



# Harmony and balance for your competition horse



## **HARMONY**

Complementary feed that promotes  
balance and work attitude

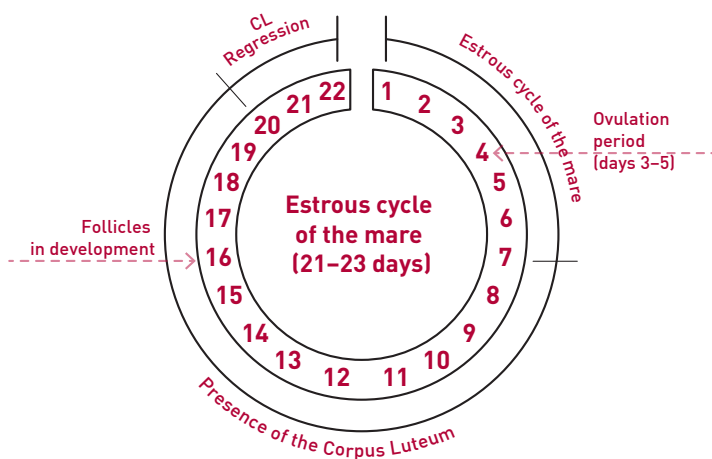
# Management of the heat season in the sport mare

The mare is defined as a seasonally polyestrous animal, meaning her estrous cycles depend on the time of year. Depending on the breed, she reaches sexual maturity between 15 and 24 months of age and begins cycling at the end of winter, often without ovulation. By mid-spring, these cycles become more regular and typically end in autumn.

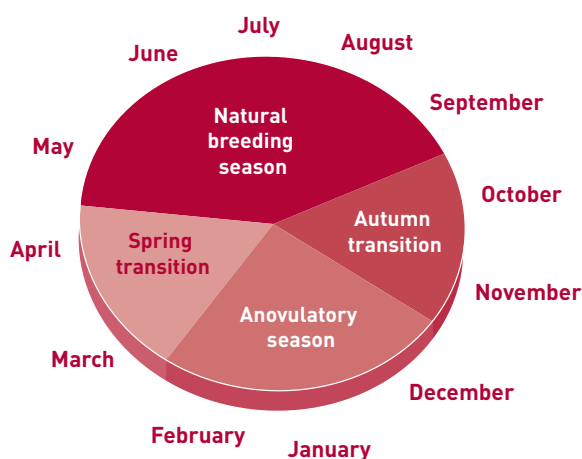
The mare's hormonal changes and estrus are influenced by the duration of daylight (photoperiod). Managing heat in the sport mare represents a significant challenge, as hormonal fluctuations can affect the animal's behavior, focus, and performance.

Most competitions and races take place during the spring and summer months, which coincide with the mare's estrous cycles. These cycles occur every 21–22 days and are marked by a hormonal peak during the follicular phase, along with some degree of discomfort due to the rupture of the corpus luteum in the days that follow.

The estrous cycle consists of approximately 7 days of the estrous/follicular/estrogenic phase and 14 days of the progestinic/luteal phase.



*The mare's estrous cycle (adapted from Jones and Troxel)*



*Reproductive calendar of the mare*

## Behavioral Assessment

During estrus, the mare may exhibit behavioral changes such as irritability, distractibility, and a reduced willingness to work.

It is important to recognize these signs in order to adjust the training program accordingly.



## The clear signs of estrus include:

- ✓ Pelvis tilted downward
- ✓ Tail raised or moved aside to expose the vulva
- ✓ More frequent urination
- ✓ Winking of the vulva and mucus discharge
- ✓ Unusual, sometimes aggressive behavior
- ✓ Distinct vocalizations when other horses approach

## Nutritional Advice

A balanced diet that supports hormonal balance and overall well-being can help manage the effects of estrus. Specific complementary feeds may help reduce stress and improve focus.

## Management

Reducing stress factors in the mare's environment can help minimize problem behaviors associated with heat. A calm setting and a well-defined routine are essential elements.

# Harmony

**Equiplanet** has formulated a complementary feed based on ingredients that support focus and willingness to work in mares during the estrous season. Daily administration of the product from March to November helps maintain balanced behavior, promotes relaxation, and minimizes stress and nervous reactions. It is also useful for particularly temperamental stallions or geldings that retain stallion-like behavior.

## CHASTE TREE – VITEX AGNUS CASTUS – MUNKPEPPAR

A small tree known as “monk’s pepper” due to its spicy fruits. Properties: Hormonal balancer (used in women for painful premenstrual syndromes associated with psychological symptoms). It does not suppress estrus but helps reduce unwanted behaviors associated with it, making the mare calmer and easier to manage. Chaste tree can also help regulate cortisol levels by decreasing the pituitary production of adrenocorticotrophic hormone (ACTH). Cortisol is the body’s main systemic stress hormone.

## HOPS – HUMULUS LUPULUS

A perennial plant native to temperate regions. Properties: Phytoestrogen used to manage anxiety, restlessness, tension, excitability, nervousness, and irritability.

