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## General

### Are Nupafeed products legal to use in competition?

Yes, all Nupafeed products are entirely legal for all levels of competition.

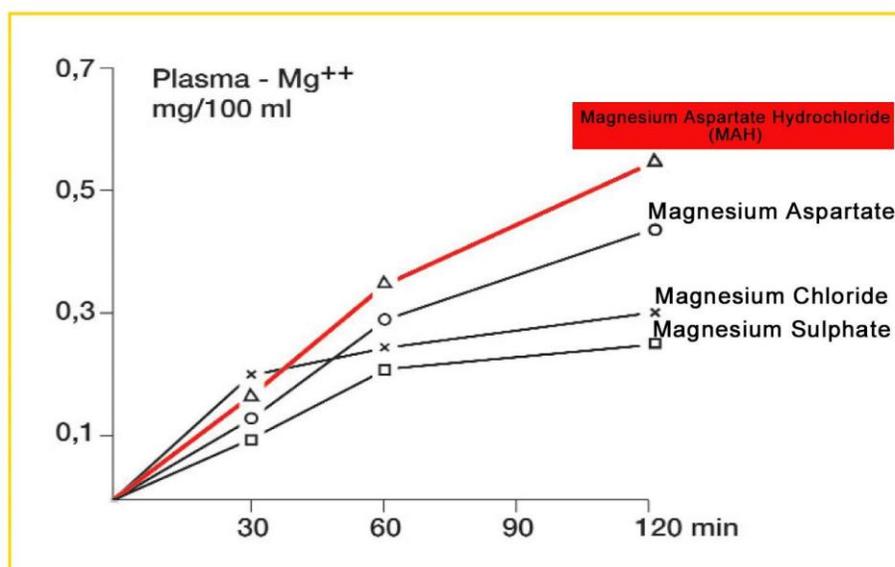
### Who makes the Nupafeed range?

All Nupafeed products are made by the German pharmaceutical company, Verla-Pharm under strict laboratory conditions. Verla-Pharm are primarily concerned with producing pharmaceuticals for human medicine, their equine products benefit from their superior knowledge, research and quality of ingredients.

## Nupafeed Magnesium Supplement for Horses - (MAH)

### What is MAH?

MAH is a uniquely developed form of magnesium. This compound has been shown to provide far higher levels of absorption than any other magnesium compound which is the key to its effectiveness. Studies have shown that this compound provides far higher levels of absorption than any other compound.



Classen HG et al. Comparative Experimental Study in Animals on Magnesium Absorption from the Gastro-Intestinal Tract in the Forms of Sulfate, Chloride, Aspartate and Aspartate-Hydrochloride. *Arzneimittel-Forschung (Drug Research)* 1973; 23: 267-271.

### Can I give my horse too much MAH?

No, if you give your horse more than he requires he will simply excrete the excess out in his urine.  
Is the MAH safe to give alongside other supplements or drugs?  
Yes, the calmer is entirely safe and will not interact with any other medication your horse is receiving.

### How do I feed the MAH?

The liquid goes on the daily feed; it has no odor so most fussy feeders are happy to eat it. It must be put on the food just before feeding so that it does not have chance to soak into the feed.

The MAH Plus Syringes are administered orally in the same way you would a wormer paste. For best results give 1 syringe 3 hours before needed and another 1 1/2 hours before needed, when stood quietly without food or hay.

### What are the MAH Calmer Plus Syringes?

These are a concentrated form of the liquid which makes them more effective and faster to absorb. Ideal for use in competition or for times of extra stress. They can be used independently or in conjunction with the liquid.

### I have given my horse other calmers containing magnesium but have not seen an improvement, does that mean that this will not work either?

MAH has been especially developed to maximize the absorption of magnesium into body tissue and delivers significantly more magnesium into the tissue than other magnesium compounds. The MAH magnesium used is of a pharmaceutical grade, which is far superior to the grade of magnesium used in most other calmers. Nupafeed MAH is also a liquid which helps to improve absorption.

### I need my horse responsive and alert, will the MAH compromise performance?

No, the MAH works purely by providing your horse with the magnesium that he needs in order to maintain the correct magnesium/calcium within his body. Having the correct balance prevents adrenalin rising, muscle tension and aggression. It contains no other compounds such as herbs or L-Tryptophan, which act as mild sedatives. Performance should improve as reduced tension allows the horse to listen to what is being asked of him.

### How long does the MAH take to work?

This varies greatly with each horse depending on how long they have been having problems, how much work they do and how stressful they are day to day. Most horses require 5-10 days on the loading dose before a significant improvement is seen.

### What sizes does the MAH come in and how long do they last?

Nupafeed MAH is available in three sizes:-

1 liter - this would last the average horse approx 40 days.

3 liter - this would last the average horse approx 4 months

5 liter - this would last approx 6 months

The above guides are based on the average daily maintenance levels only, if you use extra liquid prior to competitions or have not yet administered the loading dose this will shorten how long your bottle lasts.

# Nupafeed L-Carnitine Supplement for Horses

## How do I feed L-Carnitine?

L-Carnitine is a clear liquid which goes on the daily feed. Its odor is faint and only small amounts are required so fussy feeders normally do not notice.

The L-Carnitine syringes contain the same liquid but it is stronger and more concentrated making them ideal for use in competition or for one-off eventualities. The syringes are given orally in the same way you would a wormer paste.

## How long does the L-Carnitine take to work?

The benefit of Staying Power should be seen as soon as you start feeding the product but absorption time is quite long and variable. The Staying Power works faster on those with a high percentage body fat and on those being worked in as the work enables the L-Carnitine to circulate thoroughly. We recommend that the liquid be fed twice a day to maintain a constant level in the body and the Syringes take 4-10hours.

## Can I feed too much L-Carnitine?

No, Nupafeed L-Carnitine is entirely safe; your horse will excrete what he does not use.

Is L-Carnitine safe to feed alongside other supplements or medications?

Yes, it will not react or interfere with any other medication you may be giving your horse.

## Why does L-Carnitine contain MAH?

The MAH content of the L-Carnitine is critical; it acts as a carrier allowing the L-Carnitine to be absorbed. Previous attempts to use L-Carnitine in horses have been made but with very little success because absorption was not possible.

## My horse lacks stamina but is often quite "fresh"; will L-Carnitine make him sharper?

Not at all, L-Carnitine has no heating effect whatsoever; you will see the improvement at the point when normally he would be starting to tire.

## How can L-Carnitine improve muscle mass and definition if it does not contain protein or some sort of calorific advantage?

L-Carnitine improves the efficiency of energy turn over by mobilizing fat stores, making glucose readily available in the cells to make energy. During hard work, normal glucose metabolism often does not provide enough energy and other substrates are used. Improving glucose metabolism not only spares these other substrates which are required for muscle growth and repair, but also reduces the amount of harmful toxins produced during hard work so less muscle damage occurs.

## Has L-Carnitine actually been proven to improve stallion fertility?

Yes, L-Carnitine has been proven to improve parameters of sperm formation and motility in many species including equines.



