

# Heat Special



How do you handle  
(extremely) **hot** weather?

*Powered by* **HAVENS**



# A comfortable horse

During the summer, temperatures can rise quickly. It's important to support your horse properly in such conditions. In this Heat Special, you'll find all kinds of tips to help keep your horse as comfortable as possible.

## Optimal temperatures for horses

Most horses have a body temperature between 37.4°C and 38.2°C at rest. It's important for a horse to maintain its temperature within this range. A slight increase is not immediately harmful, but temperatures over 40°C can damage organs and body cells.

The thermoneutral zone—the range in which horses can regulate their body temperature well—is roughly between -5°C and +20°C. For adult horses, the ideal stable temperature is between 10°C and 15°C, which is lower than what most people find comfortable indoors. For foals, the ideal stable temperature is approximately 5°C higher.

## Water intake

Horses (approx. 600kg) normally drink about 20 to 30 liters of water per day. When temperatures rise above 25°C, a horse will drink around 10 liters extra. After exercise, fluid loss is significantly higher.

Always ensure your horse has plenty of fresh drinking water, especially on hot days!

## Heat from digestion

The digestion of roughage generates heat. In warm weather, a horse has to work harder to keep its body temperature down. That's why it helps to wet the roughage on hot days—this provides both cooling and additional hydration.

Also make sure your horse has access to shade, so it can cool down on its own when needed.

## Sweating

Horses have a relatively large body mass compared to their skin surface, so they sweat more easily than humans. Sweating helps them release heat, especially during exercise.

Horse sweat has a different composition than human sweat—it contains more protein, which enhances cooling. As a result, horse sweat often looks white and foamy due to friction.

Various factors influence how much a horse sweats, but ambient temperature is a key one.



#StayHydrated

## Prevent dehydration

When a horse sweats a lot, it loses high concentrations of electrolytes (mainly sodium, chloride, and potassium). These electrolytes are essential for triggering thirst.

However, horses that sweat heavily may not experience this thirst signal, despite losing fluids. Water intake is crucial to prevent dehydration and ensure proper recovery.

Always check if your horse drinks enough after exercise.

## Preventive measures

During exercise on hot days:

- Train early in the morning or later in the evening
- Ensure access to shade
- Avoid intensive work or limit duration
- Gradually increase training intensity so the horse can adapt to the heat
- Ensure a proper cool-down (rinse with cold water)

In pasture or paddock:

- Provide shaded areas
- Ensure access to clean, fresh drinking water

In the stable:

- Ensure good ventilation
- Offer soaked hay

#StayHydrated

# Stimulating thirst

So, how can you make sure your horse drinks enough water?

Add electrolytes to the diet of your horse to help restore fluid balance. Electrolytes are quickly absorbed and can be given up to 2 hours before training. After intense sweating, give additional electrolytes post-exercise to support recovery and prevent dehydration.

The ideal ratio of chloride, sodium, and potassium is around 4:2:1. Check this ratio when choosing an electrolyte supplement.

Electrolytes:

- Compensate for sweat loss
- Help prevent dehydration

Are essential to:

- Prevent heat stress
- Support neuromuscular functions
- Support horses with dry or firm manure

Always provide fresh water after giving electrolytes, since they stimulate thirst. The ideal water temperature for horses varies, but studies show they don't prefer warm water. Refresh water frequently during hot weather to avoid high temperatures.



#Sweating

## EQUIFORCE Lyte + Lyte Liquid

EQUIFORCE Lyte contains a highly concentrated dose of electrolytes, enriched with organically bound trace elements and powerful antioxidants. It's specially formulated to support electrolyte and fluid balance.

Benefits:

- Protects muscles
- Enhances endurance
- Increases water intake (ensure water is available)
- Supports fast recovery post-exercise
- Promotes overall fitness, immunity, and well-being

Available in both powder and liquid form:

- The powder is more concentrated, making the daily dose (and cost!) lower.
- The liquid has better palatability and sticks to feed—ideal for picky eaters.

When used as recommended, the electrolyte absorption is the same for both versions.



#Electrolytes





## Concentrate feed with extra electrolytes

Performance 14 is ideal for horses needing extra support in hot weather. Feed it after training to help the horse recover optimally.

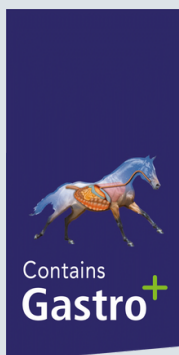
When outside temperatures exceed 25°C, the body must work harder to maintain temperature, which costs energy. Performance 14 delivers both sustained and explosive energy, thanks to its unique blend.

With added banana flakes, Performance 14 is rich in bioavailable electrolytes. It also contains high-quality proteins to support muscle recovery and development. In combination with high levels of vitamin E, this muesli promotes elastic muscles and fast recovery after exercise.



Performance 14 contains approx. 30% of our bestseller Gastro+, developed for horses prone to gastric ulcers or digestive issues.

When horses don't drink enough, the risk of digestive problems increases. The added Gastro+ helps support optimal digestion.



Check out the productsheet here



## Tip: Slobber Mash

Slobber Mash is great during hot weather—it provides a vitamin-rich concentrate combined with extra moisture.

Mix the mash with water at a 1:1 ratio, let it sit for 15 minutes, stir, and it's ready to feed. You can always add more water to encourage fluid intake.

Slobber Mash is oat-free and enriched with linseed oil. It's a delicious treat that promotes a healthy shine and good condition.



Check out the productsheet here



## Extra tip: **EQUIFORCE** **Performance+ Booster**

The Performance+ Booster is a highly concentrated energy booster, ideal before or after intense work, especially in hot conditions.

Proper hydration of the body's cells is crucial for consistent performance in sport horses.

This booster contains fast-absorbing energy (meritose), electrolytes, and trace elements that encourage horses to drink more. Enriched with vitamin E and strong antioxidants, it helps boost performance and well-being during (multi-day) events.



Find out more about the BOOSTER here

## #StayHydrated

