

# COMMON Q&A'S



**Kohnke's Own®**

## Contact Details

FREECALL 1800 112 227 - FREE FAX 1800 112 228  
Website: [www.kohnkesown.com](http://www.kohnkesown.com) - Email: [info@kohnkesown.com](mailto:info@kohnkesown.com)  
Postal Address: PO Box 3234, Rouse Hill, NSW, 2155  
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## ★ Muscle Amino Acid Supplement for Horses

### Concept of Muscle XL

Muscle XL provides a natural food source of essential branched chain amino and other amino acids, as well as Vitamin E, organic sulfur and organic zinc, which are the specific nutrients required for muscle development and recovery after exercise that are often low or inadequate in grain and hay based rations. The nutrients in Muscle XL are highly digestible and assist recovery and maintenance of the working muscles following exercise.



#### **Q: When should Muscle XL be given to a horse to aid muscle development?**

A: It is best to start Muscle XL when the horse first comes into training, or is being prepared for the show ring or competition, where improved topline is required. It is of less value to start when horses are resting in the paddock, as it takes up to 4 times longer to have a beneficial muscle building effect, as compared to when it is given after exercise to a horse which is in training or being worked each day on a regular basis.

#### **Q: What type of horses benefit from Muscle XL?**

A: Horses that are poorly muscled, 'slabby sided' or horses that lack physical strength for race training, hard exercise or competition, or those that would benefit from improved topline and rump development for showing, sale (including preparation of yearlings for sale), and aged horses with a loss of muscle mass and topline. Muscle XL does not put on fat, only muscle tissue in working horses.

#### **Q: What is the most efficient, quickest and most effective way to give Muscle XL to build topline and muscle strength?**

A: The concentrated amino acids in Muscle XL are preferentially taken up into the body if they are given within 15 minutes after exercise, during the time that the muscles are recovering and are able to take up and use the amino acids, such as glutamine in Muscle XL, and its other muscle building nutrients. It is best to give the recommended dose of 15g (1 scoopful) per 100kg body weight, within 15 minutes (but at an absolute maximum of 30 minutes) after exercise such as training or even walking or lungeing, as long as the muscles are warm and recovering from exercise. Muscle XL can be given in the feed, but it is slower to be taken up in diluted form and takes up to 4 times longer to achieve its optimum effect.

#### **Q: What is the best way to give Muscle XL after exercise?**

A: It is best to give Muscle XL in a concentrated form to allow it to be preferentially taken up into the muscles during recovery in an undiluted form. Ideally, it is most rapidly taken up when given in a water slurry over the tongue (as directed on the label), or in a small feed, e.g. a double handful of chaff mixed with a little molasses or Energy Gold, within 15 minutes after exercise.

#### **Q: How long does it take before a benefit is seen from Muscle XL?**

A: Normally, in a weakly muscled horse, daily administration as recommended after exercise will start to build topline and muscle strength within 5-7 days, much more quickly than anabolics or other "muscle builders". After 10 days, most horses will show increased topline and muscle strength. In well muscled horses, the increase in muscle "bulk" or topline will not be as obvious, but usually their strength, improved physical effort and 'impulsion' during exercise will be apparent within 7-10 days. Some horses may require up to 14-21 days to build 'topline' and bulk to the degree required for the show ring or sale.

**Q: During the initial 10 day course, if a day's training is missed, is it of benefit to give Muscle XL on that day.**

A: No - continue Muscle XL on the next training day. Ideally, for optimum benefit, the initial course should be given after exercise for 7-10 consecutive days.

**Q: Is it necessary to continue daily doses of Muscle XL after the initial 10 day course?**

A: In most horses, once 'topline' and muscle strength has improved, then a further 4 doses given on alternate days, such as on fast work days in racing horses or eventers, will help to establish the benefit of Muscle XL. After the full course, normally Muscle XL needs only to be given for short 5-7 day courses at 2-3 week intervals, to maintain muscle bulk and topline.

**Q: Is Muscle XL of benefit in the lead up to racing or other upper level competition?**

A: Muscle XL will help to maintain muscle strength and provide natural antioxidant protection when given for 3-4 days prior to competition, including on the day of racing, eventing or endurance competition. It contains only natural foods that are permitted prior to competition.

**Q: Does Muscle XL help muscle recovery after exercise?**

A: Muscle XL can be given each day for 2-3 days after strenuous exercise to assist muscle recovery and maintain muscle bulk and topline.

**Q: If Muscle XL is given daily on a continuous basis to hard working horses, such as racing and endurance horses, do the muscles 'bulk up' too much or does it lose its beneficial effect?**

A: Muscle XL aids muscle development, strength and recovery after exercise on a daily basis. Many trainers give it as a half dose in the next feed after daily exercise between racing and competition, others give a full dose daily during the week days and miss the weekends between racing or competition days. Unless a horse is given higher than recommended doses for extended periods, muscle bulk does not become excessive or develop into a 'muscle bound' appearance.

**Q: In yearlings or other horses for sale, how long should a course of Muscle XL be started prior to sale to improve 'topline' and appearance?**

A: In most cases, a 14-21 day course is adequate, provided it is given as directed after daily exercise, which can consist of walking or lungeing, provided the muscles become warm and recovery processes are commenced.

**Q: In aged horses that lose muscle mass, or horses recovering from sickness, injury or surgery, how long should a course of Muscle XL be given to achieve optimum effect?**

A: Daily administration in feed at the recommended supplementary rate for 2-3 weeks will normally help the build up and recovery of muscles and topline, then it can be given for short courses as required to maintain muscle bulk.

**Q: What size packs are available?**

A: Muscle XL is available in an 800 gram pack - sufficient for a 500kg horse for 10 daily doses, and 4 follow on doses. 2kg packs - sufficient for 2-3 horses, as well as 6kg, 10kg and 20kg packs for larger numbers of horses or training stables and studs for yearling sale prep.

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