



Maintaining Electrolyte Balance in Summer Months

Most horses under a light work load and eating a balanced diet will not need electrolyte supplementation. A horse that sweats during light work might lose some body water and salts, but these losses are usually replenished quickly upon eating hay, drinking, or visiting the salt block.

But horses undergoing intensive exercise or whilst travelling especially during the hot and humid conditions experienced during the summer months will benefit from electrolyte supplementation. Many horses will arrive at an event already in a mild state of fluid and electrolyte depletion from the muscular work of travelling. Some horses also don't drink or eat as well as usual while on the road.

Research conducted at endurance rides has demonstrated that many horses experience the greatest loss of fluids and electrolytes within the first 20 miles of exercise so staying ahead of salt and fluid losses is instrumental in maintaining hydration, efficient muscle function, and the ability of the horse to perform to a safe standard and with enthusiasm for his work.

This prolonged sweating can lead to water and electrolyte deficiencies, which can result in fatigue, decreased performance, dehydration, muscle cramping and other problems.

Horses sweat to facilitate evaporative cooling as a means to maintaining body temperature, but high sweating rates result in high rates of water and electrolyte loss. When horses lose large volumes of sweat, this can lead to water and electrolyte deficiencies. Horse sweat contains calcium, magnesium, some trace minerals and protein. However, most notably, equine sweat is relatively high in sodium, chloride and potassium.

In every case, it is important that a horse engaged in aerobic exercise, such as a endurance riding or eventing, has access to as much water as he wishes to drink at any time. While electrolytes won't necessarily enhance performance, they will improve water intake, especially by maintaining sodium levels that drive the thirst centre.



By providing your horse with Sumo Re-Hydrate you can replace essential minerals that are lost through sweat and help to maintain fluid and electrolyte balance. Sumo Re-Hydrate provides all the necessary minerals on a palatable, readily absorbed, water soluble glucose base to aid recovery for optimum performance.

Designed to be fed according to the intensity of work it can be fed whenever the horse sweats, on an ongoing basis or before, during and after competition days.