

## EquiMove

Our EquiMove is a nutritional supplement aimed at maintaining healthy joint cartilage. It contains 5 key ingredients which together are proven to alleviate joint problems. Osteoarthritis (OA) or Degenerative Joint Disease (DJD) is the most common cause of lameness in the horse and the consequences of this disease can be life threatening in severe cases. It is best to use joint supplements proactively and preventatively, they work best in early disease so don't leave it as a last resort!

Normal locomotion results in a loading force being applied to the joints. Cartilage is the substance which coats the end of bones and absorbs shock on an ongoing basis. The body is capable of replenishing damaged cartilage but certain ingredients are required to replenish the cartilage matrix. The first 4 of the ingredients below, that are included in EquiMove, are naturally occurring in the body and support and accelerate the healing process in cartilage. There are zero fillers meaning the product only contains vital ingredients. We will discuss each ingredient in turn.

5 key ingredients in EquiMove:

1. Chondroitin Sulphate
2. Glucosamine Hydrochloride (HCL)
3. Methylsulphonylmethane (MSM)
4. Hyaluronic Acid (HA)
5. Boswellia Serrata

What is the role of these ingredients?



### 1. **Chondroitin Sulphate:**

- Cartilage has a high content of glycosaminoglycans (GAGs) which combine with proteoglycans (PG's) and attract water molecules into cartilage to make it an effective cushion for the joint. This allows cartilage to be compressed under pressure and revert back to its original anatomy. Chondroitin Sulphate is the most abundant GAG in joint cartilage.
- Chondroitin Sulphate also inhibits the activity of enzymes which breakdown cartilage tissue.

☐ **MACCLESFIELD VETERINARY HOSPITAL**  
38 Cumberland Street  
Macclesfield  
Cheshire SK10 1BZ  
Tel: 01625 501500  
Fax: 01625 612240

☐ **CONGLETON BRANCH**  
18 Moody Street  
Congleton  
Cheshire CW12 4AP  
Tel: 01260 273222

☐ **WILMSLOW BRANCH**  
Thorndale Surgery  
Wilmslow  
Cheshire SK9 5DD  
Tel: 01625 524422

☐ **FARM CENTRE**  
The Barn - Holly Tree Farm  
Holmes Chapel Road  
Lower Withington  
Macclesfield  
Cheshire SK11 9DT  
Tel: 01477 571000

☐ **WHALEY BRIDGE**  
Block B  
Ringstones Industrial Estate  
Whaley Bridge  
High Peak  
Derbyshire SK23 7PD  
Tel: 01663 732564

☐ **EQUINE CENTRE**  
Somersford Park  
Holmes Chapel Road  
Somersford  
Cheshire CW12 4SW  
Tel: 01260 280800

- In joints with OA/DJD the rate of cartilage breakdown exceeds the production of new cartilage so Chondroitin Sulphate plays a vital role in reverting this imbalance.
- An effective dose is between 1,250 and 5,000 mg/day, when fed at maintenance EquiMove provides 2,000mg/ day.

## 2. Glucosamine HCL

- Glucosamine naturally occurs in the body and is the building block for all the needed lubricants and shock absorbers in the body (including GAGs)
- Healthy cartilage can only make a limited amount of glucosamine, and damaged cartilage makes even less- this limits the bodies own ability to produce the building blocks needed to maintain healthy joints.
- Several studies have shown addition of Glucosamine in the diet stimulates cartilage regeneration.
- An effective dose for a 500kg horse is said to be between 6,000 to 10,000 mg/day. EquiMove, when fed at maintenance provides 6,500mg/day.

It is widely accepted that combining Chondroitin Sulphate and Glucosamine HCL has superior results but studies are lacking to support the combined use of these products at a lower rate than the recommended effective dose stated.

## 3. MSM

- MSM is an easily absorbable sulphur which is found in almost every cell of every animal and plant.
- Sulphur is used in the production of collagen and certain amino acids which are also needed for collagen production. Collagen gives cartilage its tensile strength so collagen health is vital for cartilage health.
- MSM can also help sustain cell flow, allowing nutrients in and harmful substances out. This pathway is vital as cartilage doesn't have its own blood supply so relies on the delivery of nutrients to allow for repair and rejuvenation. Equally, encouraging the dissipation of inflammatory cells in an injured joint speeds up healing and helps re-establish a healthy environment quicker.
- Unfortunately, effective dose research is lacking, but it has been suggested by one study into hock OA that 20,000mg was needed to have a beneficial anti-inflammatory effect. Currently, no joint supplement offers these levels but when combined with other joint essential ingredients it is likely lower levels of MSM still have a role to play.

