

Minerals or Other Nutrients to Add	Amount (dose) to add	Product Form or Type	Concentration (% , ppm, IU)	Amount (weight) of product	Source	Price of Product	per unit	Estimated Cost/serving	
Amino Acids	scoop	Tri-Amino (10g lysine)	100 %	0 g	Uk	\$ 15.00	2 lbs	\$ -	
	g	Lysine	100 %	0 g	MBH	\$ 10.00	500 g	\$ -	
	g	Methionine	100 %	0 g	MBH	\$ 35.00	500 g	\$ -	
Major Minerals									
Calcium (Ca)	g	Calcium Carbonate	38 %	0 g	HT	\$ 17.95	4 lbs	\$ -	
	g	Equi-Cal	28.5 %	0 g	Uk	\$ 14.95	10 lbs	\$ -	
Phosphorus (P)	g	Monosodium Phosphate	26 %	0 g	HT	\$ 23.95	6 lbs	\$ -	
	g	Equi-Phos	19 %	0 g	Uk	\$ 66.36	20 lbs	\$ -	
Magnesium (Mg)	5	g	Magnesium Oxide	56 %	9 g	HT, Lo	\$ 30.95	10 lbs	\$ 0.06
			Magnesium Carbonate	25 %	0 g	HT	\$ 21.95	2.2 lbs	\$ -
Sodium (Na)	22	g	Table Salt	11 g/oz	2 oz	Lo	\$ 4.60	25 lbs	\$ 0.02
Basic Trace Minerals									
Copper (Cu)	250	mg	Poly Copper	12.5 %	2.0 g	HT, Uk	\$ 29.93	4 lbs	\$ 0.03
Zinc (Zn)	750	mg	Poly Zinc	22 %	3.4 g	HT, Uk	\$ 23.95	3 lbs	\$ 0.06
Manganese (Mn)		mg	Poly Manganese	16 %	0.0 g	HT, Uk	\$ 26.95	3 lbs	\$ -
Vitamins and Other Trace Minerals									
Vitamin E	4000	IU	Vitamin E gel caps	400 IU/cap	10 caps	Sw, Pu	\$ 6.99	250 caps	\$ 0.28
Selenium (Se)	2	mg	Selenium Yeast	2 mg/g	1 g	Pl	\$ 74.00	4 lb	\$ 0.04
Chromium (Cr)		mg	Chromium Yeast	2 mg/g	0 g	Pl	\$ 84.00	4 lbs	\$ -
Iodine (I)	4	mg	from Source	600 ppm	6.7 g	VV	\$ 128.90	30 lbs	\$ 0.06
		mg	from salt (NaCl)	1.72 mg/oz	0.0 oz Na	Lo	N/A		
Biotin	10	mg	Biotin Powder	1 %	1.0 g	PB	\$ 64.00	1000 g	\$ 0.06
Joint Supplements									
Chondroitin		g	Chondroitin Sulfate	99 %	0 g	MBH	\$ 28.00	500 g	\$ -
Glucosamine		g	Glucosamine HCl	99 %	0 g	MBH	\$ 20.00	500 g	\$ -
MSM		g	Methylsulfonylmethane	99 %	0 g	MBH	\$ 28.00	2 lbs	\$ -
				<i>Total Weight/Serving</i>					<i>Total Cost/Serving</i>
				23.0 g					\$ 0.62
Flax	2 oz		fresh ground (daily or stored in freezer)		2 oz	Lo	\$ 28.95	50 lbs	\$ 0.07
Total Cost of a DIY Basic High Cu Supplement								\$ 0.70	

Notes

Tri-Amio per scoop -

10 g lysine
3 g methionine
2 g threonine

If your horse takes in an adequate amount of salt and you use iodized salt, an additional source of iodine may not be needed.

Biotin from PureBulk, Puritan or Swanson all runs around 15¢ for 20mg biotin. PureBulk is a powder, Puritan and Swanson are 5 mg capsules.

Natural Vitamin E capsules, 400 IU, are about the same cost from Swanson and Puritan.

Sources

(you may need to copy/paste links)

Local	Lo	Salt, flax
HorseTech	HT	http://www.horsetech.com/
My Best Horse	MBH	http://www.mybesthorse.com/products.html
Uckele	Uk	http://www.uckeleequine.com/
Platinum	Pl	http://www.platinumperformance.com/products.asp?dept=64
Source	Sr	http://www.4source.com/order.shtml
NutraBio	NB	http://nutrabio.com/index.html
PureBulk	PB	http://purebulk.com/biotin-1-vitamin-b7-vitamin-h
Swanson	Sw	http://www.swansonvitamins.com/SW142/ItemDetail?cm_vc=id-sidebar-save&cs=CNT183
Puritan	Pu	http://www.puritan.com/biotin-421/super-biotin-5000-mcg-013430?NewPage=1#siblings

Measurement files - if you don't have a scale

<http://www.desertequinebalance.com/Files/handy-calculators>