

MARE 21

A natural supplement to help hormonal mares



What is Mare 21?

A mix of powdered Ayurvedic herbs and salts, **Mare 21** is suitable for any female horse or pony who has physical or emotional problems during their seasons. Mares tend to come into season every 18 to 23 days. Many mares do not have regular seasons or their seasons can vary in intensity or duration. This can affect their performance as well as their mood. This may prevent them being ridden or competed. **Mare 21** can be given to adult mares after their first season and from then on. Any adult mare can benefit from this product from those racing, in competitions or just being ridden, to those retired. This product does not contain any banned substances by the FEI or British Racing.

Mare 21 is a new product which was first trialled in 2018. The aim of the trial was to test whether the combination of herbs would help the physical and emotional difficulties that some mares experience during their seasons.

Symptoms of mares in season

Obvious signs include holding the tail elevated, "winking" (opening and closing) the lips of the vulva, squirting of urine and mucus. Other symptoms may be emotional or physical.

Emotional issues may include:

- Aggression / anger
- Anxiety
- Spookiness
- Pushiness
- Sluggishness
- Lack of focus
- Frustration

Physical issues may include:

- Kicks/bites when saddled/groomed
- Objects to being touched
- Stiff gaits
- Tying up
- Tight muscles
- Difficulty bending
- Rushes when ridden
- Naps

Product trial and results

In 2018, **Mare 21** was tested on a twelve individual mares from different parts of the UK. They ranged in age between 4 and 21 years and breeds included native, warmblood, TB x, Arab x and Irish Draught x. Owners were asked a series of questions about their mare's seasons, cycles and difficulties their horses experienced during this time. They were given the herbs to feed to their mares and then had to assess whether these difficulties had improved or not with the herbs.

Most owners fed the herbs at the start of the cycle or between the start and the middle of the cycle. The herbs were stopped when the mares came into season and then fed again after the season ended. Most of the mares were fed the herbs for over 20 days.

Each mare's cycle lasted between 19 and 23 days, their seasons lasted at least 5 days and occasionally up to 8 days. The majority of mares experienced emotional and physical difficulties during their seasons such as those included in the list above.

After feeding the herbs, half of the owners noticed a definite improvement with their mare's emotions e.g. less anxious, happier, easier to groom etc. The majority of owners noticed a definite improvement in their mare's physical symptoms e.g. not as stiff, easier to ride etc.

The majority of owners found that the longer their horses took the herbs the better the results were. Based on these results it is recommended that the herbs are fed for at least 30 days and preferably longer until improvements are seen. The herbs should be stopped during the season and then started again after it has finished.

Since the trial, more mares have used the product for longer periods of time and the results are proving positive.

What does Mare 21 do for your horse?

Mare 21 will help regulate your mare's seasons and alleviate emotional and physical symptoms experienced during her cycles. It might also prevent a season if needed e.g. for competitive purposes. For best results feed for longer periods of time. More information about the herbs are given below:

Herb	Latin name	What the herbs do?
Myrrh	<i>Commiphora myrrha</i>	Antiproliferative, antioxidant, analgesic, anti-inflammatory and antimicrobial. Alleviates gynecological symptoms.
Papaya	<i>Carica papaya</i>	Antifungal, antimicrobial, antibacterial, antioxidant, gut cleanser, promotes digestion, helps with menstrual cycle
Wild carrot	<i>Daucus carota</i>	Detoxifies the digestive and urinary system. Anti-bacterial, anti-fungal, antiseptic, anti-viral, anti-flu, anti-anxiety, antispasmodic. Helps with menstrual cycle.
Calcined borax		Anti-inflammatory, helps abdominal pain associated with menstruation, anti-microbial,
Manjistha	<i>Rubia cordifolia</i>	Helps with menstrual cycle, anti-bacterial, detoxifier, anti-oxidant, anti-inflammatory, diuretic,
Aloe vera	<i>Aloe barbadensis</i>	Anti-bacterial, anti-inflammatory, alleviates digestive issues.
Purified alum salts		Relieves muscle cramps

Additional Products

After using this product for at least 30 days, you might find that there are some symptoms that commonly re-occur. It may mean that your mare has other health issues and you may also need to use some of our other products in addition to **Mare 21**. For gastro-intestinal issues please ask for our product sheets for ulcers (**Gut Restart**, **Pre-Ulc Powder**, **Ulc30ExPLUS**) and liver detox (**Remount**), for anxiety issues please refer to our product sheet for **Silent 4**.

Please contact Ron Fields for further advice 01432 851111