

News Sheet Number 6..... November 2000

At a recent seminar on **Electrolyte replacers for horses** we were provided with two options.

One (option A) which contained more chloride, potassium, magnesium and calcium ions which it was claimed are lost in greater amounts with heavy sweating, longer duration work, or in hot humid conditions. In addition this product contained acid salts, ammonium chloride to combat the alkalosis (increase in bicarbonate) that occurs in heavy work and heavily sweating horses.

The other "option B" contained less chloride, potassium, magnesium and calcium ions, an alkaline salt mixture (bicarbonate and citrate ions) with extra sodium to combat acidosis caused by lactic acid accumulation during fast muscular activity. Lactic acid accumulation occurs in most horses exercising at and above 7mtrs/sec.

In summary, it appears that as a general rule, if you are working your horses for longer durations (ie 20-35 mins) at exercise heart rates between 140-200 bpm you should be seeking an electrolytic replacer similar to Option A.

If you are doing a short work out, 10-15 mins including warm up / warm down and are exercising your horse above 200 bpm to maxHR or near max then Option B appears to be the best choice.

Finally, if you do embark on an electrolytic replacement program, best results are achieved after 3-5 days of continuous use.

Reference: Vetsearch International, manufacturers of Humidimix and Stressalyte

Mike Nunan

Performance Matters Pty Ltd
308 Carrington St
Adelaide SA 5000

www.horse-trainer.com

ph 08 82232077

fax 08 82233855

mnunan@pursuit-performance.com.au