Product spotlight: SPILLERS Perform & Restore Mash

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Mashes have increased in popularity but with multiple options available, it can be difficult to know which product to choose. In this blog we explain how SPILLERS Perform & Restore Mash helps to support hydration, performance, and post exercise recovery.

Supports hydration

Any feed that requires soaking will of course help increase water intake – when soaked as directed, feeding 3kg of a SPILLERS Perform & Restore Mash will result in the horse consuming approximately 5 litres of water. However, feeding a mash may also encourage some horses to drink more water too!



Supports the replacement of electrolytes sweating

When horses sweat, they lose electrolytes, the main ones being sodium, potassium and chloride. Forage is typically high in potassium and if fed in sufficient amounts, will meet requirements for the majority of horses which leaves sodium and chloride.

If the majority of sodium lost in sweat is replaced by simple table salt – the same salt you put on your chips and the main source of sodium in SPILLERS Perform & Restore Mash - chloride requirements will typically be met too for most horses in the UK (additional considerations may be needed for endurance horses).

Feeding SPILLERS Perform & Restore Mash helps to replace some of the electrolytes lost through sweating. Whether or not you need to feed additional salt or an electrolyte supplement (and how much) will depend on how much your horse sweats and his base diet so contact the Care-Line for specific advice.

Natural vitamin E

Vitamin E is a highly powerful antioxidant that plays a key role in supporting muscle and immune health. Natural vitamin E has higher bioavailability – a term used to describe how

much of a substance can be absorbed and used by the body – with research suggesting it may further help to support muscle health, immune health and athletic performance in some horses. You can read more about this research here.

Vitamin C

Vitamin C is another powerful antioxidant which in addition to supporting immune health, plays a key role in supporting respiratory health. The same form of vitamin C used in SPILLERS Perform & Restore Mash has been shown to increase levels of vitamin C in lung lining fluid.

Branched chain amino acids (BCAA)

Appropriate work (which results in tiny tears in muscle fibres) is essential for building muscle, but quality protein in the form of amino acids provides the nutritional building blocks. That said, it's during the rest that follows exercise that muscles repair and ultimately grow. SPILLERS Perform & Restore Mash is high in lysine – an essential amino acid that plays a key role in supporting muscle health and supporting muscle building. However other amino acids support muscle synthesis (building) too.

Leucine, isoleucine, and valine are collectively referred to as branch chain amino acids (BCAA) and they can increase muscle synthesis after exercise by providing building blocks, influencing metabolic pathways and acting as a fuel source. SPILLERS Perform & Restore Mash contains added BCAAs with the aim of maximising the post exercise restorative window.

Probiotic live yeast and prebiotic MOS & FOS to support digestive health

Although they should never be used as a substitute for a high fibre diet or good management, pro and prebiotics may help to maintain a healthy population of microbes in your horse's gut.

- Probiotic live yeast (live bacteria are not licensed for use in horse feeds and supplements in the UK and Europe) may help to maintain a more stable pH in the hindgut and improve fibre digestibility.
- Fructo-oligosaccharides or 'FOS' provide a source of 'food' for 'good bacteria'.
- Mannan-oligosaccharides or 'MOS' may help to support gut health and immunity by helping to remove 'bad bacteria' from the gut.

Energy delivery

SPILLERS Perform & Restore Mash is whole cereal and molasses free, with a blend of highly digestible fibres and oil providing energy (calories) for condition and performance, while

being significantly lower in starch and sugar than a traditional competition feeds. Importantly, this helps to support digestive health and reduce the risk of unwanted excitability.

And don’t forget…

SPILLERS Perform & Restore Mash soaks in less than 2 minutes and includes a delicious apple aroma, making it a convenient and super-tasty option too!

For more advice on feeding SPILLERS Perform & Restore Mash contact the SPILLERS Care-Line.

For those horses competing under rules it is advisable to use BETA NOPS(open in new tab) approved sources.

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