

# ROUTINE

Maintains daily good gut health



## What is it?

A unique powder which can be used to ensure daily good gut health in horses and ponies. Designed by scientists in India, our **Routine** product contains a range of Ayurvedic herbs carefully formulated to work with each other for superb results. The supplement can also be used to prevent issues arising.

*A healthy functioning gut is essential for the health and well being of your horse and pony.*

Potential sources of problems in the gut include changes in sugar/carbohydrate levels in grass, cereal rich feeds, stress, lack of pasture/turnout, wormers, NSAIDs (e.g. bute), antibiotics. More information can be found in our **Equine Ulcer** factsheet.

Scientific studies in humans have shown that ingredients included in the **Routine** were shown to promote mucus production. This extra mucus may act as a barrier to acid in the stomach, which will allow the damaged tissue to heal and prevent future occurrences of problems. Another human study in 2018 found that certain herbal extracts contained in **Routine** were more effective than acid-suppressive drugs. The same herbal extracts are

also known to destroy different bacteria, which can thrive in the hind gut and are associated with the occurrence of hind gut issues in horses.

**Routine** is suitable for use by all horses and ponies from racehorses, competition horses to happy hackers and those retired. Suitable for all ages including foals.

## Symptoms

Symptoms can be subtle or severe. They can result in physical or emotional difficulties, which can make handling or riding your horse difficult or even dangerous. For a comprehensive list please refer to our **Equine Ulcer** factsheet.

**Routine** is for horses that have mild or very subtle symptoms, to prevent bigger issues from occurring. If your horse is showing more severe symptoms as listed on our fact sheet, we recommend that you start off with a course of **Pre\_Ulc Powder** first. Please contact us for advice on how to use this before ordering it.

## What does Routine do for your horse?

**Routine** maintains the normal function of the fore gut and hind gut. It will alleviate gastro-intestinal discomfort and relieve inflammation. It will heal damaged guts and assist in preventing further issues. As a result, the herbs will help relieve muscle soreness, improve appetite and digestion. It will help the horse feel well again and in turn reduce moodiness and irritability. Your horse will be happier in himself and enjoy training and riding again.

Information about the herbs and other ingredients found in **Routine** are listed below:

Herb	Latin name	What the herbs do?
Ginger	<i>Zingibar officinale</i>	Anti-microbial, anti-bacterial, anti-oxidant, anti-inflammatory
Heart leaved moonseed	<i>Tinospora cordifolia</i>	Detoxifier, helps digestive disorders, immune booster, anti-inflammatory, anti-microbial, boosts liver function
Liquorice root	<i>Glycyrrhiza glabra</i>	Treats gastrointestinal issues, anti-oxidant, anti-inflammatory, anti-microbial, anti-viral
Asparagus	<i>Asparagus racemosus</i>	Anti-inflammatory, anti ulcer - heals ulcers, protects gastric mucosa, anti-microbial, anti-oxidant
Turpeth	<i>Operculina turpethum</i>	Gastroprotective, and aids healing.

Herb	Latin name	What the herbs do?
Holy Basil	<i>Ocimum sanctum</i>	Anti-fungal, anti-inflammatory, anti-spasmodic, anti-oxidant, gastro-protective
Indian Gooseberry	<i>Emblica officinalis</i>	Anti-oxidant, ant-ulcer, anti-microbial, anti-inflammatory
Baheda	<i>Terminalia bellerica</i>	Antibacterial, anti-fungal, anti-inflammatory, antiviral, antioxidant, anti-parasitic
Chebullic myrobalan	<i>Terminalia chebula</i>	Anti-bacterial, anti-fungal, anti-oxidant, anti-ulcer

## Other products

If necessary, the results of **Routine** can be greatly enhanced, when used together with some of our other products:

- For horses with severe symptoms, use **Pre-Ulc powder** first before **Routine** (see **Pre\_Ulc Powder** product sheet). **Pre-Ulc powder** is extremely effective at starting the healing process in horses with very severe symptoms.
- If your horse suffers from being bloated, or has faecal water, diarrhoea, a lot of flatulence, use **Gut Restart** (see **Gut Restart** product sheet) before starting with the **Routine**. This will help clear the horse's gut of stale food and bad bacteria, allowing the other products to work more effectively.
- For horses with additional health issues e.g had a course of antibiotics, had colic, laminitis, illness or needs an immune boost, use **Remount** at the same time as **Routine**. **Remount** is a very successful liver boosting tonic that will increase health and vitality. See the **Remount** product sheet for more details.
- If your horse is anxious due to ulcers or other reasons, use our calmer **Silent 4** at the same time as **Routine**. See the **Silent 4** product sheet for more details.

## How to feed

Feed 15g twice a day for 3-4 days, then continue at 10g twice a day. We advise you to keep feeding twice a day during winter and during periods when the sugars in the grass will change e.g. frost, sunny days, growth during spring & autumn, after rainfall etc.

