



Diet Recommendations for Horses with Insulin resistance

Condition

Insulin Resistance (IR) is a symptom of horses suffering from various conditions, including Cushing's Syndrome, Metabolic Syndrome and other Grain Associated Disorders. Horses with Insulin Resistance require a higher than normal level of circulating insulin to maintain normal or near normal circulating blood glucose levels. Evidence indicates IR predisposes horses and ponies to laminitis.

Nutritional Management of the Condition

To nutritionally manage IR horses, it is critical to limit excessive amounts of blood glucose levels. This can be accomplished by feeding a low glycemic diet to reduce the amount of sugars and starches in the diet to below 15%. Horses with severe IR will require less than 10%. Cereal grains and molasses should be avoided, and the sugar and starch content of the hay should be evaluated. The other essential nutrients in the diet, including amino acids, vitamins and minerals, will be met by feeding **Special Needs™ Supplement**. These added nutrients will help maintain proper body function and health. If more calories are needed to help maintain or gain body weight, add **Benefat™** or a mixture of **Benefat™** and vegetable oil.

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™

For More Information

Since the nutrient content can vary from hay to hay, it is recommended that hay fed to horses with Insulin Resistance be analyzed for nutrient content and custom diets developed. For more insight to feeding horses with Insulin Resistance or to get details on forage analysis and diet formulation, call (888) 239-3185 or email customerservice@prognutrition.com.

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