

Equine Naturopathy & Muscle Therapies

Partnering with you in a holistic approach to health, wellbeing and performance – enabling your horse to become the best it can be – naturally!



Activated Charcoal Powder – info sheet

What are the ingredients?

100% pure steam activated carbon (charcoal) derived from coconut shells, certified human grade.

What does Activated Charcoal do?

Activated Charcoal is isotonicly attracted to gas, toxins, impurities and dirt. It binds with them and carries them out of the horses system in their manure. Its pH is slightly alkaline and helps to neutralise an acidic stomach.

Who can Activated Charcoal be fed to?

Activated Charcoal can be fed to all types of horses, including: foals, stallions and pregnant/lactating mares as the powder does not enter the blood, milk or urine.

*Contraindications:

- Activated Charcoal is not suitable for horses that are prone to constipation or impaction colic.
- Activated Charcoal must not be fed along with prescribed medications without checking with your Vet first.
- Activated Charcoal must not be fed the day before, the day of, and the day after worming.

How much Activated Charcoal do I feed?

Recommended feeding rate at commencement is:

- Horses – 2 tablespoons / 16g, twice daily.
- Ponies – 1.5 tablespoons / 12g, twice daily.
- Foals – 1 tablespoon / 8g, twice daily.

Recommended feeding rate for **maintenance is half the amount** listed above (depending on the individual horse). There is no timeline to reduce to a maintenance dose due to every horse and their situation being unique – this is left to the owner's discretion. The guideline is to gradually reduce the amount fed only when you are happy with the change in your horse, until you find your horse's optimal dose. Very anxious horses, horses under competition pressure and windsuckers can struggle to reduce to the maintenance dose. Horses that are under less pressure may benefit from increasing to the full dose the night before and morning of an outing.

How long does 1kg of Activated Charcoal last?

On average, 1kg lasts a horse about 4-6 weeks and a pony 6-12 weeks.

My horse is in competition/international and subject to random blood and urine testing – can I feed Activated Charcoal?

Yes, it is FEI legal, won't swab for racehorses, and is a totally natural supplement.

Can I feed Activated Charcoal with other supplements?

Activated Charcoal has been specially selected so that it has such tiny pores that it will not absorb vitamins or minerals. For specific supplements or herbs, please contact your supplier directly for clarification.

Do I need to feed Activated Charcoal all the time?

This depends on the individual horse and whether you are dealing with a short-term issue (such as new grass or hay, pasture change, etc) or whether it is a longer-term issue (such as ride-ability, windsucking, digestive troubles, etc).

Customers have reported progress in areas such as bloating, improvements in fussy-eaters, significant advancement in weight-gain and topline development and condition, ease in dealing with grass/hay/pasture related issues, reductions in windsucking activity, improvement in ride-ability and behaviour.

Thank you for the opportunity to aid in the optimum health and performance of your horse.

Disclaimer: By accepting ENMT advice or treatment you understand Di Snow – Equine Naturopathy & Muscle Therapies only deals with nutritional advice and/or soft tissue dysfunction; it does not diagnose illness, disease, nor include spinal manipulation and relies on the horse owner giving a detailed previous and current medical and performance history of the horse. Where the owner has chosen not to disclose any previous or existing conditions, or where the owner fails to follow advice or post-treatment recommendations and/or post-treatment advice, there shall be no liability held against Di Snow – Equine Naturopathy & Muscle Therapies.