



Why should you feed Fish Oil to your horse?

Our SU-PER® OmegaBOOST is a high quality fish oil, providing Omega 3 Fatty Acids for various health benefits to your horse, as well as providing a source of energy for your performance horse!

It may seem odd to feed your herbivore an oil made from fish. However, horses are fully capable of digesting and utilizing the oil just fine, and in fact may gain more benefit from a fish oil than from Omega 3 fatty acid sources like flax or chia. Plant-based sources for essential fatty acids provide Omega 3 in the form of Alpha Linolenic Acid (ALA), which the horse then converts to eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA).

The body must complete this conversion before the Omega 3's can be properly utilized, and the conversion efficiency varies by species.

However, unlike plant-based sources that only contain ALA, fish oils provide a direct source of EPA and DHA. This ensures that there is no conversion necessary, and that these oils are guaranteed to be available when needed by your horse.

Horses on fresh pasture tend to get a good amount of ALA naturally, and those from light to moderate workload may be just fine in meeting their Omega 3 needs from fresh forage. However, when horses are fed hay as their forage source, which is much lower in ALA, a fish oil supplement may be very beneficial. And when the horse is active or in training, additional Omega 3 supplementation is extremely important if they are not getting adequate fresh forage.

Common signs of low fatty acid consumption are dry coat, flakey skin, poor stamina, and overactive inflammatory responses after exercise. Some horse owners also report lack of mental focus or behavioral issues when not enough Omega 3's are present in the diet.

SU-PER® OmegaBOOST also has some advantages over standard fish oils.

First, we use tried and tested aromas and flavorings to help mask the fishy smell and taste, for those picky eaters out there. Smell is typically the issue when feeding fish oil, and ours has a very pleasant aroma. Second, we only use menhaden fish oil in our product. Menhaden is a top feeder that is harvested at a young age, so they generally have far fewer contaminants in the oil than other species. We also ensure that our oils are sourced from fully sustainable fish farms in the Atlantic sea, so that there is minimal environmental impact while producing this superior quality oil.

For more information on **SU-PER® OmegaBOOST** including the health benefits of the product as well as the importance of maintaining Omega 3 to Omega 6 ratios, please see our ([SU-PERinfo sheet](#)).

LOOK FOR THE SU-PER BRAND!

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