



Where is Vitamin E found in a horses diet naturally?

Vitamin E is found in lush green forage like grass or high quality haylage



Duffy & Odysea at lush pasture

Why do PSSM1 horses need supplement Vitamin E?

PSSM1 horses are unable to have access to lush pastures or high quality forage due to the sugar content which causes them to be symptomatic, by cutting out these feed sources we cut out the Vitamin E.

Why do PSSM2 horses need supplement Vitamin E?

PSSM2 variants are a form of exercise intolerance, most of these horses have gaps or tears within the muscle structure so when worked (if they are able to) the muscles of a PSSM2 horse have to work much, much harder. Alongside this some PSSM2 horses benefit from the low sugar, low starch diet of a PSSM1 horse, so by cutting out lush pastures and high quality forage we are cutting out the only feed sources of Vitamin E.

What happens when a horse is Vitamin E deficient?

Prolonged muscle soreness, Poor immunity, Muscle wasting, Weakness

How much Vitamin E does a PSSM horse need?

This can vary from horse to horse, there is no definitive answer some PSSM horses are able to manage on the recommended dose of Vitamin E, while some will require much more.





Where can I purchase Vitamin E from?

We have made this easy for you, by compiling a list of the top Vitamin E brands as used by you- PSSM & MFM Owners! We have listed brands in order of purity, the purer the Vitamin E the more utilised it is by the body.

You can access the “List Of Vitamin E Brands Selenium Free” list via our website, or the files on our Facebook group.

