

COMMON Q&A'S

TRIM

Kohnke's Own®

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★ Magnesium, Organic Chromium and Choline Supplement for Horses

Concept of Trim

TRIM provides a range of important nutrients to correct low or inadequate levels in the common fibre and soaked hay rations fed to horses and ponies on weight reducing, low calorie diets. It can also be used to supplement prepared commercial low GI diets where the full recommended feeding rate is not fed and other high fibre feeds and soaked hay are added to increase the bulk of feed.

TRIM is formulated to provide specific nutritional support to horses and ponies which are overweight and obese and which have hard 'cresty' necks and abnormal fat deposits behind the shoulders and tail butt area. These signs are associated with conditions such as Equine Metabolic Syndrome (EMS) and Insulin Resistance as a result of grazing pastures and the long term feeding of sweetened or processed feeds which contain high levels of starch and soluble nonstructural carbohydrate (NSC) 'sugars'.

Q: How does TRIM provide nutritional support to horses on weight reducing, low calorie (low GI) diets?

A: TRIM has been formulated and tested in field trials over 3 years to provide the following nutrients which are often low or inadequate in the feeds provided to horses on weight reducing, low GI (controlled calorie) diets.

Magnesium - Magnesium is an important mineral involved in metabolic function and utilisation of glucose in body cells. The magnesium in TRIM is present in both organic and inorganic forms to help ensure optimum uptake and activity in supporting a low GI, weight reducing diet.

Organic Chromium - Chromium is nutritionally recognised as the Glucose Tolerance Factor (GTF), as it has a role in regulating glucose metabolism to support the action of insulin in its control of blood sugars. TRIM contains chromium, only in organic (chelated) protein form, to ensure optimum uptake and safety. The chromium has been included at a rate which helps to correct low levels of this important metabolic nutrient in overweight horses and ponies where insulin levels are elevated due to insulin resistance (IR).

Choline - Choline is an amino acid which also has a role in the metabolism of fats and is a methyl donor to help the liver break down fats as they circulate after being mobilised from the fat stores of horses on a weight reducing, low GI diet.

Q: Why does TRIM contain Vitamin C?

A: Vitamin C is naturally synthesised in the liver from glucose. A horse produces up to 21 grams of Vitamin C each day to meet its needs of this important antioxidant and immune support vitamin. Vitamin C is also necessary for the natural synthesis of Carnitine, an amino acid involved in the metabolism of fats in the liver and tissues. Where a horse is maintained on a diet which is low in glucose and NSC's to help assist weight loss and support or aid the management of EMS and IR, the animal may not be able to synthesise sufficient Vitamin C from glucose on a low GI diet being supplemented with organic chromium. Vitamin C, as calcium ascorbate, is included in TRIM as a stable form of Vitamin C which is less affected by nutrient interaction in the supplement when added to dampened feed.

Q: TRIM provides selected B group vitamins as well. Is there a reason?

A: Horses normally synthesise their own B group vitamins to meet their needs as a by-product of microbial fermentation in the hindgut. The specific B group vitamins provided in TRIM have important roles in glucose and fat metabolism.



Q: TRIM also contains Organic Zinc and Organic Manganese. Why?

A: Where diets are low in NSC's and protein is limited, zinc is an important trace-mineral required for metabolic function and the maintenance of protein assimilation. Manganese is a trace-mineral involved in collagen synthesis and control of glucose and fat metabolism within cells. TRIM contains both of these important trace-minerals in organic 'chelated' form to help ensure an adequate dietary intake in horses on low GI diets, particularly where more fibrous feeds and soaked hay, which leaches out soluble nutrients, form the basis of the low GI or reduced calorie ration to aid weight loss.

Q: Why does TRIM smells 'yeasty' with a vanilla fragrance?

A: Horses on low GI diets of sugar beet, lupin and soyabean hulls and soaked hay, with limited access to pasture, often have difficulty in maintaining their appetite and interest in the low GI diet. Field trials over 3 years on hundreds of horses found that the yeast and vanilla 'appetite crave' was helpful in maintaining a horse's appetite when restricted to fibrous feeds and soaked hay as compared to other flavourings. The yeast also provides natural B group vitamins and digestive aids which help to maintain the appetite.

Q: Why is it important to ensure that at least 30%-50% of the total hay by weight fed each day is recommended as soaked lucerne hay to a horse on low GI feeds?

A: On the label of **TRIM**, specific directions are included to feed a blend of soaked lucerne and cereal/grass hay to limit sugars and NSC content as part of a low GI diet. The reason for including 30%-50% by weight of soaked lucerne hay is to provide a natural source of high quality protein (15%-17%) and calcium (12g/Kg), as these important nutrients are often low in fibrous, calorie controlled diets. Where soaked lucerne hay is not included in the weight reducing diet, then a non-starch protein meal, such as cracked lupins, full fat soyabean meal, canola meal or copra meal must be included to provide an adequate intake of crude protein. If soaked lucerne is not provided, then a supplement of calcium and phosphorus should also be added as 10g (½ tablespoonful) of dicalcium phosphate (DCP) per 100kg body weight daily. Alternatively, a supplement of Cell-Osteo® may be provided to make up the shortfalls of calcium and phosphorus in a low calorie, fibre based diet. Avoid supplementing with dolomite as a calcium source, as it is poorly absorbed in horses.

NOTE 1 - TRIM provides a high concentration of magnesium which is often low in low GI diets. On a low lucerne, or no lucerne-based calorie controlled diet, it is recommended that TRIM be added to a separate area of the hard feed and the calcium supplement to another area, to avoid competition for uptake between these essential minerals. Where TRIM is only supplemented once daily, then a calcium supplement is best added to another meal to help avoid mineral interaction.

NOTE 2 - Where soaked hay forms the feed base and soluble nutrients are leached out by soaking, an additional supplement of trace-minerals and vitamins, such as **Cell Vital®**, **Cell-Provide®** or **Aussie Sport™**, may be required to make up dietary shortfalls, as well as **Cell-Salts™** to make up the normal content of salts lowered by the soaking. Analysis of the ration being fed can be checked free of charge by John Kohnke Products. Please see below for our contact details.

Q: Does TRIM need to be supplemented on a daily basis for long periods?

A: No. Trim helps support a low GI weight reducing or 'stripping out' diet to help a horse or pony lose weight. **Once a horse or pony has lost weight and its 'cresty' neck and tail-butt fat has softened and decreased due to the low calorie diet and daily exercise, the supplement rate of TRIM can be reduced to half the daily starting rate relative to its lower body weight and condition, or even removed from the diet if the horse has trimmed down and the risk of repeated sore feet and laminitis has been eliminated.**

Q: What pack sizes are available and what is the cost per daily dose?

A: TRIM is available in **1.4 kg** packs and **4 kg** packs. The cost per dose, including GST, based on the recommended retail price (RRP) is around \$1.00 per day for a pony in the 1.4 kg pack size and 91 cents per day in the 4kg packs. Larger horses require an initial higher dose rate, but this can be reduced once the horse's condition has been 'trimmed' to a healthy, moderate level.

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