

# Monthly Newsletter

## November 2014

*Published periodically by Intermed XP*

### From the editor's desk

#### Intermed XP Info for November 2014

This begins a series of articles on joint products which will appear in the coming months and in 2015. This is because these products have been the subject of so many important discussions over the past 25 years between those who doubt their effectiveness and those who swear by it. We have always been of the opinion that these products are highly useful, for race horses, camels and their general well-being.

This article deals with the principal ingredients contained in the supplements for joints, the minimum doses required daily and by ingredient as well as how they should be administered to an animal.



Fundamentally, there are three criteria which should guide one in the purchase of a joint product : 1) the number of spoonful per dose 2) the quantity of ingredients required per administered dose 3) the cost

of each dose administered. Here below, please see the table of conversions published in the January 2012 issue of The Horse Journal:

Ounce/oz	Centimètre cube (cm <sup>3</sup> )	Millilitre (ml)	Gramme (g)	Miligramme (mg)	Cuillère de table	Livre 16oz=1lb
1	30	30	28.5	28,500	2	0.0625
2	60	60	57	57,000	4	0.125

Below are the minimum doses required to assure the effectiveness of an ingredient and give the desired results

( The Horse Journal January 2012):

Supplément pour articulations/Dosage Minimum	Supplément pour articulations/Dosage Minimum	Supplément pour articulations/Dosage Minimum
Glucosamine HCL – 10,000mg (1250 to 2500 si c'est combiné)	Chondroïtin --1,400mg; 3,000mg préféré--500 à1000mg en comb	Acide Hyaluronique— 250mg (10 à 25mg en combiné)
Acide Ascorbique (Vit C)—4,500mg	Manganèse –450mg	Zinc – 450mg
Yucca --- 10,000mg	DMG –1,500mg	MSM – 10,000mg à 30,000mg
Boswellia Extraits— 10,000mg	Cetyl-M –5,000mg	Devil'sClaw –500mg
CoQ10 ---100mg	Glutathione – 9,000mg	Grape Seed Oil –500mg
Hydrolyzed Collagène—1000mgà 1200mg	S-Adenosyl-L-Methio - 7,200mg	Thé Vert (EGCG)— 10,000mg

Ex. If a supplement contains per administered dose/per day: Glucosamine-4,500mg/Vitamin C- 4,500mg/ Manganèse-250mg et Zinc-200mg, etc.. this product is below the required dosage.

In the coming months, look for guidance on the best joint products in powder or liquid form



*The Editor*