



Juliet M. Getty, Ph.D.

[www.GettyEquineNutrition.com](http://www.GettyEquineNutrition.com)

*Nutrition services for all life stages*

*Integrative support for disorders and diseases*

## **SALT, NOT ELECTROLYTE SUPPLEMENTS, NEEDS MORE ATTENTION DURING HOT MONTHS**

Your horse sweats more during the summer, making electrolyte supplementation worth considering. But electrolytes alone will not protect your horse against dehydration. Your horse needs to have enough sodium (salt). One ounce per day (two Tablespoons) is adequate for maintenance during cool months, but hot, humid weather calls for at least two ounces per day (and more if your horse works). One way to accomplish this, provide a plain, white salt block in close proximity. But make sure your horse licks it – many do not due to tiny scratches that form on the tongue. Even better, is to offer salt free choice by pouring granulated table salt in a bucket (iodized only if your horse is not receiving iodine from another source).

You can also add salt to each meal. Mineralized salt blocks are often neglected due their bitter taste. Be aware that *electrolyte supplements should only be given to a horse that is already in good sodium balance*. They are designed to replace what is lost from perspiration and should contain at least 13 grams of chloride, 6 grams of sodium, and 5 grams of potassium. If your horse works more than two hours at a time, provide a dose of electrolytes after exercise by adding it to a gallon of water (be sure to keep fresh, clean water nearby).

*Reprinted with permission from Dr. Getty's website – [www.GettyEquineNutrition.com](http://www.GettyEquineNutrition.com)*