EU Safe Feeds

Everything you feed your EMS equine should be less than 10% combined hydrolyzable carbohydrates (HC = ESC and starch combined), with the starch component being less than 4%. It is best if there is no added iron (e.g., ferrous sulfate) in the ingredients, because iron overload can worsen EMS. These safe feeds are to be used as carriers for the vitamins and minerals. Hay is the mainstay of the diet. If your horse cannot eat hay, then contact the ECIR Outreach Group for more information: *https://ecir.groups.io/g/main*.

Please be wary of bagged feeds that say: "low starch, low sugar, for metabolic horses" or similar. Many feed manufacturers can legitimately say "low starch" because the feed has less starch than oats; or can say "low sugar" because there isn't a lot of added sugar, but there is enough starch to cause laminitis in an EMS horse. **NOTE: If your horse is sensitive to alfalfa, always read the ingredients list on a feed before purchasing.**

SAFE FEEDS LIST

- **Allen & Page Fast Fibre**
- **Allen & Page 'L' Mix**
- **Cavalor FiberForce**
- **Dengie Alfa-Beet**
- **Dengie Hi-Fi Molasses Free**
- **Forageplus Timothy Hay**
- **Forageplus Welsh Meadow Hay**
- **Honeychop Lite & Healthy**
- **Hygain Zero**
- **Keyflow Pink Mash®**
- **Pavo Fibre Nuggets**
- **Simple Systems HayCare**
- **Simple System Timothy Chop**
- **Soy Hull Pellets**
- **Speedi-Beet/Beet Pulp** *(molasses-free). Rinsed/soaked/rinsed: Soak anywhere from 15 minutes in warm water to a couple of hours in cold water – enough so the pellets/shreds swell/soften.*
- **Spiller's HAPPY HOOF™ Molasses Free**
- **Thunderbrook Hay Cobs**
- **Thunderbrook Healthy Herbal Chaff**
- **Thunderbrook Healthy Herbal Muesli**
- **Thunderbrook Meadow Nuts**
- **Thunderbrook Organic Meadow Nuts**
- **Top Spec Top Chop Zero**

REAL RESULTS OF BALANCING MINERALS TO HAY

BEFORE

AFTER

ACCEPTABLE RATION BALANCERS

For best results, one should feed a custom mix of minerals balanced to your hay; in lieu of that, any of the Forageplus balancers can be second-best options.

It is important to find out if you are in a Selenium-rich or Selenium-deficient area. The same applies to Manganese.