☐ **MACCLESFIELD  
VETERINARY  
HOSPITAL**  
38 Cumberland Street  
Macclesfield  
Cheshire SK10 1BZ  
Tel: 01625 501500  
Fax: 01625 612240

☐ **CONGLETON  
BRANCH**  
18 Moody Street  
Congleton  
Cheshire CW12 4AP  
Tel: 01260 273222

☐ **WILMSLOW BRANCH**  
Thorndale Surgery  
Wilmslow  
Cheshire SK9 5DD  
Tel: 01625 524422

☐ **FARM CENTRE**  
The Barn - Holly Tree Farm  
Holmes Chapel Road  
Lower Withington  
Macclesfield  
Cheshire SK11 9DT  
Tel: 01477 571000

☐ **WHALEY BRIDGE**  
Block B  
Ringstones Industrial Estate  
Whaley Bridge  
High Peak  
Derbyshire SK23 7PD  
Tel: 01663 732564

☐ **EQUINE CENTRE**  
Somersford Park  
Holmes Chapel Road  
Somersford  
Cheshire CW12 4SW  
Tel: 01260 280800

#### 4. HA

- HA is an integral component of synovial fluid and articular cartilage. Its primary role is in maintaining the quality of joint fluid and ensuring the joint lining remains well lubricated. HA has also been shown to suppress inflammatory responses.
- Correct and smooth movement of the joint relies on viscous synovial fluid to minimise friction between the joint surfaces.
- Horses naturally make HA but as they age this production reduces
- The composition of synovial fluid is easily changed by inflammation caused by joint injury which in turn can result in reduce quality and quantity of HA.
- An effective dose is 100mg/day, as provided in the maintenance dose of EquiMove.

#### 5. Boswellia Serrata

- Boswellia serrata is a relatively new addition to joint supplements. It is a large tree grown in parts of India, North Africa and the Middle East.
- Studies have shown Boswellia has an antioxidant effect which helps prevent cell damage caused by free radicals.

#### Feeding Guidance:

EquiMove is a palatable oral powder. It is added to hard feed once daily. There is a 14 day loading feed rate of 30g for horses and 15g for ponies. After that, a maintenance feed rate is used, which is 15g for horse in full work, 7.5g horse in light work/ rest and 7.5g for a pony.

#### How does EquiMove compare to other joint supplements?

Generally speaking, products you can buy off the shelf in your local equestrian store have lower amounts of the vital ingredients and are often bulked up with ingredients which have no direct effect on joint health. EquiMove is kept simple and pure through the use of 5 ingredients, 4 of which are naturally found in horses. By feeding a veterinary grade supplement you are able to guarantee all ingredients are fully researched and traceable.

There are a few considerations when choosing a joint supplement:

Firstly, it is important to know what the therapeutic feed rate for each ingredient is. Feeding sub-therapeutic levels negates any potential positive effect and is also a waste of money. Secondly, studies have shown a worrying trend for some supplements to have greater than 30% difference between the amount of ingredient listed on the tub and the amount actually

☐ **MACCLESFIELD VETERINARY HOSPITAL**  
38 Cumberland Street  
Macclesfield  
Cheshire SK10 1BZ  
Tel: 01625 501500  
Fax: 01625 612240

☐ **CONGLETON BRANCH**  
18 Moody Street  
Congleton  
Cheshire CW12 4AP  
Tel: 01260 273222

☐ **WILMSLOW BRANCH**  
Thorndale Surgery  
Wilmslow  
Cheshire SK9 5DD  
Tel: 01625 524422

☐ **FARM CENTRE**  
The Barn - Holly Tree Farm  
Holmes Chapel Road  
Lower Withington  
Macclesfield  
Cheshire SK11 9DT  
Tel: 01477 571000

☐ **WHALEY BRIDGE**  
Block B  
Ringstones Industrial Estate  
Whaley Bridge  
High Peak  
Derbyshire SK23 7PD  
Tel: 01663 732564

☐ **EQUINE CENTRE**  
Somersford Park  
Holmes Chapel Road  
Somersford  
Cheshire CW12 4SW  
Tel: 01260 280800

contained in the product. Thirdly, the ingredients need to be high quality to ensure maximum bio-availability (so the body can absorb and use it!). Choosing a product which can prove its ingredients traceability, prove the research behind their use and guarantee results makes spending money on a joint supplement worthwhile. Thankfully, EquiMove can!

