per day.

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

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.