

The Benefits of Rice Bran Oil

Why feed Oil to horses?

- ❖ Oils are an efficient source of up to 2.5 times more energy than most raw cereal grains and are particularly useful for elite equine athletes.
- ❖ Oils are more readily digested in the small intestine than grains.
- ❖ Fat is utilised in aerobic metabolism to provide energy. Horses do not store fat. If your horse is involved in competition at a high level, particularly where aerobic energy is important than supplementing your horse's diet with at least some fat or oil may benefit their performance and health.
- ❖ Oils is important to aid in the absorption of the fat-soluble vitamins A, D, E, and K.
- ❖ Providing energy as oil allows you to reduce the amount of grain you are feeding. Less grain in a horse's diet will reduce the caecal burden on the horse's digestive tract and can reduce the amount of heat produced in the horse's hindgut. In addition the reduction of grain may lessen the incidence of behaviour problems sometimes associated with high grain intake.
- ❖ Supplementation of feed with oil can reduce the amount of feed the horse requires to meet its daily energy requirements.

What are the benefits of Rice Bran Oil?

Rice bran oil is derived from the bran layers of the rice kernel.

Rice Bran Oil provides cool energy which is ideal for horses undertaking sustained aerobic activity. Horses are particularly efficient in metabolising fat aerobically at intense exercise levels, and as such, produce less lactic acid.

Antioxidants

Rice bran oil is an abundant source of primary antioxidants including alpha, beta, gamma and delta tocopherol isomers, as well as the most active of antioxidants, the tocotrienols. Free radicals are natural by-products of some oxidative metabolic processes within cells. Anti-oxidants combat free radicals which can cause damage to the cell walls, internal cell structures and even genetic material. Vitamins A, C & E are all natural anti-oxidants with Vitamin E is believed to be the most effective. Anti-oxidants supplies can be readily depleted, especially when horses are exercising, regular daily supply of anti-oxidants can therefore be of benefit.

Healthy Skin & Joints

Rice bran oil can help maintain the health of your horse's skin and joints. Where your horse may be lacking in essential fatty acids it may also help improve the condition of your horse's skin and coat.

Older Horses

Older horses sometimes struggle with processing more complex energy sources such as grain. The increased digestibility & palatability of Rice Bran Oil allows the benefits described above to be experienced by our older equine friends.

Preparing For Sale & Shows

When preparing horses for shows and sales, the addition of Rice Bran Oil to the diet may assist in body definition and also improve the overall quality and glossiness of your horse's coat.

Other Nutritional Considerations

Rice Bran Oil naturally high in phosphorus and low in calcium and therefore should be used in limited amounts, especially if the calcium: phosphorus ratio of the total ration is not balanced. A daily dose of 50 - 60ml should be sufficient to achieve the benefits outlined above.

Bibliography

1. Geor R. BVSc, PhD, Dipl. ACVIM (2003) Feeding Yearlings: Preparing for the Sale, www.thehorse.com USA
2. Nash, D. BSc (Equine Nutritionist) Benefits of Rice Bran Oil www.hygain.com.au Australia