



# Diet Recommendations for Horses with Metabolic Syndrome

## Condition

Metabolic Syndrome is a condition in horses with abnormal amounts and locations of adipose tissue. Horses with Metabolic Syndrome also tend to have other symptoms such, as Insulin Resistance.

## Nutritional Management of the Condition

To nutritionally manage Metabolic Syndrome, it is critical to manage the total daily calorie intake and, by limiting the glycemic content of the diet, to manage any possible Insulin Resistance. 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, must be met in order to maintain proper body function and health. Low calorie hay and supplementation is required to try and reduce overall body weight.

## 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 Metabolic Syndrome 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).