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### FEEDING TURMERIC- BENEFICIAL OR NOT?

**Although Turmeric is not a new ingredient to many, its health benefits may be and in recent years it has received much attention especially within the equine industry. But is this traditional spice worthwhile feeding to horses? Is it safe?**

#### **What is Turmeric and how can it help?**

Turmeric is part of the ginger family, with its roots being used in both traditional medicine and cooking. The active ingredient, which provides the health benefits, is Curcumin. Curcumin has been said to have antidiabetic, antimicrobial, antioxidant, chemo-protective, as well as anti-inflammatory effects to just name a few. Many have therefore turned to this ingredient for things such as joint stiffness, skin irritations, sarcoids and even digestive system support.

#### **Is it beneficial to horses?**

There has been some research into Turmeric benefits in humans, however in horses there is no research to go on, and assuming it will perform in the same way as it does in humans is not scientifically accurate. The main point to note is that to accurately assess its effects an effective dosage would need to be established and this has not been done, which means that in most cases we are unlikely to be feeding enough to create an effect in the horse.

Turmeric only contains approximately 2-3% Curcumin and therefore it is suggested that upwards of 250g-500g would be needed to deliver an effective dose to horses. Obviously, this is a large amount and could affect palatability of the food its presented in.

It also appears that turmeric is not effective on its own and that it needs to be combined with black pepper which aids with the absorption of curcumin into the body.

#### **Is it safe?**

Once again, little research is available to definitively confirm or deny this. However, humans seem to have no adverse effects on high dosages and so it is assumed the horse would not either. It is known that Curcumin can affect iron metabolism and so it would not be safe to feed to horses with any kind of chronic disease or anaemia.

Some studies also suggest that Turmeric can cause loose droppings in some horses and that it can also interact with certain drugs and therefore it's advisable that checks with a veterinary professional are done before using on horses with chronic illness.

## How to feed?

Suggestions on how to feed include feeding in conjunction with a quality oil, such as Linseed, for its rich Omega 3 profile, as well as

black pepper to help with absorption. Per tablespoon it is recommended to mix with a similar amount of oil along with 7 "twists" of black pepper.

## TESTIMONIALS

*To celebrate the launch of our new website we gave away some Free bags of Epol and Equus.*

*Congratulations to our winners Jacqui Jamison and Julie Dewing.*

*Visit our brand new website at [www.epolequine.co.za](http://www.epolequine.co.za)*

### JACQUI JAMISON & RAVEN

I have battled to keep condition on my gelding for a while and have tried numerous feed bands and supplements, with little to no results. I decided to try Equus Cool n Perform 12% and I am beyond thrilled with Ravens improvement. He has picked up weight and looks amazing and all this without supplements.

***I would highly recommend Equus feeds for any horse owner who wants top quality for their best friend.***

### JULIE DEWING

I really like the Epol brand as it has a long and excellent reputation behind it. It is one of the more affordable quality feeds, ensuring our horses maintain their stunning condition. It is simple to feed, and there is a product for any horse, making it a livery owners dream.

***Thank you for a great feed***



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