



COOKED LINSEED

Instant Conditioning Linseed
for Horses & Ponies



Heidi Woodhead from DHI Event Horses feeds **Fibre-Beet** and **Cooked Linseed** as part of a balanced diet to provide her horses with a high fibre, low starch and sugar diet.

"Both feeds provide the necessary protein and slow-release energy without the fizz for the young horses right up to those at the top level. I am delighted with how well the horses look."

Heidi Woodhead, DHI Event Horses.

British Horse Feeds

Makers of

Speedi-Beet® Fibre-Beet®

Quick Soaking Beet Pulp Flakes

Quick Soaking Conditioning Feed

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WORLDWIDE



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COOKED LINSEED

Instant Conditioning Linseed
for Horses & Ponies



An ideal feed for
performance, condition,
skin and coat and
wellbeing.



British Horse Feeds
Quality Assured



How do I feed?
Scan the QR code
to find out more

Ideal for horses
& ponies prone
to Laminitis



www.britishhorsefeeds.com

Why include Linseed into the diet?

As horses have evolved over time, there is more and more need to support them with a range of nutrients and high-quality protein. Majority of the time, protein in horse feed is used to regenerate bodily functions such as repairing of the gut wall. The protein in BHF **Cooked Linseed** contains a different profile of amino acids that helps support the muscle renewal and regeneration helping to build topline.

It is an ideal addition to any feeding regime, due to key elements of protein, and oil. Naturally low in starch and sugar, it is suitable as a feedstuff across all dietary requirements, breeds and activities.

Our philosophy on feeding

1. Firstly, feed forage as the main fibre source
2. Top up with a digestible fibre feed like **Speedi-Beet** or **Fibre-Beet**. If forage is of questionable nutritional value or your horse is a poor forage eater, Fibre-Beet can be used to replace up to 60% of your horse's forage
3. Add BHF **Cooked Linseed** into the diet for a range of nutrients, quality protein and Omegas 3,6 and 9.
4. If required balance further with a vitamin and mineral supplement or consider a good Low Calorie Balancer, and have fresh water available at all times.
5. If you still need to feed more energy for condition or performance, you may wish to supplement further with a hard feed
6. Always monitor horse condition and adjust feeding accordingly

Why Cooked Linseed?

- Ideal for condition, performance and wellbeing
- Supports muscle development and recovery
- Excellent source of Omegas 3, 6 & 9
- Contains natural antioxidants
- Helps to maintain a healthy shiny coat
- Good source of minerals and trace elements
- Provides slow-release and non-heating energy
- Low in sugar and starch, suitable for horses and ponies prone to laminitis



Ideal for horses
& ponies prone
to Laminitis

So easy to prepare!

Simply feed straight from the sack or if preferred top dressed on our soaked feed range, **Speedi-Beet** or **Fibre-Beet** or on hard feeds.



Feeding guidelines

You can feed less Cooked Linseed when feeding alongside Speedi-Beet or Fibre-Beet due to the improved digestibility. It has been shown that up to 25% more nutrients can be absorbed.

FED AS A COMPLEMENT/TOP DRESSING:

Bodyweight (kg)	Light Exercise/ Rest	Moderate Exercise	Hard Exercise	Typical Analysis	
300 - 450	50	500	750	Oil (%)	39.0
450 - 560	100	700	1000	Protein (%)	23.0
560 - 650	150	900	1350	Fibre (%)	7.0
650+	200	1000	1500	Sugar (%)	3.0
				Starch (%)	4.5

FED ALONGSIDE SPEEDI-BEET OR FIBRE-BEET:

Bodyweight (kg)	Light Exercise/ Rest	Moderate Exercise	Hard Exercise
300 - 450	35	400	600
450 - 560	50	500	750
560 - 650	75	750	900
650+	100	850	1050

Recommendations are a guide only. Quantities will vary dependent on the reason for feeding.

For a more detailed diet analysis please visit www.britishhorsefeeds.com