How to assess your horse’s HAY

DOES YOUR HORSE NEED grain?

Equine Dentistry—when LESS is MORE

Lessons in LEADERSHIP

The pros & cons of HOOF DRESSING

TTOUCH for digestion

THE RETIRED RACEHORSE PROJECT

WHAT IT TAKES TO HELP TB EX-RACEHORSES LAUNCH SUCCESSFUL SECOND CAREERS

EquineWellnessMagazine.com
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HEALTH BENEFITS
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HEALTH BENEFITS
Rose hips are one of the richest sources of vitamin C and also contain vitamin A, thiamine, niacin, riboflavin, and vitamin K. They can help any horse fight off infections and boost his immune health. By feeding your horse a tablespoon or two of rose hip powder, you’re giving him his daily ration of vitamin C in a natural, more useable form.

Feeding rose hips on a regular basis will also help encourage hoof growth due to its naturally-occurring biotin content coupled with its flavonoid and copper content. In nursing foals, feeding rose hips to the mare and foal has also proven helpful in preventing scouring on the mare’s cycle.

FEEDING AND DOSAGE
Dried rose hips are readily available from commercial herbal companies and come in several forms, including the whole rose hip, cut and sifted rose hips, and ground rose hip powder. I feed my Miniatures a level tablespoon per day, and my horses receive two rounded tablespoons mixed in their bucket/supplement feed. I feed it not only for the vitamin C content, but also for the copper content, since my well water is deficient in copper. On occasion, for a treat, I give the horses a handful of cut and sifted rose hips sprinkled on top of their bucket feed, which they all seem to enjoy crunching on!

Jessica Lynn is a writer, equine nutritionist, and the owner of Earth Song Ranch, an herbal blend, natural feed and supplement manufacturer based in Southern California. She has been involved in alternative health care, homœopathy and nutrition for almost five decades and uses it for her family, horses, border collies and cats. She personally formulates and tests all of the Earth Song Ranch nutritional products. Jessica@earthsongranch.com; 1-951-514-9700; earthsongranch.com; facebook.com/earthsongranch.