

Diet Recommendations for PSSM/EPSSM Horses



Condition

Polysaccharide Storage Myopathy (or Equine Polysaccharide Storage Myopathy) is a genetic condition in horses affecting normal glucose and glycogen metabolism. Clinical symptoms include muscle soreness of the hindquarter or back, stiffness, tying up and muscle atrophy.

Nutritional Management of the Condition

Research on horses with PSSM/EPSSM has found that dietary management is critical. Since high carbohydrate diets result in more glucose and glycogen metabolism, diets high in carbohydrates must be avoided. High quality digestible fibers and fat are used as the calorie source of choice. Amino acid, mineral and vitamin status, especially Vitamin E, is also critical to maintain regular body function and exercise demands. Some horses may need as much as 1lb/1000 lbs (454 g/1000 lbs) of body weight of fat/oil. It may take several months of dietary management to see the desired change in the horse.

Dietary Recommendations – Mature Idle Horses

Horse's Weight	Hay Starch + Sugar < 15%	Special Needs™ Supplement	Envision Classic®
400-700 lbs	8-14 lbs	1 scoop daily	1-2 lbs daily
700-1000 lbs	14-20 lbs	2 scoops daily	2-3 lbs daily
1000-1300 lbs	20-26 lbs	3 scoops daily	2-4 lbs daily
1300-1600 lbs	26-32 lbs	4 scoops daily	3-5 lbs daily

Dietary Recommendations – Horses in Training

Horse's Weight	Hay Starch + Sugar < 15%	Special Needs™ Supplement	Envision Classic®
400-700 lbs	10-17 lbs	1 ½ scoops daily	1-2 lbs daily
700-1000 lbs	17-25 lbs	3 scoops daily	2-3 lbs daily
1000-1300 lbs	25-33 lbs	4 scoops daily	2-4 lbs daily
1300-1600 lbs	33-40 lbs	5 scoops daily	3-5 lbs daily

For More Information

Since the nutrient content can vary from hay to hay, it is recommended to have the hay being consumed by PSSM/EPSSM horses 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.