



# SUMMER EDITION

## NEW PRODUCT:

- SummerBlend

## ARTICLES:

- Secondary Plant Compounds
- Dec. 21st & the means for your Horse
- Natural Horse Feed
- Liver & Kidneys
- Waterbuffet for Horses

FOR A  
HAPPY,  
HEALTHY  
& GOOD  
LIFE





# TABLE OF CONTENTS

03	ABOUT HERBITALITY
04-10	ARTICLES
11-21	HERBITALITY PRODUCTS
22-24	THE WATERBUFFET FOR HORSES
25 - 27	INFORMATION



# WHY Herbitality?

Our philosophy is based on a clear principle: species-appropriate!

We love horses, live for them, and strive to understand these wonderful beings better every day. We want to share our insights with you through words, images, and of course, the products from Herbitality. Nature and the natural lifestyle of wild horses serve as our model, which we honor with our completely natural products.

Wild and free-roaming horses have an exceptionally high level of health, and common ailments found in domesticated horses do not occur in their wild counterparts. Nature knows the way, and we should learn from it. With Herbitality, we mimic the natural dietary spectrum of horses.

Our products contain everything that corresponds to a horse's natural diet—so NO chemicals. To meet the energy demands of sport horses, we use alfalfa, oats, and oilseeds as energy sources.

In the face of increasingly artificial horse feed and the marketing that accompanies it, we often overlook how healthy, capable, and content wild horses live without all these additives! Today, our domestic horses are restricted by fenced paddocks that usually consist of only one type of grass and can no longer choose what they want to eat. They rely on what is put in their troughs, which is often the feed with the best marketing—frequently due to the owners' lack of knowledge.

But does it have to be this way? Additives, fillers, sugars, etc., in horse feed to meet the horse's needs? No! We can and should nourish our domesticated horses completely naturally.

Often, I hear the counterargument: "But modern sport horses demand much more, and wild horses were never used for sports." That's true! BUT even for sport horses, a natural diet provides everything they need. One just has to understand what nature offers and how the horse's body works. When you know that, any discussion about modern horse feed becomes unnecessary.

A veterinarian once told me, when we were discussing feeding and all the supplements on the market:

**"You know, Tamara, you can't make money off a healthy horse!"**

And that's true! Think about it ;)



# WHAT IS NATURAL HORSE FEED?

grasses, herbs, leaves, bark, roots, seeds, fruits, berries, and even soil

---

Would you constantly live on fast food? Probably not, because while it often tastes good, we all know that it's unhealthy in the long run. The same goes for commercial horse feed, which is often palatable but full of artificial additives. Is it really the best choice for your horse's health? The clear answer is: No. Horses need their natural diet to stay healthy—just like we do.

In the wild, horses spend their days consuming **grasses, herbs, leaves, bark, roots, seeds, fruits, berries, and even soil**. This diverse natural diet provides not only energy but also a rich array of vitamins, minerals, and trace elements that are essential for a horse's health and well-being. Even if many do not want to acknowledge it, the **evolutionary development of the horse over 50 million years has adapted to exactly this food, and our domesticated horses still depend on it! We cannot change a system that has evolved over millions of years in just 20-30 years!** Once this is realized, any discussion about modern horse feeding becomes unnecessary. Rich in starch and synthetic additives—poor in fiber and diversity!

Natural horse feeding aligns with the original dietary needs of a horse and ensures that it receives everything necessary to remain healthy and vital. This approach includes high-quality roughage such as hay or teff and straw as a base. Additionally, herbs, leaves, bark, roots, seeds, fruits, and berries are integrated into the diet to closely mimic a horse's natural food intake. These natural ingredients provide not only energy but also essential vitamins, minerals, and trace elements that support a strong immune system, healthy hooves, a shiny coat, and balanced behavior. **Many plants also possess antibiotic, anti-inflammatory, circulation-boosting, and cell-protecting properties that naturally enhance your horse's health and well-being.**

**To meet the energy demands of sport horses**, alfalfa and oats are excellent options. To be honest, oats do not belong to a horse's natural diet. However, since the daily intake of roughage is physically limited, we need to provide our sport horses with additional healthy energy. Oats are the most digestible grain for horses, supplying easily digestible nutrients and lower starch compared to other grains. It is often claimed that oats make horses "hot." But it is not the oats themselves; rather, it's the energy the horses derive from them. As with any energy source we provide our horses, it comes down to the quantity. A healthy horse with light daily work (30 minutes walk, 20 minutes trot, 10 minutes canter) does NOT require additional energy from concentrates. It can obtain enough energy from high-quality and adequately fed roughage. If we then provide more easily digestible energy that is quickly available, our horses may become "hot." However, this is due to improper feeding and not the oats themselves :)



The benefits of natural feeding are undeniable: Horses fed according to their natural needs exhibit significantly better health, more energy, and a greater zest for life. They are more resistant to disease and are less likely to suffer from diet-related issues such as colic or metabolic disorders. Moreover, these natural foods support the digestive system and promote the absorption of nutrients that are essential for overall vitality and well-being.

