

# WINNING FORMULA

ANIMAL NUTRITION



## LATIC-EZE

### Nutritional Feed Supplement

Available Sizes

1L - 5L - 10L - 20L

#### Neutral-lze may assist Lactic Acid build up in muscles:

Lactic acid is released into the muscles when they have used up their normal energy stores but still have intense energy needs. Small amounts of lactic acid operate as a temporary energy source, thus helping to avoid fatigue during heavy exercise. However, a build up of lactic acid during an event can create burning sensations in the muscles that can slow down or halt athletic activity. For this reason, it may be desirable to reduce lactic acid build up in the muscles.

Lactic acid does not cause muscle soreness after a workout. Lactic acid is often wrongly accused of being responsible for the post-event muscle soreness experienced 1 to 3 days after a hard workout. However, new research shows that lactic acid (which operates as a temporary fuel source during intense physical activity) washes out of the system within an hour of the end of an event, so it cannot be responsible for the pain felt days later.

- The latest theory suggests that this muscle pain -- also known as delayed onset muscle soreness or DOMS -- is the result of damage to the muscle cells during intense exercise. This causes inflammation, swelling and tenderness as the muscles repair themselves.

N.B. The use of Winning Formula MSM (Methylsulphonylmethane) may assist with muscle tightness and soreness

#### Lactic-Eze

Administer in the feed

#### Nutritional Feed Rates

Small Horses: 15 to 20mL Morning

Thoroughbreds & Standardbred Horses: 25mL Morning

Polo & Eventers: 20mL Morning

Greyhound & Sheep/Cattle Dogs: 5mL Morning



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