

The goal is to feed your horse a diet that is 11% or less in Non-Structural Carbohydrates (NSC). If your horse is sound enough, daily exercise is also very helpful.

## Safe Feeds for Equine Metabolic Syndrome:

1. Grass hay, NSC= will vary, you will have to have it tested to know for sure. Dairy One does this: <http://dairyone.com/analytical-services/feed-and-forage/submitted-forage-samples/>
2. Triple Crown Safe Starch Forage (this is a chopped hay), NSC= 8.7%
3. Triple Crown Alfa-Lox Forage chopped, NSC= 9.2%
4. Triple Crown Grass Forage chopped, NSC= 9.7%.
5. Triple Crown Low Starch (this is a grain that can be fed alone, ie. no hay), NSC= 13.5%
6. Triple Crown Lite Formula (meant to be fed with hay), NSC= 9.3%
7. LMF Low Non-Structural Carbohydrate Stage I (meant to be fed with hay), NSC= 8% max
8. LMF Low Non-Structural Carbohydrate Complete (can be fed alone), NSC= 8% max
9. Purina WellSolve L/S (meant to be fed with hay), NSC= 11% max
10. Nurtrena Safechoice Special Care, NSC= 14%. This would be for the EMS horses that are not as sensitive.
11. Triple Crown Alfalfa Forage blend chopped, NSC= 14.6%. This would be for the EMS horses that are not as sensitive

If your horse is on grass hay only or soaked hay, you should supplement with some vitamins and minerals. California Trace (<http://www.californiatrace.com>) or Platinum Performance Equine Wellness (<http://www.platinumperformance.com>) are a few nice supplements.

## Feeds to Avoid for Equine Metabolic Syndrome:

1. Oat hay
2. Wheat hay
3. Forage mix hay
4. Any grain hay not listed above
5. Any grain or pelleted feed that does not guarantee a NSC of 11% or less.
6. Fresh green grass
7. Watch the type and quantity of treats that you give your horse, many can be very high in sugar and calories. Carrots are especially high in sugar.



## Testing Protocol:

Schedule an appointment for the first appointment of the day. The night before your appointment, feed your horse his/her normal dinner. The morning of the appointment, do not feed your horse until after the vet has drawn the blood sample.

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