By transitioning to a natural feeding regimen, you're not only enhancing your horse's quality of life but also helping them reach their full potential. Every horse deserves the best care and nutrition, which means providing them with the natural nutrients they truly need.

It's important to recognize that many of the modern ailments we see in horses today—such as **EMS, ECS, laminitis, and allergies**—are often the result of human influence. These conditions have not emerged by chance; rather, they are frequently the consequence of unnatural diets and lifestyles imposed on our horses. By embracing natural feeding practices, we can help prevent and manage these conditions, ensuring our horses live healthier, more fulfilling lives.

### **WARNING!**

However, natural feeding does not mean simply putting our horses out to pasture and assuming they are well taken care of. Today's soils are often nutrient-poor, which in turn means that the plants are nutrient-poor as well. They can only provide what is available to them. Furthermore, most horse pastures contain only 1-6 different types of grasses; any "weeds" are removed because owners, out of ignorance, have too much fear of toxic plants. All this leads to a lack of diversity and an imbalanced diet. This is where Herbitality comes into. Herbitality brings the diversity of nature back—into the trough! For a balanced, diverse, and species-appropriate diet, completely free of artificial additives. Your horse will thank you.



**THIS IS WHAT YOUR  
HORSE'S NATURAL FEED  
COULD LOOK LIKE!**







# SECONDARY PLANT COMPOUNDS

Or: Why should I feed my horse herbs?

---

Our horses are able to feed themselves sufficiently on plants to cover their needs. But not if they only have low-species grass and hay available. Why? Horses are herbivores – not grazers. And therein lies the power. Have you ever heard of secondary plant compounds? These are what round off the diet and act as helpers in the body.

Secondary plant compounds are not vitamins, but neither are they minerals. They are also not suitable for meeting energy requirements.

## **But why are they so important?**

They are vital in their own way. In 1996, the German government announced in its nutrition report that secondary plant compounds belong in the diet because they protect the body against infections with fungi, bacteria or viruses and have a major influence on the immune system.

We find the 70000 to 100000 different secondary plant compounds mainly in herbs, their roots, vegetables and fruits, but above all in spice plants.

They are the only possible way for plants to defend themselves against predators and radiation or evaporation, as plants cannot simply run away or hide in the shade.

We find many different substances with different effects in different plants.

- **antioxidant**
- **antiviral**
- **antibacterial**
- **antifungal**

## **What do these substances do?**

- Positive influence on the immune system and the body's defences
- Expectorant, such as thyme
- soothes cough irritation, such as fennel
- some strengthen digestion
- Others stimulate detoxification of the liver and kidneys
- all promote well-being and increase joy of life
- and much more

The greatest number and richness of secondary plant compounds can be found in herbs and spices.

The art of good nutrition lies in the combination of plant components, including roots, seeds and flowers.



In Germany we have a saying...

"Was bitter im Mund ist dem Magen gesund" - "What is bitter in the mouth is healthy for the stomach"

Many secondary plant compounds have a very bitter flavour, which is mainly intended to protect them from predators. But our horses love the bitter flavour. They stimulate the flow of bile and have a detoxifying effect on the liver and kidneys. The bitter substances - glycosides, isoprenoids or alkaloids - increase the secretion of gastric and bile juices, stimulate the appetite and aid digestion.

### **Pretty and colourful - beneficial dyes**

Plant pigments sometimes have the task of protecting the plant from UV radiation - they are the plants' sun cream, so to speak. They also attract animals to eat the fruit. This ensures the dispersal of the seeds.

Anthraquinones, anthocyanins, betalains, carotenoids, chlorophylls and flavonoids are among the plant pigments.

These have an antioxidant effect, i.e. they can scavenge free radicals. They first protect the plant and then the person who eats the plant.

