

# GET READY FOR THE SUMMER SHOW SEASON

*with the Sovereign Equestrian team*

A fit horse shines, has a beautiful coat, clear eyes, and lots of energy. They're happier and they perform better. At Sovereign Equestrian, we use the best products to keep our horses in tip-top shape.

## *The importance of electrolytes*

Like people, horses sweat to keep their body temperature down, in doing so they lose moisture and important minerals, also known as electrolytes. The importance of electrolytes is often overlooked or addressed incorrectly.

Horses suffer badly in hot weather and a lot of people do not consider the damage that can be caused by incorrectly warming down their horse. Electrolytes not only provide the right fluid balance, they also prevent muscle cramps and speed up recovery after hard training and stressful competitions. By giving your horse electrolytes soon after they have been sweating, you make sure they can recover quickly and stay hydrated. At Sovereign Equestrian, we use Cavalor Electroliq as the horses really love the smell and taste. The Cavalor products make sure our horses not only look amazing but feel amazing, enabling us to get the very best results.

## *Here are some electrolyte tips:*

- Provide more than just salt - Potassium is just as important as sodium and chloride. Too much sodium (salt) will prevent the uptake of potassium.
- Give electrolytes at the right time - A horse's body cannot store electrolytes. We recommend supplying electrolytes immediately after sweating and no more than two hours before exercise.
- Always make sure that your horse drinks enough - Does your horse refuse to drink? Then the chances are that they have lost a lot of electrolytes. Encourage your horse to drink by placing some salt on the tongue.
- A wet mash is perfect for restoring electrolytes - Give this during transport. Cavalor Mash and Mix is great for this. We've found that it helps to entice even our fussiest horses.

## *About Sovereign Equestrian*

At Sovereign Equestrian, we train, maintain, and care for our horses so that they become exceptional performers across all disciplines. We know that a fit and healthy horse is a happy horse, and a happy horse is a successful horse. We want to share some of our techniques with you because, with the right combination of regimes and supplements, your horse can reach its true potential.



## *The importance of a cool down*

Horses handle heat differently to humans. People lose heat easily and do not quickly overheat. Horses have a greater muscle mass in relation to their body weight, and less skin surface to dissipate the heat. They feel hot quicker at ambient temperatures that are pleasant for humans, a comfortable temperature for horses is between -5°C and 10°C and for humans it is around 20°C. A horse must be able to cool down properly after exercise because when muscles get too hot and/or stay hot for too long, this can damage the horse's health.

## *Here are some tips for keeping your horse cool, calm, and happy:*

- Do not immediately cover them with anti-sweat blankets after riding, let the horse cool down properly first.
- If your horse is hot and sweaty from training, hose him down with cold or lukewarm water. Dry your horse quickly and keep him moving. It is the best way for him to cool down. If your horse is still hot, repeat the procedure.
- If you ride in an inside arena then go outside to let the horse cool down and trot without a blanket, even in winter.
- If it gets really hot and sultry in spring or summer, adjust the training routine, making it shorter and less intense.

Here at Sovereign Equestrian we aim to do everything we can to make our horses feel their very best. As no matter what discipline you do, your horse needs to be given every opportunity to shine. With the right regimes and supplements, you too can achieve this.



**SOVEREIGN  
EQUESTRIAN**



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