



# Kohnke's Own®

# MUSCLE™

## Muscle Strength and Top-Line Builder

**Muscle XL™ is a natural muscle food source that builds and strengthens muscles and top-line, with extra nutrients that optimise recovery and 'refuelling' of tired muscles after strenuous exercise.**

Muscle XL™ is suitable for all horses, especially those in pre-training or slabby-sided, 'flat rumped' horses. Muscle XL™ is especially helpful for:

- Racing horses, hunters, show jumpers and eventers prior to and after hard racing competition to provide supplementary amino acids for normal muscle recovery.
- Equestrian horses for top-line development (dressage, hacks, show horses).
- Endurance horses - provides amino acids to help counteract exercise-induced muscle break down during long distance training and competition.
- Yearlings for sale preparation – helps top-line and physical appearance with 3 weeks of supplementation. Adds muscle but not fat!
- A rich natural source of branched chain amino acids (BCAAs) to help normal muscle bulk, strength and recovery on grain and hay based diets.

Muscle XL™ provides branched chain amino acids and other essential amino acids, as well as vitamin E, organic sulfur (MSM) and organic zinc, which are specific nutrients required for normal muscle development and regeneration after exercise. The natural nutrients in Muscle XL™ are highly digestible and quickly absorbed by the muscle cells for a fast-acting, effective increase in muscle bulk, strength, stamina and top-line.

Muscle XL™ can supplement diets low in amino acids, vitamin E and zinc for the normal maintenance of muscle in all horses. Muscle XL™ builds muscle, NOT FAT! Normally a course of Muscle XL™, combined with exercise, is sufficient to help build a horse's physical strength and appearance within 21 days (one full course of supplementation).



**Muscle XL™ is available in pack sizes: 800g, 2kg, 6kg and 10kg**

### Dose Rates: 500kg bodyweight horse

**Initial Dose Rate:** The recommended dose rate is 15g (1 scoopful) per 100kg body weight (or 5 scoopful for a 500g horse) daily for 10-14 days, or until the muscle bulk has reached a level desired for a horse in training. However, it is important to give the daily dose within 15 minutes after exercise. This is because the concentrated amino acids in Muscle XL™ are more efficiently absorbed into warm muscles when given directly after exercise.

It is best to give the recommended dose within 15 minutes (but an absolute maximum of 30 minutes) after training exercise (or even walking or treadmill exercise), as long as the muscles are warm and are recovering from exercise.

Most horse owners and trainers find it convenient to mix it up as a water slurry and give it over the tongue using a large syringe(s)

**On-going Doses:** Once the benefit of proper protein synthesis is established by improving muscle bulk and top-line, then dosing on alternate days can help to maintain normal muscle mass. However it is also helpful to increase the dose to once daily for the last 3 days before each race or competition, on race/competition day and for 2-3 days after race/competition day to maintain normal muscle recovery and maintain muscle bulk and top-line between races/competitions. Giving short 7 day courses at 3 week intervals to horses in training, or when they are competing regularly, will help maintain optimum muscle strength, bulk and recovery.

**Note:** Muscle XL™ can be given by sprinkling it over the top of the first meal after training exercise, BUT it is slower to be digested when diluted in a full feed and takes up to 4 times longer to achieve its optimum effect. It is best given in a small feed – e.g. double handful of feed given after training and offered within 15 minutes after exercise, and once consumed, then follow up with the rest of the full feed.