



EQUI-RESTORE

Sample Program

Equi-Restore is a quick-soaking mash supplement to support hydration, recovery and nutrient replenishment during performance, travel, illness or periods of intense exercise. Equi-Restore has been designed as a 'top-up' feed, to add on top of your existing, balanced diet.

Why feed EQUI-RESTORE?

- Restores and replenishes energy
- Improve recovery time after strenuous exercise
- Rich source of BCAA's for improved muscle health and function
- Balanced source of electrolytes to support sweat losses
- Anti-inflammatory support for joint health and recovery
- Natural sources of antioxidants and added probiotics



FEEDING RATE:

Between 100-500g per 100kg bodyweight*

Adjust rate depending on your horse's workload and can be split across multiple feeds.

**Rate not to exceed 600g per 100kg bodyweight.*

SUGGESTED FEEDING STRATEGIES

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| Training (prior to exercise) | Equi-restore can be fed prior to exercise for proteins to assist with adaptation and recovery |
| Training (after exercise) | Offer within 30 mins to 1 hour of effort to restore glycogen stores and replenish hydration |
| Before competitions | Begin feeding Equi-Restore 5 days prior to competition |
| High Performance Competitions (During event) | Offer Equi-Restore 30 mins to 1 hour prior to competing. Offer Equi-Restore again within 30 mins to 1 hour after maximum effort. If working on and off throughout the day, offer Equi-Restore as breakfast and as lunch to sustain energy. |
| Post-event | Continue to offer Equi-Restore for two days post competitions to support optimum recovery |

10-day sample competition feeding program:

Days 1 - 4 prior to event:

- Introduce feed at 100g/100kg bwt
- Offer 2 feeds am and pm
- Can mix into existing feed or offer on its own

Day 5 - Travel Day

- Offer a serving of Equi-Restore prior to travelling
- Offer additional serving pm with evening feed

Day 6 - 8 - Competition Days

- Offer 1kg of Equi-Restore 30 minutes to 1 hour before exercise to allow for optimal levels during performance phase.
- Offer a second feed of Equi-Restore 30 minutes to 1 hour after exercise.
- Maximum 3kg per day, which can be split into multiple feeds.*

Day 9 - 10 Post event

- Continue to offer for 2 days post event, to optimise the recovery process.

This diet is intended as a guide only. Feed suggestions and rates will depend on the individual horse, workload, health status and health factors. For more information contact our team at nutrition@thompsonandredwood.com.au