

# EXPLORING

# VITAMIN E

# IN HORSES

## VITAMIN E

Vitamin E is an important fat soluble vitamin that is not produced by the horse's body. This vitamin must be obtained through external sources such as:

**FORAGE, GRAIN AND SUPPLEMENTS**



## NATURAL VITAMIN E

Natural Vitamin E comes from plant oils. Synthetic Vitamin E is generally derived from a petroleum product. Synthetic Vitamin E is only about 12% as potent as Natural Vitamin E. Natural Vitamin E is more bio-available (meaning easily used by the body)

**A HORSE NEEDS A MINIMUM OF 1000-2000 IU VITAMIN E / DAY**  
to get this from pasture it would take 12-17 hours of grazing per day

BASED ON 1100 LB HORSE

## VITAMIN E LOSS

Hay loses  
**70%**  
of its Vitamin E  
concentration within  
**2 weeks**  
of being cut.

## VITAMIN E DEFICIENCY

can cause a variety of different symptoms such as:

- Toe Dragging
- Shifting Weight
- Becoming Lethargic
- Recurrent Cold or Cough
- Poor Immunity to Diseases
- Sore, Stiff or Damaged Muscles
- Unexplained or Uneven Muscle Wasting (Poor Topline)
- Muscle Weakness
- Muscle Twitching

## NATURAL TYPES

Vitamin E naturally exists in 8 different forms. Alpha-, Beta-, Gamma-Delta-Tocopherols and Alpha-, Beta-, Gamma-, Delta-Tocotrienols

NATURAL VITAMIN E IS GENERALLY LABELED AS D-ALPHA TOCOPHEROL, D-ALPHA TOCOPHEROL ACETATE, OR D-ALPHA TOCOPHEROL SUCCINATE  
SYNTHETIC VITAMIN E IS LISTED AS DL-ALPHA TOCOPHEROL OR SIMPLY VITAMIN E SUPPLEMENT

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