

Feeding Oil to Horses for Energy and Coat Shine

Coconut Oil vs. Soy Oil

Coconut Oil and Soy Oil are both used as 'cool & safe' sources of concentrated energy and are fed for conditioning, coat shine and weight gain, or to supply extra energy in the diets of hard-working horses. Their similarities and differences are described below:

Coconut Oil

Coconut Oil is a highly stable tropical oil, meaning that Coconut Oil is not prone to rancidity and maintains its nutrient status over long periods. It contains mainly saturated fatty acids of short and medium chain length. Short and medium chain fatty acids are quickly metabolized and available for use as ready energy for high intensity work. Lauric acid (the main fatty acid in coconut oil) is also associated with having antiviral, antibacterial and immune-boosting properties.

Soy Oil

Produced from soybeans, commercially available soy oils are often highly refined and have usually been chemically extracted. Soy Oil is rich in long chain fatty acids and contains predominantly polyunsaturated fatty acids, making it prone to rancidity. Most sources of soy oil are derived from GMO soy beans. Soy oil provides a high ration of Omega 6 to Omega 3.

At a practical level...

Both feeds are used to maintain condition, encourage weight gain and improve coat condition without making horses 'hot or fizzy' (in temperament). The compositions of Coconut Oil are also very different to those in Soy Oil. Where Coconut Oil is rich in saturated, short and medium chain fatty acids (which are stable and can be rapidly metabolized), Soy Oil contains higher levels of polyunsaturated, long chain fatty acids (which are less stable and more slowly metabolized).

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call 803-647-1200 or e-mail Claudia@stanceglobal.com

Both Soy Oil and Coconut Oil can be fed with other hard feeds (i.e. grains). However, they should also always be fed in conjunction with ample fiber/roughage feeds (i.e. at least 1% of bodyweight/day of hay, chaff, or pasture), abundant clean water and a good-quality vitamin and mineral supplement.

PowerStance

PowerStance is a powdered coconut oil supplement developed by Stance Equine nutritionist Dr Tim Kempton. The properties of coconut oil mean that in warm temperatures the product is a liquid and in cool temperatures a solid. In its unique powdered form, PowerStance makes it an easy, mess-free way to feed oil. While both Soy Oil and Coconut Oil do an excellent job of conditioning horses and providing them with cool energy for work, PowerStance is totally chemical free and is guaranteed GMO free.



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