



HORSE SOLUTIONS

Support Hydration in Winter Diets: Hydration and metabolism management

Why hydration drops in autumn and winter

As temperatures fall, horses:

- Drink 20–30% less water
- Move around less, decreasing their natural gut motility
- Lose interest in cold or icy water sources

All of these factors create the perfect storm for impaction colic, especially when feeding dry hay or fiber pellets.

Metabolism slows, too

With shorter daylight hours and less turnout, your horse's metabolism goes on the downshift. That can lead to:

- Weight gain in easy keepers
- Muscle loss in performance horses
- An increased risk of insulin resistance in metabolically challenged horses

The feed fix: [Cool Command + Summit](#)

Use your nutrition plan to fight back:

- [Cool Command](#) provides clean energy from fat, not sugar — making it perfect for horses prone to metabolic issues or tying up
- [Summit Active](#) and Summit Senior are highly digestible and include beet pulp and soy hulls, which are ideal for hydration mash options
- Add electrolyte support or salt on a daily basis to stimulate thirst
- Soak feeds or add warm water to increase your horse's water intake naturally

Your 3-step checklist

- Test the water temperature — horses prefer it to be around 45–65°F
- Offer free-choice salt in the form of loose salt or mineral blocks
- Make a warm mash with Cool Command or Summit once daily