To keep the costs down you can try feeding 15g once a day in the evening feed, if you think grass growth is stable e.g there may be periods during the summer when you can do this. Please increase the dosage to twice a day again, if symptoms return.

This should be enough to help prevent ulcers in the future.

If you are unsure please email or ring Ron.

[ron@ronfieldsnutrition.co.uk](mailto:ron@ronfieldsnutrition.co.uk)

01432 851111

Please join our customer group on Facebook Ron Fields Nutrition Customer Group - a place to get support and share experiences of using Ron Fields products.

## Testimonials

Hi

Hope you had a lovely Christmas and here's to a happy and successful 2022! I thought I'd drop you a note about how it's going with the Routine that you very kindly sent me. I must say, it's been a game changer!! No longer am I getting an extremely grumpy horse when tacking up, no threats of kicking or biting, he does chew his lead rope or bite the tack box but I'll take that over the alternative!

I can groom a now happy horse and put rugs on with ease. I can actually now have a bit of a snuggle too which was always a no go!! I'm now two thirds through and would like to order some more please as I like a happy horse 😊

There were changes within three/four days and it just keeps getting better so this is definitely a product that I'd like to keep him on please. Thanks again for all your help, and a thank you from Woody too, and can you please forward details on ordering another pot. Gaenor 30/12/21

\*\*\*\*\*

Just wanted to say the Routine is incredible! He's a totally different horse now so happy and comfortable. He's on the 15g a day and it's working wonders. Thanks, Sam 13/12/21

\*\*\*\*\*

My horse has suffered from ulcers for a couple of years now! She's been scoped multiple times and has been on the peptizole medication multiple times too. I can just tell when she has the symptoms and I have been correct every time she's been scoped so now I no longer scope or give her the vet medication and she's been on the Ulc30Ex PLUS for just under a year now I think, and she is much much better on it so I just continue to give it to her as it seems to work perfectly and no longer has any symptoms! Zara

\*\*\*\*\*

After ruling out hormones and pain, I had my mare scoped for ulcers. She was diagnosed with Glandular and Squamous, grade 2 and 3 ulcers. She was treated with GastroGuard, nothing had changed so she had a course of omeprazole injections, she then scoped clear, however 2 weeks later the symptoms were back. We went through this cycle 5 times, finally having a biopsy and was then treated omeprazole and sucralfate. £7k later I had to find a long term sustainable solution. I looked to the ulcer forums, Ron Fields products had good feedback, so I gave him a ring. Ron suggested Ulc30Ex PLUS. 3 months later my mare has no ulcer symptoms. I saw a difference after a few days, if you don't I would recommend giving Ron a ring, with a few short term tweaks my mare has been symptom free, even the change to her winter routine!

\*\*\*\*\*

Hi Ron I'm in absolute shock by using this supplement. Within 3 days my horse is a different person not so much windsucking in the paddock, comfortable around his girth area and the change in attitude to exercise is unbelievable. I will keep you updated, but so far I'm very happy .  
Many thanks Laura

\*\*\*\*\*

I have just finished my 1st small 500ml of Ulc30Ex Plus. My mare has become an angel !! She was becoming very girthy and grumpy around me. No idea if she has ulcers, but this product has definitely done something. She's relaxed to ride and stoppable ! Her eyes are bright and full of interest and she just looks great. I have just ordered the 1ltr to give as a maintenance tonic.  
Zoe

\*\*\*\*\*

Hello, just wanted to update you about Alfred and his ulcer treatment. We are on 40 mls of liquid at the moment and will start to reduce in a couple of days. He is completely back to normal, calm, easy to groom and pick feet up and a happy boy .  
Thank you again for all your help and advice.  
Clare Kirkham

\*\*\*\*\*

Good morning,  
Just to let you know that we were making really good progress prior to lockdown!  
Having used the powder for a longer period we then went on to the liquid and touch wood she was back to being a happy horse again!  
Hattie is now on a maintenance dose of the liquid and I'll be ordering another bottle today as even though she's on lockdown too in livery I wouldn't want to change anything at the moment! Rebekah

\*\*\*\*\*

Hi Ron, my horse has had a flare up of ulcers, I had some of your pre ulc powder left from my last order (she wouldn't eat it last time) and so I thought I'd give it another try. She ate it this time and markedly improved. Now I've ran out she's deteriorated hugely!! Is it possible to buy this from you in a bigger qty so it works out more cost



effective? I know it's designed to be a pre treatment to the liquid but it's had such an impressive effect I wonder if I should keep her on it for longer?

