SPILLERS Supplements- Instant Energy

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Lacking Energy? - Top Tips to help your horse regain their sparkle!

Do you ever feel like you’re working harder than your horse? You're not alone! Lack of energy is a common problem the SPILLERS nutrition team are contacted to help with. It can be particularly tricky for owners of good doers who need to balance weight management with boosting energy. So how can you give your horse more oomph without them piling on the pounds?

Start with the basics

Before tweaking your horse’s feed, it’s important to rule out underlying issues. Always consult a vet if your horse’s lethargy is sudden or severe. Pain, illness, or even an ill-fitting saddle or bridle can all affect your horse’s energy levels. It’s essential to rule out any other factors rather than relying on simply changing the diet as it’s rarely the only piece of the puzzle.

Energy = Calories

To bust a myth right away: there’s no such thing as a high-energy, low-calorie feed! Calories and energy are the same thing – in human food, energy is measured in calories although you will see Digestible Energy (DE) listed in mega joules (MJ) in horse feed. So, if your horse is already in good or overweight condition, adding more feed for sparkle can do more harm than good as excess weight can negatively impact health and performance. Instead, focus on maintaining your horse at a healthy body condition score (ideally 5/9), this is the best indicator of whether their energy intake matches their needs.

The importance of balance

Good doers usually maintain their bodyweight on forage alone, but hay and grass can fall short of essential nutrients. Balancers provide an ideal solution for many. They’re low-calorie, nutrient-dense feeds which supply vitamins, minerals and amino acids — perfect for horses who don’t need extra calories, starch or sugar which traditional hard feeds may over supply.

Feeding for sparkle

Feeds high in cereal starch, like competition mixes or straights, can give some horses a noticeable boost. But this isn't a one-size-fits-all solution, some may become over excitable instead. For others, especially those prone to issues like laminitis or gastric ulcers, high-starch diets should be avoided. For fit, healthy horses in good body condition, feeding a balance of fibre, starch and oil may help avoid energy slumps and encourage a more consistent performance.

Beyond the bucket

Is your horse fit enough for the work you're asking? Feed alone won’t miraculously create stamina. A tailored fitness plan and varied routine can work wonders – mix up hacking, hill work, pole work and keep your horse enjoying their exercise. Just like us, horses need mental stimulation and appropriate work which suits their level of fitness and ability.

Some horses are naturally laidback and may never be energetic types — and that’s okay too, we just have to accept their individual quirks and adapt expectations!

Supplements in the spotlight

If your horse still feels a bit flat despite a balanced diet and suitable workload, a carefully chosen supplement could offer extra support without compromising body condition. Remember, always choose BETA NOPS® approved supplements, especially if you compete under affiliated rules, and steer clear of products containing added iron — most horses already get plenty from forage.

SPILLERS Instant Energy is designed to encourage a more focused and energetic performance without unwanted calories or starch, it includes:
⚡ **Rapid & moderate-release energy sources** to provide a mixed energy profile.
⚡ **Branched-Chain Amino Acids (BCAAs)** to support an energetic performance.

⚡ **Ginseng**, known as a ‘feel-good’ herb and traditionally used to support mental capacity.
⚡ **Yeast,** rich in B vitamins which are involved in energy metabolism.

And remember…

Energy issues aren’t always solved in the feed room. Focus on health, provide a balanced diet, build fitness through consistent work and include variety in your horse’s routine – they all play a part in helping your horse feel and perform at their best. Need help fine-tuning your horse’s diet? Call the SPILLERS Care-Line on 01908 226626 for tailored support and our friendly team of nutrition specialists can help you fine-tune your horse’s sparkle, safely.

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