

## Thoughtful Horseman So Cal Mineral Blend

### Bermuda Formula

#### Complete mineral & hoof supplement

Our typical Southern California hay, whether it be bermuda, timothy, orchard or alfalfa, is extremely high in iron -- of dozens of samples analyzed, none provided less than four times the recommended daily amount, and many provided as much as six times the optimum amount! Water from wells in the rural San Diego area is typically very high in iron as well. The trace minerals -- iron, copper, zinc and manganese -- must be present in the diet in relative proportions. Our hay doesn't even meet the minimum requirements for copper, zinc and manganese, and falls far short of meeting the proportions we need to balance all that iron.

*"The outwardly obvious symptoms of iron overload are often caused by secondary deficiencies of copper and zinc, compounded in many cases by actual primary deficiencies, too. Bleaching of coats/manes/tails, "rings" of light colored hair around the eyes of horses with dark faces, low grade chronic skin problems, easy loss of hair under areas in contact with tack, unexplained (by level of work) joint fillings or tendon and ligament insertion site problems (e.g. high suspensory, sesamoiditis, extensor process proliferations, calcifications at insertion sites of the distal sesamoidean ligaments, collateral ligament calcifications, ringbone with no obvious conformational or trim cause), poor hoof quality and white line issues, exaggerated inflammatory responses to minor injuries." [Dr. Eleanor Kellon, DVM]*

The So Cal Mineral Blend formula is based upon the National Research Council's 2007 Edition of Nutrient Requirements for Horses, and Dr. Eleanor Kellon's ( <http://www.drkellon.com> ) advice. It contains an optimum level of the trace minerals copper, zinc and manganese to balance the excessive iron intake. It balances the major minerals -- calcium, phosphorous, magnesium and potassium -- as well. A base of 2 oz ground flax provides fatty acids the horse needs which are not present in hay. I've also added 30mg of biotin, the key ingredient in hoof supplements. It is essentially the only supplement you need to feed to keep your horse spectacularly healthy.

You'll want to add 2000iu vitamin E (the Costco 400iu gel caps are ideal) and 2 - 3 tablespoons of iodized table salt. This can all be mixed with a small amount of soaked, rinsed shredded beet pulp, or soaked bermuda pellets. Sterrett's sells a balanced bermuda pellet that is perfect as a carrier. Steer clear of anything with a lot of molasses, like oatmo, grains, or Senior feeds, although it's fine to use a little of these if it encourages the horse to consume the full dose. The difference I'm seeing in the horses is nothing short of amazing...hoof quality changes dramatically, hard keepers quickly pick up condition, easy keepers trim down, hay bellies disappear, coat quality improves, chronic thrush abates, white line separation disappears.

It's a good idea to introduce the Mineral Blend and the salt gradually so your horse does not reject the taste. To encourage picky horses to eat the full dose, try adding flavor. Cocosoya oil works well; some horses like the taste of fenugreek; still others will gobble it up if you add some banana baby food. Even a handful of alfalfa pellets sometimes does the trick, and won't do any harm. Be patient and experiment! Even if you don't get your horse to eat a full dose, even half a dose is better than anything else on the market.

Do not exceed the full dose (one full scoop, or around 3.7 ounces), or feed other supplements which contain selenium.

Store in a cool, dry place away from direct sunlight. Use within 6 months of purchase for best quality.

At \$145 for 100 doses (price includes shipping in the contiguous U.S.) it's about the same cost as a good hoof supplement alone, and it is quite simply the only supplement on the market that even comes close to meeting the specific needs of horses in our area.

