

UNDERSTANDING JOINTS

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COMPLETE EQUINE CARE

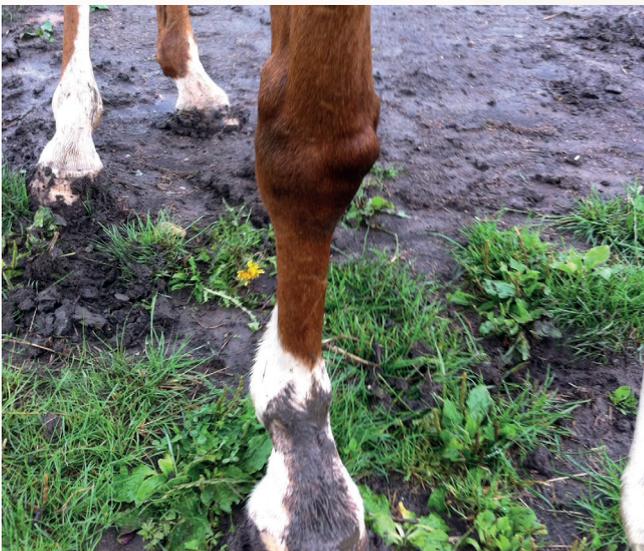
UNDERSTANDING HORSES' JOINTS & WHEN TO FEED A JOINT SUPPLEMENT

Joint anatomy

Joints are highly complex structures. The bone surfaces of a joint are covered in articular cartilage. This cartilage acts as a shock absorber to cushion and protect the bone. The joint is surrounded by a capsule that holds the joint in place. The inside of the joint capsule is lined with the synovial membrane. This produces joint fluid. Joint fluid lubricates the joint and provides nutrients to the articular cartilage to keep it healthy.

What is arthritis?

Arthritis is a disorder of the joints, characterised by the breakdown of articular cartilage and the development of new bone on the joint surfaces and edges. Arthritis can follow after an injury or may develop as a result of wear and tear. Arthritis results in pain, and is the most common cause of lameness in all types of horses.



Symptoms of arthritis:

- Lameness
- Pain and stiffness
- Swelling around a joint
- Reduced performance
- A change in the joint's shape
- Reduced range of motion of the joint

Which horses are at risk?

Arthritis most commonly affects older horses, as they have had the greatest opportunity for wear and tear or injury over time. However, younger horses can also be affected. The more stress and strain transferred through a horse's joints the greater the opportunity for wear and tear. The larger the horse the more weight their joints have to absorb and therefore arthritis is more common in bigger horses. Horses with poor conformation who therefore load their joints unevenly are also more at risk.

Maintaining healthy joints will help prevent arthritis

Research has shown that if articular cartilage isn't supplied with key nutrients from synovial fluid during periods of wear and tear then damage can occur which will eventually result in arthritis.

What are the key nutrients?

- Glucosamine - an important building block for cartilage. It helps cartilage act as a shock absorber
- Chondroitin sulphate – essential for high quality joint fluid which helps protect the joint. It is also an important building block for cartilage
- Hyaluronic Acid – a major component of joint fluid which acts to protect joints and inhibit damaging enzymes
- MSM – Bio-available form of sulphur, which is essential for building new cartilage
- Copper, zinc & manganese – essential trace elements required for maintenance and repair of cartilage

A lot of research has been carried out into nutrition and joint health. This has shown that feeding joint supplements is beneficial in horses that may incur mild joint sprains during athletic activity. The combination of glucosamine and chondroitin is considered to be most effective to maintain cartilage health.

Helping horses with arthritis

Unfortunately there is no cure for arthritis, as the damage to the joint is irreversible. However, your vet can prescribe treatments to make your horse more comfortable and reduce pain and inflammation.

Feeding a joint supplement will may maintain healthy joint fluid to lubricate the joints and provide nutrients to support articular cartilage.

Nettex Joint Care Range

Nettex Joint & Muscle Maintenance

Joint & Muscle Maintenance can be fed to horses and ponies of all ages and disciplines to help maintain healthy joints and muscles. Maintaining healthy joints is the key to reducing the consequences of concussion and everyday wear and tear. Joint & Muscle Maintenance provides all of the building blocks that are needed to help horses lubricate their joints, especially in horses prone to stiffness.

Joint & Muscle Maintenance contains bio-available molecules of Glucosamine and Chondroitin to ensure higher absorption into the bloodstream. Glucosamine and Chondroitin are key building blocks of cartilage and are needed for both maintenance and repair to protect joints from wear and tear.

The choice of top riders, such as Olympic gold medallist, Carl Hester, Joint & Muscle Maintenance is essential for horse owners as it helps support and maintain muscle elasticity and flexibility to give optimum performance and anti-oxidants to aid muscle recovery.



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Nettex Substi-Bute

Substi-Bute is a unique and innovative natural supplement. Two levels of administration available (maintenance powder and syringe) which can help to maintain mobility and flexibility with no long term side effects.

Substi-Bute contains Scutellaria, Meadow Sweet and Curcumin, plus vitamins C & E, which are vital anti-oxidants to aid recovery of joints and muscles. Substi-Bute is ideal for all horses, from leisure horses and ponies, hunters, competition horses, polo ponies, showing, showjumping and dressage. It can be given before and after strenuous exercise for optimum performance and recovery.

Substi-Bute Impact Syringe is ideal to help ease minor bumps and bruises, minimising time off and interference with a horse's competition schedule. Substi-Bute Maintenance Powder is ideal for older horses to help maintain comfort, performance and quality of life.



VIP So Sound

So Sound is the next generation of joint supplements. Its Vet Approved V.I.P.[®] formula works synergistically to provide highly bioavailable joint and muscle support to maximise mobility and maintain soundness.

Glucosamine and chondroitin have long been known to be beneficial as building blocks of joints, however the inclusion of five isolates in So Sound means that less of the parent compound is required to gain the same effect. The synergy of joint support, bone structuring compounds, L-Arginine AKG for lean muscle growth support and herbal extracts making it a unique combination.

Regular exercise creates 'use trauma' which can trigger arthritis. Research has shown that a lack of key nutrients during periods of wear and tear can reduce the ability for cartilage to repair.

So Sound provides V.I.P.[®] care for your horse's joints, maximising comfort to maintain mobility and flexibility.

- With added curcumin, the key ingredient of turmeric
- Results visible within 14 days Sugar free

