

How to Use Magnesium Oxide as a Magnesium Supplement for Equines

Magnesium oxide is the ingredient that most horse feed and supplement manufacturers include in their formula to add more magnesium to their product. You'll probably find it in the ingredients list of the premixed horse feed you're using now. Using the raw ingredient, rather than a premixed or pelleted supplement, allows you to add more magnesium to your horse's diet inexpensively. But how much should you feed?

A 1000-lb adult horse in light work needs about 10 grams of magnesium per day. Magnesium oxide is only about 58% magnesium by weight, so to supply 10 grams of magnesium, you need more than 10 grams of magnesium oxide. In fact, you need $(10 \text{ grams}) / (58\%) = 17 \text{ grams} = 0.6 \text{ oz.}$

But what if your horse doesn't weigh 1000 lbs? Adjust the dosage for larger or smaller horses:

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| If your horse weighs 500 lbs, daily dose is: | For other body weights, calculate daily dose: |
| $\frac{(17 \text{ grams}) * (500 \text{ lbs})}{(1000 \text{ lbs})} = 8.5 \text{ grams}$ | $\frac{(17 \text{ grams}) * (\text{body weight in lbs})}{(1000 \text{ lbs})} = ? \text{ grams}$ |

Use a postal scale or gram scale to weigh out a daily dose of magnesium oxide for your horse's body weight. Experiment with a set of measuring spoons to find a scoop for which one or two scoops contains a daily serving. Cut out the instruction label below and mark up dose information as needed, then tape it to your container of magnesium oxide.



Magnesium Oxide

Magnesium Supplement for Horses

Ingredients: Magnesium Oxide

Product Analysis: (17g) contains:
Magnesium 10 grams 150% RDA (1000 lbs body wt.)

Directions for use:

Horses: Feed ____ level scoops once daily per 1000 lbs body weight.

Sprinkle over or mix with moistened feed.

Store in a cool, dry place. Cover tightly, replacing lid after each use.

Reduce dosage if horse develops loose manure.

Success Tips:

Worried about overdosing? Horses can easily excrete excess magnesium, and you can feed up to ten times the RDA without risk of harm.

Feed grade magnesium oxide is available from feed mills, and is about 1/10 the cost of human-grade magnesium oxide. Feed grade magnesium oxide is heavier than human grade, so you'll be feeding fewer scoops.

References:

Nutrient Requirements of Horses, Sixth Revised Edition, © 2007
Committee on Nutrient Requirements of Horses, National Research Council
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