The table below compares several joint supplements, focusing on the amount of each key ingredient as fed at the recommended maintenance dose for a horse in regular work.

Supplement	Amount of Chondroitin Sulphate	Amount of Glucosamine HCL	Amount of MSM	Amount of HA	Amount of Boswellia Serrata
EquiMove	2,000mg	6,500mg	3,300mg	100mg	3,100mg
NAF Superflex Senior	77.5mg	7,190mg	7,190mg	42.5mg	None
Equine America Cortaflex Super	None	None	2,500mg	40mg	450mg
Equine America Glucosamine HCL 12,00	None	6,070mg	825mg	4.5mg	None
Equine America Buteless	None	None	1,500mg	None	2,500mg
Feedmark Best-Flex HA	6,500mg	17,000mg	17,000mg	1,100mg	1,200mg
Feedmark ExtraFlex HA	1000mg	17,000mg	10,000mg	400mg	None
YuMove Joint	None	5,000mg	None	60mg	None
TopSpec 10:10 Joint supplement	None	10,000mg	10,000mg	None	None
Synequin	2,000mg	5,000mg	None	None	None
Science Supplements Flexability Plus	4,100mg	10,000mg	6,500mg	150mg	None
Protexin Cosequin Equine	900mg	2,700mg	None	None	None
Nutravet Nutraquin +	1,050mg	2,550mg	None	None	375mg

**MACCLESFIELD VETERINARY HOSPITAL**  
38 Cumberland Street  
Macclesfield  
Cheshire SK10 1BZ  
Tel: 01625 501500  
Fax: 01625 612240

**CONGLETON BRANCH**  
18 Moody Street  
Congleton  
Cheshire CW12 4AP  
Tel: 01260 273222

**WILMSLOW BRANCH**  
Thorndale Surgery  
Wilmslow  
Cheshire SK9 5DD  
Tel: 01625 524422

**FARM CENTRE**  
The Barn - Holly Tree Farm  
Holmes Chapel Road  
Lower Withington  
Macclesfield  
Cheshire SK11 9DT  
Tel: 01477 571000

**WHALEY BRIDGE**  
Block B  
Ringstones Industrial Estate  
Whaley Bridge  
High Peak  
Derbyshire SK23 7PD  
Tel: 01663 732564

**EQUINE CENTRE**  
Somersford Park  
Holmes Chapel Road  
Somersford  
Cheshire CW12 4SW  
Tel: 01260 280800



CLINICAL DIRECTORS:  
P B Andrew BVSc Cert AVP MRCVS  
C J Phillips MA Vet MB CertAVP (ESO) MRCVS  
M D Tabachnik BSc BVMS Cert EP PG Cert (VBM) MRCVS  
B C Taylor BVMS MRCVS  
H E Worth BVMS DBR MRCVS



Website: [www.wmvets.co.uk](http://www.wmvets.co.uk)  
Email: [partners@wmvets.co.uk](mailto:partners@wmvets.co.uk)

As a general rule, the more expensive supplements contain larger volumes of the essential ingredients and larger tubs generally work out better value for money.

Our EquiMove is available in an 850g and a 2.75kg tub.

- 850g tub- when fed at maintenance for a horse in full work (15g) will last 56 days and when fed at maintenance for a horse in light work/ retired or a pony (7.5g/day), will last 113 days.
- 2.75kg tub- when fed at maintenance for a horse in full work (15g) will last 183 days, and when fed at maintenance for a horse in light work/retired or a pony (7.5g) will last 366 days.

☐ **MACCLESFIELD VETERINARY HOSPITAL**  
38 Cumberland Street  
Macclesfield  
Cheshire SK10 1BZ  
Tel: 01625 501500  
Fax: 01625 612240

☐ **CONGLETON BRANCH**  
18 Moody Street  
Congleton  
Cheshire CW12 4AP  
Tel: 01260 273222

☐ **WILMSLOW BRANCH**  
Thorndale Surgery  
Wilmslow  
Cheshire SK9 5DD  
Tel: 01625 524422

☐ **FARM CENTRE**  
The Barn - Holly Tree Farm  
Holmes Chapel Road  
Lower Withington  
Macclesfield  
Cheshire SK11 9DT  
Tel: 01477 571000

☐ **WHALEY BRIDGE**  
Block B  
Ringstones Industrial Estate  
Whaley Bridge  
High Peak  
Derbyshire SK23 7PD  
Tel: 01663 732564

☐ **EQUINE CENTRE**  
Somersford Park  
Holmes Chapel Road  
Somersford  
Cheshire CW12 4SW  
Tel: 01260 280800