## Do you know what your horse is losing when he sweats?



## Horses sweat to help their bodies cool down, and sweat is made of water & electrolytes.

- Electrolytes (salt + minerals) are produced by the body but take up to 2-3 days for the horse to naturally replenish
- Give electrolytes just before and up to an hour after a heavy effort. Horses can't store them for later use, they must be used right away

Electrolic

- Horses need more than just salt: Potassium is as important as Sodium and Chloride
- A lack of electrolytes, especially Calcium and Magnesium, can cause muscle cramps. Give electrolytes after sweating as a basic tool to support the muscles.

**ELECTROLYTE LIQUID AND POWDER FOR OPTIMAL RECOVERY** 