We find anthocyanins in coloured fruit (such as blueberries), but also in oak bark and herbs (lady's mantle).

In many aromatic herbs (e.g. basil and dill) we find the colouring agent apigenin.

### **Not to cover the energy requirement**

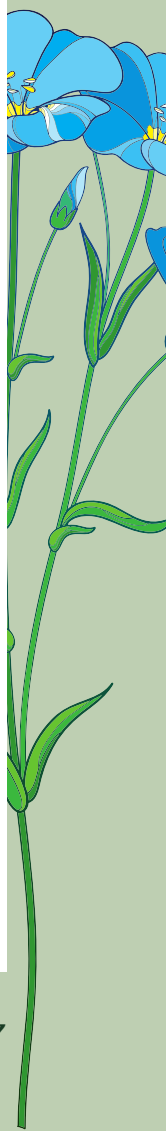
As mentioned at the beginning, secondary plant compounds are not used to provide energy. This requires primary plant substances such as proteins, fats, fibres and carbohydrates.

They are the little helpers that support the body in converting energy (from the primary plant substances). They start the engine. An engine that is not ignited is of no use to petrol. And this is exactly why herbs are so important in a healthy diet and definitely belong in your horse's diet.

Secondary plant compounds have a positive influence on the entire immune system. They protect the body from infections through their mostly detoxifying effect. The detoxifying effect stimulates the disposal of harmful metabolic products. Some have a blood-thinning effect, others aid digestion.

But beware - there are also toxic secondary plant compounds

**If you want to know more - read the full Blog article on [www.tamoequestrian.com](http://www.tamoequestrian.com)**





# ON DECEMBER 21ST IS THE SUMMER SOLSTICE – AND WHAT THAT MEANS FOR YOUR HORSE

*Winter coat is coming!*

December 21st is the longest day of the year – the Summer Solstice.

On this day, the sun stands still for about two days before slowly resuming its course. From this point on, the days get shorter, and our **horses begin to develop their winter coats.**

For this process, they need all the important building blocks and a body that can absorb the nutrients. Other factors also play a role in the formation of a healthy and thick winter coat, but the largest and most influential one remains: **nutrition.**

Building blocks are metabolic processes. The body performs special processes that we have no influence over and don't even notice. Between 6,000 and 1,000,000,000 metabolic processes occur per second! Sometimes, the body has to compensate and come up with ideas to ensure the vital organs are supplied. Since the coat is less important than the organs, you can recognize when a horse has metabolic issues by its poor coat or weight loss.

To support YOUR horse in the production of its new coat, the following are needed:

**Fatty acids**

**Zinc**

**Sulfur**

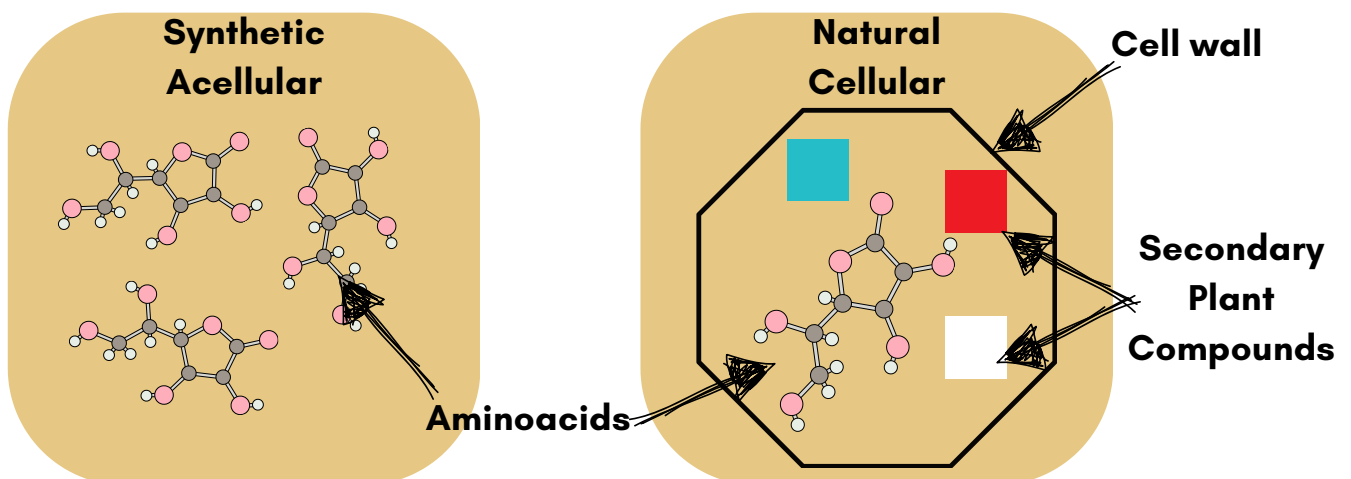
These are often lacking – despite "good" mineral supplements/balancers.

