Omega fatty acids are known as essential fatty acids because they cannot be synthesized in the body and must be provided in the diet.

Omega fatty acids are split into two categories: omega-6 and omega-3 fatty acids. Both are necessary but it is the amount of both of these acids relative to each other that is most important for overall health.

OMEGA-6

OMEGA-3

Modern diets tend to include ingredients that are high in omega-6 and low in omega-3 fatty acids, throwing the critical 6 to 3 ratio out of whack.

Supplementing with a high-quality omega-3 fatty acid brings that ratio back into balance and supports reduced levels of damaging inflammation.

Flaxseed oil: a source of alpha-linolenic acid

- Alpha-linolenic acid is the most common omega-3 fatty acid and is found in plants.
- While horses generally obtain alpha-linolenic acid by eating grass and hay, flaxseed and linseed oil are the most concentrated sources of this nutrient.

DHA + EPA + ALPHA-LINOLENIC ACID = **COMPLETE RANGE OF OMEGA-3 FATTY ACIDS**



Fish oil: a source of EPA and DHA

These are longer-chain fatty acids and are generally

• Shorter chain acids, like alpha-linolenic acid, can be converted into the longer chain EPA and DHA; however, this process is very inefficient, hence the need to provide them in the diet.

• Pleasant cherry taste and concentrated formula make supplementing easy.

• You only have to feed 1-2 ounces per day.

Contribute is recommended for:

• Senior horses, particularly those with arthritis

Horses with allergies, hives, COPD (heaves)

• Horses unable to graze on

Broodmares and breeding

• Foals and growing horses

Kentucky Performance **Products** inc

Omega-3 fatty acids support overall wellness in horses of all ages.

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