## MAGNESIUM OXIDE

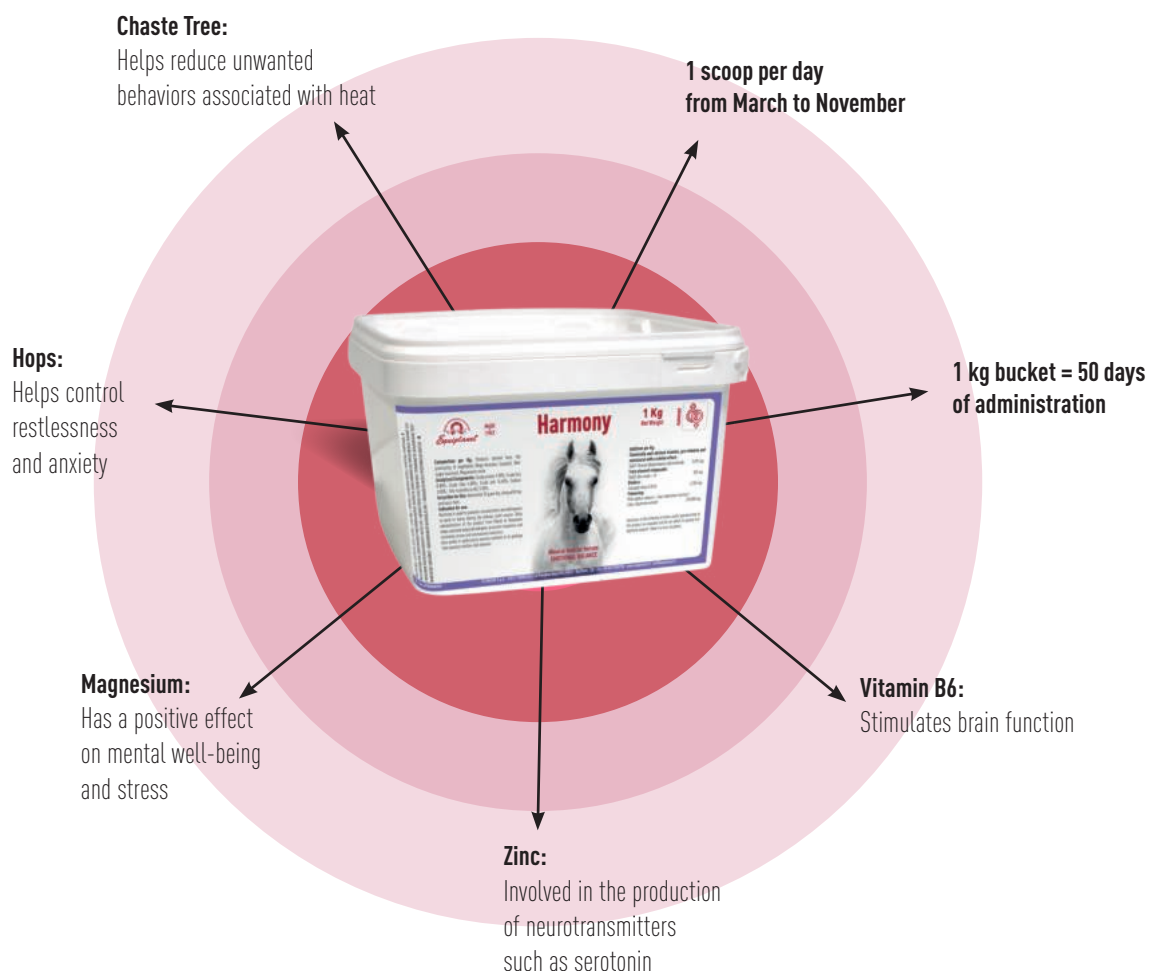
Supports the ability of nerve cells to transmit signals to one another and to the muscles. Magnesium oxide has a positive effect on mental well-being and stress levels. It exerts a calming effect on horses, helping to reduce nervousness.

## ZINC OXIDE

A component of hundreds of enzymatic complexes, zinc is essential for the function of several hormones, including thyroid hormones, insulin, sex hormones, and growth hormone. The neurotransmitters serotonin and dopamine both require zinc for their production, and serotonin is considered the “well-being” neurotransmitter. Zinc therefore plays a clear role in mood regulation.

## VITAMIN B6

Vitamin B6 supports brain function and contributes to normal psychological function and the regulation of mood states such as anxiety and depression.







# HARMONY

*Complementary feed that promotes balance and work readiness*



**Composition per Kg:** Products derived from the processing of plants (Hop-s-Humulus lupulus), Beet sugar.

**Analytical Components:** Crude protein 7.90%; Crude fats 0.80%; Crude fiber 6.80%; Crude ash 16.40%; Sodium 0.00%; Ash insoluble in HCl 3.50%.

**Instruction for Use:** Administer 20 g per day, along with hay and basic feed. Indication for use: Harmony is used to promote concentration and willingness to work in mares during the estrous cycle season. Daily administration of the product from March to November helps maintain balanced behavior, promotes relaxation, and minimizes stress and nervousness reactions. Also useful in particularly nervous stallions or in geldings that maintain stallion-like behavior.

## Additives per Kg:

**Chemically well-defined vitamins, pro-vitamins and substances with a similar effect:**

3a831 Vitamin B6/pyridoxine hydrochloride 2,079 mg

## Trace element:

3b603 Zinc oxide - Zn 525 mg

## Binders:

Colloidal silica E 551b 4,750 mg

## Flavouring:

Vitex agnus-castus L.: Lilac chastetree tincture / Lilac chastetree extract 250,000 mg

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