# **EQI® LETICS** Pump it up!



Supports the formation of cardiac and skeletal muscles
Provides antioxidants to protect from muscle lesions

 $\boldsymbol{\boldsymbol{\bigotimes}}$  Helps to improve muscle elasticity







## For Optimal Muscle Development & Performance

### Don't Set Any Limits for Muscular Growth!

The horse's body consists of about 50 % muscular fibres. Those fibres are made up of thousands of filamentous, protein-rich structures called myofibrils which are the basic structure for skeletal muscles. More than 250 of these paired and unpaired muscles, enable our horses to move (in interaction with tendons and ligaments).

To achieve an effective muscle growth, a sufficient amount of proteins must be available. This in turn requires a sufficient amount of amino acids, which are the building blocks of proteins. If only one amino acid is missing, proteins cannot be formed, and muscle growth is interrupted.

Sufficient amino acids combined with adapted training strengthens the muscles and the cardiovascular system can adapt to the higher level of performance.

However, it needs to be ensured that the training load does not exceed the physical capacity. Otherwise, hyperacidity of the muscles and oxidative stress may occur. In this case the negative consequences range from stiffness due to increased soreness, performance degradation, insufficient muscle development up to muscle damage or unrideability.

Therefore, it is important to provide important amino acids, but also to prevent oxidative stress at the same time.

#### It All Depends on the Ingredients!

**EQI®** Letics offers an optimal combination of antioxidant substances and essential amino acids for muscle growth.

The contained amino acids, L-lysine and DL-methionine are used in their natural form. Both belong to the first-limiting amino acids, which are often in deficiency. The additional supplementation can ensure a performance-oriented supply to promote the development of the cardiac and skeletal muscles.

It's important to know, that a strengthened cardiovascular system can improve oxygen transport to the muscles and reduce hyperacidity.

To provide an additional protection against oxidative stress and muscle damage the antioxidants vitamin E, selenium and grape extract are included.

The combination enables a rapid regeneration of strained tissues and supports the growth of the muscles by reducing damaging effects.

Optimal nutrition, together with adequate protection, allows your horse's muscles to grow.

#### **Additives**

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Vitamin E	L-Lysine
DL-Methionine	Selenium
Grape extract	

#### **Recommended Application**

- For horses during intensive training periods
- In young horses/breakers to support muscle growth and help to prevent muscle soreness
- During breaks in training e.g., due to injury (helps to reduce muscle catabolism)
- In horses showing problems with muscular growth

#### **Recommended Dosage**

EQI® Letics should be given via the daily feed.

Body weight	Average load	Strong load
200 kg	5 ml	10 ml
400 kg	10 ml	15 ml
600 kg	15 ml	20 ml

