

Improving Your Horse's Muscle Tone and Focus: How and What Supplements Enhance Performance

Fitness, muscular strength and tone are aspects of training that are often poorly understood or overlooked by many riders and even trainers.

Just like humans, horses aren't born naturally fit for an athletic endeavor. Yes, certain breeds are better built for certain sports, but developing their fitness, and increasing their muscular strength must be an integral part of any training regimen. It is important to concentrate on building the overall strength of the average competitive horse, not just about preparing a horse for a three-day event or endurance ride.

Another aspect of this is the supplements you use to ensure your horse's muscles are building at the rate they need to be. When you have a good fitness regimen in place, finding the right all-natural supplement can rapidly increase the results of your work.

But, just as you would be cautious when training an athlete, you must ensure you don't feed your horse artificial weight-gainers that won't actually enhance his health and overall well-being. As we know, the horse's ability to focus, his concentration and mood are also very important in Dressage and Eventing.

Gamma oryzanol, a rather rare nutrient that occurs in rice bran, is one of the most effective naturally occurring muscle builders and fat burners. There are several manufacturers that create supplements using Gamma oryzanol on the market today.

Equiade's best-seller Body Builder (www.Equiade.com) has been popular and used by many champions over the years. This is the first company to manufacture a Gamma Oryzanol supplement. The Gamma oryzanol in this product is of pharmaceutical grade, meaning it is in the purist form. Body Builder is a unique, specially formulated, emulsified liquid concentrate equine health product, which means that the absorption of the supplement

is greatly enhanced and effective.

Guenter Seidel, who rides exclusively for Team Brown, has won three bronze medals in the Olympic Games. Team Brown has been using Body Builder for years. "We have seen with every single horse, many of whom were four year olds when we purchased them, that this product helps develop the muscle tone without putting on any weight." Brown says, "It definitely has helped them slowly and correctly, and with Guenter's help, build their muscle tone."

Dressage Extensions, a tack shop that focuses on dressage, wrote "Not only does Body Builder build muscle quickly, but it also works as an Anti-Stress. Our experience has proven it to be a great aid for both stamina as well as increased ability to concentrate. We have received rave reviews from customers using this product. All have agreed there is a noticeable increase in their horse's happy participation to do the work, strength to do the work, and with less likelihood for distractions to disrupt training sessions."

For more information email info@equiade.com or visit www.equiade.com.