



## Diet Recommendations for Horses with Exertional Rhabdomyolysis

### Condition

Exertional Rhabdomyolysis (ER) is a condition in horses resulting in muscle twitching and cramping, typically revolving around sessions of training or physical exertion.

### Nutritional Management of the Condition

The nutritional management of horses experiencing intermittent bouts with ER is complex. Limiting the amount of carbohydrates in the horse's diet is essential. Instead of starch and sugars, these horses do best on diets consisting of digestible fiber and fat based calories. In addition to limiting the carbs, these horses require sufficient levels of Vitamin E and Selenium, as well as an optimal balance of electrolytes.

### Dietary Recommendations – Mature Idle Horses

Horse's Weight	Hay Starch + Sugar < 15%	Special Needs™ Supplement	Benefat™ * (If body weight is needed)
400-700 lbs	8-14 lbs	1 scoop daily	1-2 scoops daily
700-1000 lbs	14-20 lbs	2 scoops daily	2-3 scoops daily
1000-1300 lbs	20-26 lbs	3 scoops daily	3-4 scoops daily
1300-1600 lbs	26-32 lbs	4 scoops daily	4-5 scoops daily

### Dietary Recommendations – Horses in Training

Horse's Weight	Hay Starch + Sugar < 15%	Special Needs™ Supplement	Benefat™ * (If body weight is needed)
400-700 lbs	10-17 lbs	1 ½ scoops daily	1-2 scoops daily
700-1000 lbs	17-25 lbs	3 scoops daily	2-3 scoops daily
1000-1300 lbs	25-33 lbs	4 scoops daily	3-4 scoops daily
1300-1600 lbs	33-40 lbs	5 scoops daily	4-5 scoops daily

\* An alternative source of fat/oil would be vegetable oil  
1.5 ounce of fat/oil replaces 2 scoops of Benefat™

Note: Aqua-Aide Performance Electrolyte is also recommended

### For More Information

Since the nutrient content can vary from hay to hay, it is recommended that hay fed to horses with Exertional Rhabdomyolysis be analyzed for nutrient content and custom diets developed. To learn more or get details on forage analysis and diet formulation, call (888) 239-3185 or email [customerservice@prognutrition.com](mailto:customerservice@prognutrition.com).