

Supportive Management Practices for Horses With Equine Metabolic Syndrome (EMS) or Cushing's Disease (PPID)

Pasture should be eliminated or severely restricted by using a grazing muzzle.



Soak hay that is above 10% NSC to reduce sugar content.

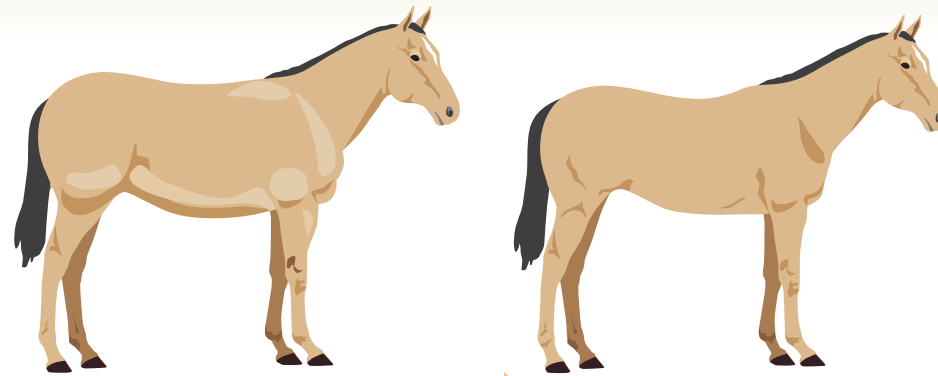
Completely submerge hay for 60 minutes in cold water, or 30 minutes in hot water.

Drain well before feeding.



To encourage weight loss, slowly reduce forage intake from 1.5% to 1.25% of ideal body weight over 30 days.

Do not feed less than 1% of ideal body weight.



To go from overweight

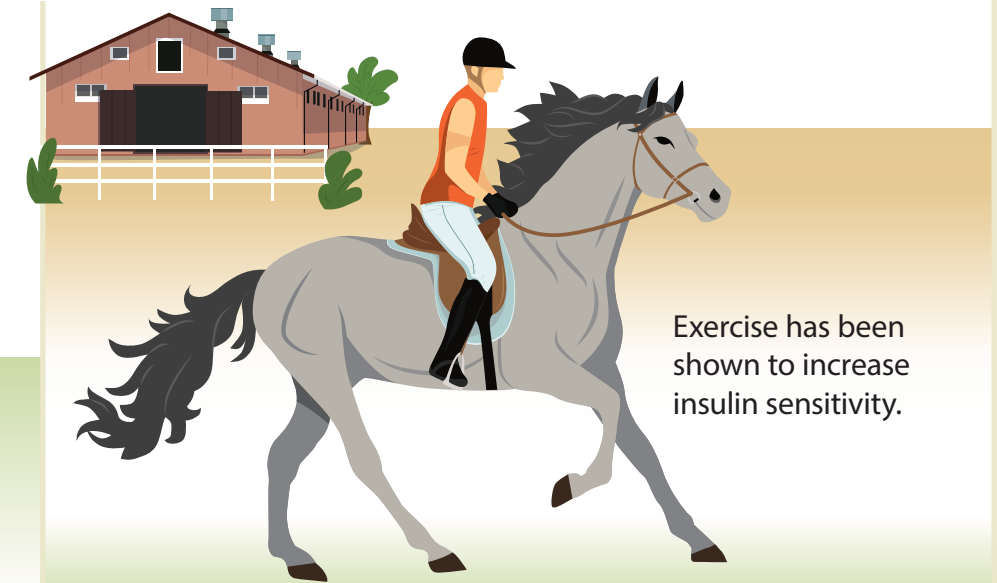
to a healthy weight



Decrease forage over 30 days



Once ideal weight is attained, increase level fed to 1.5% to 2% of ideal body weight.



Exercise has been shown to increase insulin sensitivity.

Use caution with laminitic horses. Exercise should be restricted until the horse is sound and then introduced slowly to protect damaged laminae.



Pasture is particularly dangerous in the spring and the fall in areas where cool-season grasses flourish.

WARM DAYS + COOL NIGHTS =
60° or above + 40° or below

More sugars stored in leaves



NSC = nonstructural carbohydrates, aka simple sugar and starch

Choose feeds with a nonstructural carbohydrate (NSC) level of 10% or less.

Limit dietary NSC in forage to 12% or less. 10% is optimal, particularly in horses with a history of laminitis.

Avoid high starch and sugar in feeds and treats.



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