

Kohnke's Own[®] **CELL-PERFORM**[™]



Questions and Answers

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Kohnke's Own[®] Cell-Perform[™] is an all-in-one supplement formulated for horses performing at a medium level of exercise, in training or competition. It is suitable for horses such as eventers, show jumpers, dressage horses, polo horses, upper level showhorses fed on pasture, grain and hay based diets. It provides a comprehensive range of micro-nutrients to make-up the short falls in trace- minerals and vitamins.

In order to meet the needs of performance horses, all you have to add is salt relative to the horse's exercise type, the weather and sweat loss.

Kohnke's Own[®] Cell-Perform[™] is formulated to the latest recommendations of the National Research Council (NRC) USA 2007 Nutrient Requirements of Horses in training and requiring peak performance in sport horse disciplines. It does not contain a 'shot gun' blend of nutrients; only those required to make-up shortfalls in feed – saving money and expensive waste.

Q. Is Kohnke's Own[®] Cell-Perform[™] different to other dietary supplements?

A. Yes!

Kohnke's Own[®] Cell-Perform[™] is a concentrated 'ration balancer' specially formulated to provide nutrients to meet the needs of medium level horses according to the NRC 2007 standards. It is a blend of five cold-pressed, colour-coded Supplet[®] pellets – a world-first innovation and patented concept exclusive to John Kohnke Products Pty Ltd.

The separate Supplet[®] pellets are grouped into compatible nutrient groups within each type of pellet. This helps to avoid harmful nutrient interactions between trace-minerals, such as iron and copper, with vitamin A, D and E in the blended supplement and when mixed into the feed. This often occurs in powdered and liquid 'ration balancers' and ready-mixed feeds.

Q. Why is Kohnke's Own[®] Cell-Perform[™] beneficial for Upper Level Equestrian Horses?

A. Kohnke's Own[®] Cell-Perform[™] is a unique formulation designed especially to meet the specific needs of medium level horses in training and during competition. It is suitable for show jumpers eventers.

Kohnke's Own® Cell-Perform™ contains five separate Supplet® pellets providing concentrated trace-minerals and vitamins, with additional Vitamin E and organic selenium as important antioxidants, especially formulated for work-



White Supplet® - contains calcium, phosphorus, magnesium, Vitamin A & D for the bones and joints.



Brown Supplet® - provides a full range of trace-minerals, including fully organic selenium and chromium.



Golden-Yellow Supplet® – contributes essential vitamins for normal metabolism and vitality.



Black Supplets® - adds extra iron, B12 and folic acid to help maintain normal blood oxygen levels.



Pink Supplets® – formulated with extra Vitamin E and organic selenium, Vitamin B and magnesium to meet the elevated antioxidant needs of medium level competition and working sport horses.

Q. Kohnke's Own® Cell-Perform™ has an additional Black Supplet® Pellet. Why?

A. The black Supplet® pellet found in **Kohnke's Own® Cell-Perform™** provides extra iron, B12 and folic acid which is important for maintaining adequate numbers of red blood cells and haemoglobin levels in harder worked horses.

Although the trace-mineral (brown) Supplet® pellet contains three forms of iron as one of its trace-minerals, performance horses may require additional iron to meet their specific needs as a result of heavier sweating and hard exercise.

Q. Kohnke's Own® Cell-Perform™ also contains a Pink Supplet® Pellet. Can this be helpful to horses which develop muscle problems on low selenium pastures and grain based feeds?

A. The Pink Supplet® Pellet in **Kohnke's Own® Cell-Perform™** provides a source of Vitamin E, organic selenium, with additional Vitamin B1 and magnesium. This is important to meet the needs for these antioxidant compounds in horses exerting themselves over extended periods of time. Vitamin E and selenium are muscle antioxidants which have a role to minimise the uncontrolled oxidation of polyunsaturated fats or lipids within the structure of muscle cell walls and other tissues. As high amounts of oxygen perfuse through the muscle cell membranes during exercise, oxidation reactions can produce harmful 'Reactive Oxygen Species' or 'free radicals', which can damage the cell membranes to reduce muscle power, increase muscle fatigue and delay recovery. Vitamin E provides the first line of defence against harmful formation in muscle cells.

Supplet® Pellets Aust Patent No: 2002332990

- Organic selenium in the brown and also the pink Supplet® pellet then contributes the second line of defence as it is incorporated into the essential muscle cell antioxidant enzyme, glutathione peroxidase. It has a role to further limit the oxidation of peroxides to prevent them forming into detrimental inflammatory 'superoxide' free radicals, which cause muscle damage, fatigue and reduced athletic performance.

Kohnke's Own® only use organic selenium yeast, which is more bioavailable during digestion and does not act as a pro-oxidant trace-mineral, which is a potential toxic problem with cheap, inorganic selenate and selenite compounds used in many older supplement powders.

Superoxides may damage and weaken muscle cell membranes, which can cause weak tight and/or sore muscles. Therefore, if Vitamin E and selenium levels in muscles tissues are inadequate, the risk of exercise-induced damage is increased and may result in episodes of 'tying up' in susceptible horses.

Q. What else do I need to feed with Kohnke's Own® Cell-Perform™?

A. Kohnke's Own® Cell-Perform™ does not contain a salt mix within the supplement. The reason for this being that it would bulk out the supplement, creating a higher dose rate, and in turn, a less value for money product. By adding your own salt, or an electrolyte mix such as **Kohnke's® Own Cell-Salts®** or **Troppo-Salts™** to **Kohnke's Own® Cell-Perform™**, relative to your horse's work load and competition conditions, you can match the supplementation with a range of important physiological salts to specific sweat loss or electrolyte needs. This will help ensure that you are providing a standard concentrated dose of **Kohnke's Own® Cell-Perform™**, making it more cost effective.

Q. How long will it take to see results?

A. Results should be seen within the first three weeks of feeding **Kohnke's Own® Cell-Perform™** as your horse can maintain stamina and better recovery from exercise, as well as a shiny coat.

Q. What pack sizes is Kohnke's Own® Cell-Perform™ available in?

A. Kohnke's Own® Cell-Perform™ is available in 1.4kg, 4kg and 10kg packs.



**Step up to the next level
with Cell Perform™**

What is NRC 2007?

The National Research Council in Washington USA collates the scientific findings related to equine nutritional research from around the world every 10-15 years the publication 'Nutrient Requirements of Horses' (2007) was compiled is produced every 10-15 years to provides the latest guidelines of the nutrient needs of all types of horses.

INRA in France publishes a similar guideline. All Kohnke's Own® supplements are based on these guidelines, with regular updates to the formulations every year as new research recommendations become available. Check the supplement that you are currently using - is it formulated to these latest nutritional recommendations, or is it outdated?