

SILENT 4

An effective natural calmer



What is it?

A natural powder supplement to encourage calm and relaxed behaviour. Silent 4 can be given to any age and type of horse or pony from those racing, in competitions, retired or just for leisure.

Causes of stress

Horses can experience stress from a variety of factors including environmental, domestic and social. Stress can cause behavioural and health issues if not addressed. Common causes of stress include:

- Feeding regimes
- Training
- Travel
- Competition
- Changes to field mates / wrong field mates
- Weaning / separation from field mates
- Stabling
- Injury
- Pain

Physiological effects of stress

Stress produces an increase in corticosteroids. Corticosteroids have an adverse effect on the horse's immune system, impacting on their behaviour, training and performance. Elevated levels of corticosteroids decreases the number of blood lymphocytes in response to a decreases in the levels of amino acids digested from food. Amino acids are needed for protein biosynthesis, therefore a reduction means less protein available to the horse. High levels of corticosteroids also reduces glucose utilisation. High levels of stress, therefore slows down metabolism and increases the levels of glucose in the blood.

The effects of these physiological responses to stress produces recognisable symptoms as listed below:

Symptoms of stress

Common symptoms of stress include:

- Horse produces large amounts of manure in a short period
- Loose droppings /diarrohea
- Stereotypical behaviour e.g. box walking, fence walking, weaving, crib biting
- Losing weight
- Bolting food
- Nerves & tension e.g. sweating, teeth grinding, excessive yawning, bolshy behaviour, spooking, pawing, tail lashing, rearing, bucking, pulling, bolting, biting
- Colic
- Ulcers
- Poor concentration & performance

What does Silent 4 do for your horse?

Silent 4 is a safe anti-stress, adaptogenic and anti-oxidant preparation of herbal extracts that are free from side effects. Silent 4 enables the body to cope with stresses by regulating the functions of the adrenal glands.

Silent 4 helps to prevent tension and nerves, boost immunity, improves performance and invokes calm behaviour. Your horse will be happier and easier to handle.

If you think you will have a problem with stress when competing or breeding horses or moving to and from shows or competitions Silent 4 poured on to the feed 3-5 days before showing or mixing with other horses will definitely help.

If you have a problem with nervous or excitable horses even when travelling Silent 4 poured on to the feed for 3-5 days will generally stop it, nervous, aggressive or excitable problems usually stop in 48 hours but giving the liquid a few extra days may stop it returning.

Information about the herbs found in Silent 4 are listed below:

Herb	Latin name	What does the herb do?
Holy Basil	<i>Ocimum sanctum</i>	Protects body from physical, chemical, metabolic and psychological stress. Normalises blood glucose levels. Positive effects on cognitive and memory function
Indian ginseng	<i>Withania somnifera</i>	Anti-inflammatory, lowers cortisol levels
Waterhyssop	<i>Bacopa monnieri</i>	Boosts cognitive and memory functions
Ginger	<i>Zinziber officinale</i>	Immune booster, anti-inflammatory
Indian gooseberry	<i>Emblica officinalis</i>	Anti-inflammatory, anti-oxidant

Testimonials

18th March

The Silent 4 you sent me to try on my little thoroughbred had the most amazing effect on him, I sold his stable buddy and had a new horse arriving and was dreading the effect it would have on him.

He has taken it completely in his stride I am very proud of him, what ever is in it worked on him like magic!

Kind regards

Sharone Williams

Hi Ron

I've noticed a marked difference in Mable's behaviour since she's been having silent 4 she calls as we leave but then about is calm in the pen once we are gone which is brilliant!

Many Many Thanks

Hollie & Mable

SILENT 4 TRIAL**Results of a study of efficacy of Silent 4 in horses.**

The horse was a gelding 10 years old and was one of the leading three day Eventers.

Silent 4 was administered on an experimental basis. The dosage was 20 ml per day added to the water.

There was a remarkable improvement in the parameters investigated of the performance of the horse.

(a) Endurance

Initially the horse at its peak fitness was capable of performing 8 mins gallop 3 mins walk and 8 mins gallop 3 mins walk and lastly 8 mins gallop (8-3-8-3-8). With Silent 4, the horse, by the second week, performed 8-3-9-3-9 and at the end of the third week performed 9-3-9-3-9 with equal agility.

(b) The respiratory system

Before the administration of the Silent 4, the horse required 30 mins to return to normal breathing after exercise regime was applied above. After the first week of applying Silent 4, recovery took 29 mins, by the end of the second week recovery took 27 mins and by the end of the third week, recovery took only 24 mins.

(c) Perspiration

Before the administration of Silent 4, the horse took 25 mins to cool down and dry off with the above exercise regime. After administering Silent 4 for 3 weeks, the horse took 20 minutes to cool down and dry off.

(d) Tiredness

The rider noted that after having been given Silent 4 for about 3 weeks before the competition, the horse was less tired, eager and ready to go for all sections of the event.