

# How Chia can help Mares in Pregnancy

In November 2011, ProfitPro, LLC, Albert Lea, MN, began using Chia in several equine applications and, to date, has found a variety of beneficial qualities for many issues currently seen in the equine industry from years of feeding practices that are not always advantageous to the horse.

While Chia is not a “silver bullet” or “magic,” it is an extremely useful tool in a quality diet. Vitamins and minerals act as catalysts for the body’s ability to repair itself. Chia provides the highest available quality nutrients.

It should be noted that there is a difference between therapeutic and maintenance dosages. Also, depending on the issue and the individual, it may take several months to see any changes or differences.

The following, while strictly anecdotal, shows remarkable results:

## **Chia Helped Maintain Equine Pregnancy**

The test subject was a 13 year old Arabian mare that had foaled the previous year, but had needed a daily dose of oral synthetic progesterone to maintain the pregnancy. (If the progesterone level is low in early pregnancy, the uterus may be unable to withstand estrogen effects. Contractions then dislodge the embryo and prevent implantation, which results in fetal death/spontaneous abortion.)

The mare arrived in late May 2010 and was immediately put on HS-35, a complete supplement containing 35 vitamins and mineral including all 10 essential amino acids, selenium, biotin, prebiotics and probiotics. (The supplement is designed to assist all of the horse’s biological systems including reproduction by increasing uterine health. For optimum results, it is recommended that mares be on the diet at least 90-100 days prior to breeding.)

Although in fairly good outward physical condition, the mare showed signs of nutrient imbalances (lackluster coat, chipped hooves, cranky, touch sensitive, behavior problems, etc.). Despite regular heat cycles and extensive veterinary tests and care, the mare was unable to conceive during June, July and August. A blood test revealed low progesterone levels, and it was recommended by the vet that if she was able to conceive, it would be advisable to put her on oral progesterone.

Her last breeding date was September 30. A follow up ultrasound at 21 days was unable to distinguish the presence of a fetus.

In November 2010, Chia was purchased from AZChia and four ounces was added to the mare’s daily diet in preparation for a spring 2011 breeding. However, in January, it was

noted that the mare appeared to be in a much more rounded frame than previously indicated. A blood test at 120 days after the last breeding date showed a significant mean concentration (pg/mL) of Total Estrogens, which indicated pregnancy! (A Total Estrogen test is valid after 110 days of pregnancy and the level reflects the viability of the fetal-placental unit.) At 120-130 days an average pg/mL is 469; this mare was at 1,000. She was fed Chia throughout her pregnancy (in place of oral doses of progesterone) and the HS-35.

It is my opinion that had the mare not been on Chia, she would have been unable to maintain her pregnancy. Remember this mare had been unable to maintain pregnancies prior to this trial without the use of oral progesterone.

While this is strictly an anecdotal account, the use of Chia holds great promise for mares unable to maintain pregnancies.



*Chia helped this mare maintain her pregnancy, and here is the result!*

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