

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	1 scoop	Tri-Amino (10g lysine)	100 %	17 g	Uk	\$ 15.00	2 lbs	\$ 0.28
	10 g	Lysine	100 %	10 g	MBH	\$ 10.00	500 g	\$ 0.20
	3 g	Methionine	100 %	3 g	MBH	\$ 35.00	500 g	\$ 0.21
Major Minerals								
Calcium (Ca)	5 g	Calcium Carbonate	38 %	13.157895 g	HT	\$ 17.95	4 lbs	\$ 0.13
	5 g	Equi-Cal	28.5 %	17.54386 g	Uk	\$ 14.95	10 lbs	\$ 0.06
Phosphorus (P)	5 g	Monosodium Phosphate	26 %	19.230769 g	HT	\$ 23.95	6 lbs	\$ 0.17
	5 g	Equi-Phos	19 %	26.315789 g	Uk	\$ 66.36	20 lbs	\$ 0.19
Magnesium (Mg)	5 g	Magnesium Oxide	56 %	9 g	HT, Lo	\$ 30.95	10 lbs	\$ 0.06
	5	Magnesium Carbonate	25 %	20 g	HT	\$ 21.95	2.2 lbs	\$ 0.44
Sodium (Na)	22 g	Table Salt	11 g/oz	2 oz	Lo	\$ 4.60	25 lbs	\$ 0.02
Basic Trace Minerals								
Copper (Cu)	125 mg	Poly Copper	12.5 %	1.0 g	HT, Uk	\$ 29.93	4 lbs	\$ 0.02
Zinc (Zn)	220 mg	Poly Zinc	22 %	1.0 g	HT, Uk	\$ 23.95	3 lbs	\$ 0.02
Manganese (Mn)	160 mg	Poly Manganese	16 %	1.0 g	HT, Uk	\$ 26.95	3 lbs	\$ 0.02
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)	2 mg	Chromium Yeast	2 mg/g	1 g	Pl	\$ 84.00	4 lbs	\$ 0.05
Iodine (I)	4 mg	from Source	600 ppm	6.7 g	VV	\$ 128.90	30 lbs	\$ 0.06
	4 mg	from salt (NaCl)	1.72 mg/oz	2.3 oz Na	Lo	N/A		
Biotin	10 mg	Biotin Powder	1 %	1.0 g	PB	\$ 64.00	1000 g	\$ 0.06
Joint Supplements								
Chondroitin	5 g	Chondroitin Sulfate	99 %	5 g	MBH	\$ 28.00	500 g	\$ 0.28
Glucosamine	10 g	Glucosamine HCl	99 %	10 g	MBH	\$ 20.00	500 g	\$ 0.40
MSM	10 g	Methylsulfonylmethane	99 %	10 g	MBH	\$ 28.00	2 lbs	\$ 0.31
				Total Weight/Serving				
				147.8 g				
					Total Cost/Serving			
					\$ 3.31		[Serving cost N/A for ingredient cost list]	
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	\$ 3.38			

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>