\*\*\*\*\*

I see racehorses in the Curragh area showing signs such as poor form, lack of thrive, reduced appetite and water intake, consequently they are impossible to train. These horses are normal on clinical and diagnostic tests and I have found that ULC30-EX Plus supplement dramatically assisted the appetite and water intake in a few days. I have also used ULC30ex plus supplement on foals in our veterinary hospital and have found it of great benefit in maintaining normal stomach functions  
Paul Traynor, MRCVS, Grey Abbey Veterinary Hospital

\*\*\*\*\*

We started to give it to him on Friday afternoon. On Tuesday he looked much brighter, his eyes look brighter and he is actually becoming lovely to be around. I can only put this down to the ULC30ex Plus. I am looking forward to some happy riding with my boy. Thank you so much. Caroline Every

\*\*\*\*\*

I was amazed by how this product transformed my horse's ridden work. First dose Friday night, ridden Sat and Sunday. For the first time in ages I could put my right leg on from the beginning of the ride. He was much more forward and over his back as well as more accepting of tack. His eye is softer and he seems to enjoy my company more instead of being in a permanent state of simmering anger. I am a scientist by trade and was skeptical of a product with no randomised trials to back it. However, my horse clearly needed it (and I've tried both vet and supplement solutions in the past with no success). Happy to recommend. Libby

\*\*\*\*\*

Very happy with this product. I have used this as a maintenance dose after using the pre ulcer treatment and ULC30EX Plus treatment. She feels great and looks well.  
Naomi Henderson

\*\*\*\*\*

I've been using ULC30EX Plus for about a year and a half now and LOVE it! I ran out briefly and I could tell how uncomfortable my horse was without it. I'll be using this indefinitely & am keen to try out Elastin next to keep on top of his joints while we're doing more competitions this year! Hollie Williamson

\*\*\*\*\*

Just wanted to say thanks to Ron Fields – my 27-year-old gelding changed behaviour in February and wasn't happy in his work, which he normally loves. Had him scoped, and he was found to have grade 4 ulcers again (last diagnosed five years ago). After

speaking to Ron after hearing good things about his products, he explained that the length of treatment would not have helped his hind gut. So, I put him on Pre-Ulc powder, then Ulc30Ex Plus. And finally I've got my horse back again! He is happy to work, lift his back, go on the right rein, hack happily, eat up – and has stopped biting me. I'm so grateful to have a comfortable, happy horse again. Sue Russell

\*\*\*\*\*

Omg !! After talking to Ron regarding my ex racer who was showing signs of being extremely uncomfortable & having probable signs of ulcers, he recommended Preulc powder before the Ulcex30. After a few days on the powder & before even using the liquid the difference has been so amazing that I sent Ron the before & after videos for his Facebook page! I'm a complete convert & will use his products forever! He also sent me Remount & Elastin to try free of charge & my horse is so chilled, happy & contented! Thank you again! Shona Grant

\*\*\*\*\*

I have used ULC30EX Plus on a horse I could not get right. He was always unthrifty and had bad skin and hair. Two weeks on UlcerEX and he is eating and back in full work – Thank you! Sally Foster, Devon

\*\*\*\*\*

Just want to say wow – only day 4 on your ULC30 plus and I already seen a difference in my boy so much happier being saddled up and ridden and looking like he is finally putting on weight. Yvonne

\*\*\*\*\*

Wow! Truly amazing difference in my mare. I also bought the silent 4 and remount for my older TB gelding which is also brilliant! Ron is so helpful and knowledgeable! Rachel

\*\*\*\*\*

After trying ULC30EX plus on my 11 yo ex-flat racer I am pleased to say I have my old boy back! I have just ordered some more of this wonderful product, thank you Ron and team so very much. Anita Curley

\*\*\*\*\*

I definitely saw an improvement in my horse this morning after giving it to him last night. I gave him another small 25ml of ulc30ex Plus this morning and got the same reaction – eating well within 10 mins. Over the next half hour his face changed, he was engaging with me, the posturing to get comfortable almost gone and a keen interest in food. Amanda Martin, S.M.A.A.R.T. Horses

\*\*\*\*\*

I've noticed a massive different with my mare – Thank you! Hannah-Leigh Harrison

\*\*\*\*\*

The ULCEX30 is a brilliant product. Worth every penny, happy horse and happy customer. Sharone Williams

\*\*\*\*\*

This really helped our little horse. It was well worth trying . Thank you. Susie Ford

I can't believe how brilliant this product is. Saw an improvement on the second day of using it. I have a completely different horse, even my vet was impressed & will be recommending this product to others. Claire

\*\*\*\*\*

After 3 days of using the pre-ULC powder the change was noticeable to all, followed on with ULC30Ex Plus. Have also started the Elastin.

Thank you Ron Fields for clear, concise advice and a happy, healthy horse. Just ordered Remount as impressed with the results of the other supplements. Andrea Evans

\*\*\*\*\*

I added ULC30EX to my mares diet and after a month she is her normal gentle, happy self! We're both so happy! Frances Belcher

\*\*\*\*\*

Just wanted to let you know that I've seen a huge improvement since he's been on the ulc30ex, I'm just about to order the litre as per your email. Many thanks for your help. Kay Faith

\*\*\*\*\*

Saved me a small fortune! Jan Pinkerton