

How Much “Aqua-Aide” Electrolytes to Provide per Day



Based on your horses ‘Work Level’ plus ‘Heat Stress Index’



For: Idle/lay-ups/Traveling and Introductory Training Level Work: Top Dress the recommended ounces onto their morning feed and insure ample water free choice.

For: Upper Level Work and FEI/3-Day Eventing/Combined Training/Endurance: Mix 4 ounces of Aqua-Aide powder into one US gallon of water to make the ‘Aqua-Aide Solution’. This will to assure ‘optimal osmolarity’ for rapid absorption in the small intestine and utilization.

Use the chart below to determine the number of ounces to provide each day

- The number of ounces recommended of Aqua-Aide per day will depend on:
The **Heat Stress Index** of the day **and** the **Work Level** of each Sport Horse.

Use the ‘Heat Stress Index’ Chart: The Temperature (F or C) + Humidity (in percent)

Remember: ‘Heat Stress’ begins when the ‘Index’ exceeds 80

I. ‘Mild’ Heat Stress Index below 90: oz/day (Green & Blue Areas)

- Lay-ups/Traveling = 0 oz
- Intro/Training Level = 1 oz (**Amt of ‘Aqua-Aide Solution’**)
- 2nd – 4th Level = 2 oz or (1/2 Gallon of Solution)
- FEI / 3-Day Eventing = 3 oz or (3/4 Gallon of Solution)

II. ‘Moderate’ Heat Stress Index between 90 & 105: (Yellow & Green)

- Lay-ups/Traveling = 1 oz
- Intro/Training Level = 2 oz
- 2nd – 4th Level = 4 oz or (1 Gallon of Solution)
- FEI / 3-Day Eventing = 6 oz or (1½ Gallons of Solution)

III. ‘Severe’ Heat Stress Index over 105: (Red & Purple Areas)

- Lay-ups/Traveling = 1.5 oz
- Intro/Training Level = 3 oz
- 2nd – 4th Level = 6 oz or (1½ Gallons of Solution)
- FEI / 3-Day Eventing = 9 oz or (2 + Gallons of Solution)

When horses sweat they lose vital water and body salts (electrolytes). This prolonged sweating during exercise, traveling or just hot & humid summer days, can result in dehydration. This can cause a decrease in performance, fatigue, muscle cramping and other heat related problems. Maintaining fluid and electrolyte balance is essential for optimum performance day after day.

Research has shown offering the “Aqua-Aide” solution 1 hour before work and with-in 45 minutes after work, can: 1) delay the onset of fatigue by over 22% and 2) improve the horses’ ability to ‘bounce back’ and perform at the same high level the next day.

Always provide clean, fresh water on a free choice basis.

Progressive Nutrition: ‘Precise Nutrition – Visible Results’™