

## PowerStance



### Description

PowerStance is a unique powdered coconut oil supplement. PowerStance delivers the secret ingredient from CoolStance as a powder. Since coconut oil can solidify below 24-25°C, PowerStance was developed to provide the essential benefits of coconut oil in a convenient powder form.

### Key Benefits

- Saturated oil. Coconut oil is saturated, ie it is not prone to rancidity
- Coconut oil has useful nutritional and antimicrobial benefits
- Increased muscle glycogen storage - Saturated fats such as those found in coconut oil are more effective at enhancing muscle glycogen storage than the unsaturated fats found in other vegetable oils (eg. canola, corn and soya oil).
- Anti-viral and anti-bacterial protection - possibly for gut health and well being from Lauric and caprylic acid
- Ready energy - coconut oil contains MCTs (medium chain triglycerides) which are easier to digest, absorb and convert to muscle energy than the long-chain fatty acids found in other vegetable oils. MCT's are absorbed directly into the portal blood and transported to the liver, whereas polyunsaturated oils are transported via the lymphatics.
- Long shelf life – unlike other vegetable oils, coconut oil is highly saturated and therefore more resistant to rancidity.
- PowerStance is an odorless white powder making it easy to mix into feeds

For more information or to order CoolStance, please call 803-647-1200 or e-mail [Claudia@stanceglobal.com](mailto:Claudia@stanceglobal.com)

## Feeding Guidelines

	PowerStance				How long lasts a bag?
	grams/day		oz / day		
<b>Coat conditioner</b>	50		1 - 2		Ca. 35 days on a 4.4 lbs. bag
<b>Gut health and appetite stimulant</b>	50		1 - 2		Ca. 35 days on a 4.4 lbs. bag
<b>'Cool energy' source</b>	100*	200**	3.5*	7**	Ca. 20 (3.5oz.) – 10 (7oz) days on a 4.4 lbs. bag
<b>Weight gain</b>	200 - 300		10 - 12		Ca. 26 days on an 18 lbs. bag

\* in addition to high grain hard feeds.

\*\* in addition to low grain hard feeds.

PowerStance should be introduced gradually into the diet, building up to the required dose rate slowly over a 2 week period. We do not recommend exceeding 400g/horse/day. The daily dose should be divided and fed in 2 meals per day. PowerStance should be fed as part of a balanced diet.

(Note: 305g PowerStance is equivalent in energy to 1 cup vegetable oil).

## Nutrient Specifications

Digestible Energy	29.4 MJ/kg (3.18MCal/lb)
Oil	70% (as coconut oil)
Max. Crude Fibre	<0.5%
Calcium	0.0%
Phosphorus	0.0%
Medium Chain Triglycerides	50% of coconut oil
Fatty Acids	Lauric Acid (C:12): 44.5% (as %oil)
	Myristic Acid (C:14): 17.5% (as % oil)
	Palmitic (C:16): 8% (as % oil)
	Oleic (C:18.1): 6% (as % oil)

For more information or to order CoolStance, please call 803-647-1200 or e-mail [Claudia@stanceglobal.com](mailto:Claudia@stanceglobal.com)

## Frequently Asked Questions

### **What is PowerStance**

PowerStance is a high energy feed supplement containing 70% natural coconut oil and is a rich source of Medium Chain Triglycerides (MTCs). It may be used for rapid release energy, maintaining gut health, assisting in weight gain and promoting a brilliant sleek and healthy coat.

### **Do I have to reduce the quantity of CoolStance I feed if I add in PowerStance?**

No not at all! Because PowerStance is simply coconut oil, its use will compound the effects of natural coconut meal. The addition of PowerStance to your feed will allow you to see visible results quicker and ensure your horses gut health is improved.

### **Why Feed Oil?**

Oils may be added to the diet as a source of 'non-fizzy' feed. When starch (typically in the form of grain), is fed to horses in large quantities, there is a risk of starch overload into the hindgut. This can culminate in "fizzy" behavior, which can result in stressful and dangerous situations for both horse and rider. The risk of starch overload can be minimized by replacing some grain in the feed with oil, to provide energy. Oil provides a source of 'cool' energy, which is not associated with 'fizzy' behavior.

### **Soy Vs. Coconut 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 as follows: 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. This 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. 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.

### **Can PowerStance be fed to Competition/Race horses?**

PowerStance is 100% natural, and much easier to handle than and store than liquid oils. PowerStance can also be used in conjunction with medications for gastro intestinal ulceration and will not return a positive swab.

### **What are MCT (medium chain triglycerides)?**

Coconut oil contains medium chain fatty acids that are easier to digest, absorb and utilize in comparison to the long-chain fatty acids found in other oils such as maize, soy, canola and rice-bran oil. Medium chain fatty acids appear to behave more like glucose than fat in the body and are preferentially oxidized to generate energy over long-chain fatty acids, meaning coconut oil provides a ready source of energy for use during exercise. Some of the medium chain fatty acids (lauric acid, capric acid) in coconut oil possess antibacterial and antiviral properties. These fatty acids may assist the horse's immune system in fighting off viral and bacterial challenges, leading to improved overall gut health and wellbeing.

For more information or to order CoolStance, please  
call 803-647-1200 or e-mail [Claudia@stanceglobal.com](mailto:Claudia@stanceglobal.com)