

COMMON Q&A'S

Mag-E

Kohnke's Own[®]

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★ Organic Magnesium, Vitamin E and Vitamin B1 Supplement for Horses

Concept of Mag-E

Mag-E has been formulated to provide a source of nutrients to correct low or inadequate dietary levels to help maintain proper muscle and nerve function. The primary mineral magnesium can be poorly absorbed from feeds, although the total feed content is often above daily requirements because it competes for uptake with calcium or where excess phosphorus is contained in the diet.



Q: What are the signs associated with low magnesium intake?

A: Horses can initially develop a nervous condition, with symptoms of being unable to adjust to, or cope with, unfamiliar surroundings, with symptoms of anxious, unsettled behaviour during handling, training, travelling or competition. Often horses are able to cope at home, but become restless and uneasy when routines change or they are travelled or have to wait prior to competition.

Q: How does Mag-E work?

A: **Mag-E** contains the majority of its magnesium in a bioplex (amino acid chelate) organic form that reaches the absorption sites of the small bowel as an **organic** complex, thus largely avoiding competition for uptake from calcium and other nutrients absorbed from the same locations. A small amount of microfined magnesium oxide, which has the highest uptake of any inorganic form, is also included. During manufacture, the magnesium oxide is coated with highly refined canola oil to reduce dust and prolong its uptake to extend the benefit of **Mag-E**.

Q: Why does Mag-E contain only a small amount of Vitamin B1 (thiamine)?

A: Many feeds are low in Vitamin E and Vitamin B1 and horses on highly concentrated diets may be unable to synthesise adequate Vitamin B1 during microbial fermentation of fibre in their hindgut to meet their daily needs. Vitamin B1 is included to help correct inadequate dietary levels, as deficiencies of Vitamin B1 have been associated with nervousness and muscle weakness in horses.

Unlike thiamine based "nerve powders", which contain 30-100 times the daily needs for thiamine in an effort to settle nervous behaviour, Mag-E only contains 1-2 times the normal daily need for a working horse. Studies have shown that the efficiency of uptake of thiamine decreases significantly as the supplement rate is increased, so that high dose thiamine supplements are generally poorly absorbed, much of the high dose being passed through in the droppings.

Mag-E also contains supplementary doses of a 50:50 blend of fat soluble natural Vitamin E (450IU/15g dose) and water soluble synthetic Vitamin E (450IU/15g dose) to complement the magnesium to help maintain proper nerve and muscle function in horses that are unable to cope with training or competition.

Handy Hint: Poor uptake from feed can result in a relative deficiency of magnesium in the blood, leading to nervousness and muscle tremors. This can occur when horses are fed on low roughage diets, sweat heavily or are stressed by competition or transport where feed intake is interrupted. More than 4 years of field trials on 1000's of horses have been carried out to develop Mag-E and prove its effectiveness in helping horses to cope with new challenges, surroundings, travel or competition

Handy Hint: Where a horse is unable to cope with training, travel and competition, or has a poor appetite and takes a long time to eat as it 'picks' at its feed and rests frequently, a supplement of **Kohnke's Own Gastro-Coat** 15-30 minutes before travelling in lucerne chaff will also help it to cope with routines where it becomes 'anxious' or 'anticipates' competition with symptoms of discomfort due to gastric reflux or 'heartburn'.

Q: Mag-E contains debittered yeast as well. Why?

A: Yeast is a source of many vitamins, including B group vitamins. It also forms a 'sticky' coating, that when mixed with natural feed gums to coat the stomach wall, helps to physically protect it against gastric acid reflux when a horse develops anxiety or is travelled for more than 60 minutes without access to hay or feed, such as occurs in racing and equestrian horses being transported to race and compete. These natural feed compounds maintain normal gastrointestinal protection and function when horses are worked, travelled or competed under conditions where they were previously unable to cope with new surroundings or challenges.

Q: When should I start giving a supplement of Mag-E?

A: As low magnesium intake can cause a horse to be unable to cope with new surroundings, travelling or competition, Mag-E should be provided as a dietary supplement starting 3-4 days before travelling or competition, or as a routine daily supplement to a horse that is unable to cope with challenges in training or when travelling.

It is best to give a normal supplement dose twice daily on the first three days to help correct possible low dietary uptake, then a standard supplement dose once daily for 4-5 days, and then twice daily again on the day prior to travelling, relocation or competition.

Handy Hint: A double amount, mixed with 20mL of water and 20mL cooking oil into a paste, given 4 hours before travelling and competition can help a horse cope for up to 8 hours when away from home as it helps to correct low magnesium intake when feed intake is restricted or delayed during transit and when waiting to compete

Q: Does Mag-E have to be given for an extended time to help horses cope in training?

A: In most cases, 4-5 days of supplementation is usually sufficient to help horses adapt to training and cope with new surroundings or routines, although in some horses, a daily supplement for 7-14 days may be required, then reduced to alternate days for 7-10 days, and then twice weekly to help them cope. The pre-competition supplement may then be given to horses that are "good at home and bad away" to help them cope each time they travel or compete. For difficult horses, supplementation can be given for a longer period, if necessary to help them cope, without any risk of side effects.

Q: Can Mag-E be given over the tongue in a paste?

A: Some horses may not accept new feed tastes, although Mag-E is vanilla flavoured to tempt even the fussiest of eaters. It can be given over the tongue as a watery slurry on a day to day basis if required to horses that are 'wary' about feed additives.

Q: If my horse does not readily accept the smell of Mag-E, how can I help him get used to it?

A: The easiest way is to dampen your finger, dip it into the Mag-E, and then smear the small amount of damp Mag-E inside each nostril. This will help the horse become accustomed to the vanilla odour over the next few hours. A little of the damp Mag-E smeared on the lips in the same way will help the horse become used to the taste for a few hours before mixing it in the feed. Wash your hands after smearing Mag-E in the nostrils or lips. In a horse that will not take Mag-E mixed into the feed, or is a 'picky' eater due to gastric acid irritation then mixing it into a slurry and administering it over the tongue is an initial alternative, until the horse starts to accept it and eat its feed.

Q: Does Mag-E show up in a swab?

A: No. Mag-E contains normal supplementary levels of magnesium, Vitamin E and Vitamin B1 and does not contravene the Rules of Racing or FEI medication guidelines for competition.

Q: What pack sizes are available?

A: **Mag-E** is available in **1.0kg** (66 x 15g doses) & **2.5kg** (166 x 15g doses) packs.

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