**However, we don't want to feed synthetic minerals and vitamins to our horses.**

**Why?**

In natural plant-based food, nutrients are embedded in plant cells, along with other nutrients. Synthetic nutrients come without this cell membrane. You might think this makes **no difference?** Wrong. It has a huge impact on the stability and availability of nutrients for the horse and its microbiome.

**We distinguish between:**





For the fibrinolytic bacteria in the large intestine and cecum of horses, plant cell walls are their primary food. They produce the nutrient butyrate, which is the energy source for the gut cells. Butyrate also has anti-inflammatory, immune-modulating properties and promotes the integrity of the intestinal lining.

**If we now focus on purely synthetic minerals to optimally supply our horses - strictly speaking - we ignore the microbiome and its nutritional needs completely. Even the best synthetic mineral supplement may theoretically optimally supply your horse, but your horse may still be in deficit.**

**Just a small example to clarify this:**

Vitamin C from the lab (synthetically produced) and Vitamin C from nature (in its natural form) are chemically identical. However, the Vitamin C from the lab comes alone (acellular), while the Vitamin C from nature brings thousands of other compounds (cellular), minerals, vitamins, and secondary plant substances all of which interact synergistically and only together can they unleash their full benefits.. A synthetic Vitamin C, which comes alone, does not have these compounds. Secondary plant substances are the small helpers in the body without which it cannot function.

Be cautious also with isolated nutrients! It doesn't matter whether they are synthetically made or isolated from a natural source. The structure is the same, but it is no longer natural because now they are acellular. The crucial cell membrane is missing!

Now you understand why we don't want to feed synthetic minerals. :)

**But how do I adequately supply my horse with nutrients?**

**Fatty Acids:**

Omega-3 fatty acids play an important role in cell function and structure. They strengthen the immune system and reduce inflammation. They also provide valuable extra energy. In my opinion, linseed oil is the most suitable oil for horses, but it spoils very quickly and is often not of the best quality. Also, horses are not designed to process large amounts of oil, so it's better to use oilseeds. In **Herbitality BoostKernels**, you'll find exactly these seeds, providing your horse with pure fatty acids as well as valuable nutrients: secondary plant substances, vitamins, minerals, and fiber. Plus, they're shelf-stable. It's best to crush them fresh before feeding or let them soak for 15 minutes in water.

**Zinc:**

Zinc is essential for keratin synthesis, which produces the winter coat. The production begins in the coming days. Zinc is also involved in about 300 metabolic processes and is often deficient. In addition, it supports skin health and is very helpful in wound healing, infections, or symptoms like Mud Fever.

By feeding your horse the BoostKernels, which contain sunflower seeds, sesame seeds, chia seeds, flaxseeds, and other ingredients, you're simultaneously providing the necessary zinc boost.



**X-MAS SALE**

**BoostKernels**

**get 30 % OFF**

**valid until 26th Dec. 24**

## **Sulfur:**

Sulfur is a key building block of amino acids, especially methionine and cysteine. It promotes cell regeneration and strengthens structural proteins. It forms what are called sulfur bridges, which are visible in both the hair and hoof strength.

Even though **methylsulfonylmethane (MSM)** sounds very synthetic, it is an organic sulfur compound found in many animal and plant organisms and is a natural part of the diet. Sulfur is also very important for the body's detoxification function, as it can bind heavy metals (but selenium, copper, zinc, manganese, cobalt are also heavy metals ; ) ), and it supports joint health. In extreme cases, sulfur can replace selenium. If you think your horse might have a sulfur deficiency, adding pure MSM is a natural choice.

**However, caution!** If you decide to feed MSM to your horse, it should be introduced gradually. An overdose can cause diarrhea. It could also lead to a copper deficiency because sulfur forms a complex connection with copper that is nearly insoluble. If you search online for critical voices regarding MSM, you won't find much. Some studies support the use of organic sulfur, but there are no scientifically well-established findings on this topic.

If you're unsure, please consult your veterinarian first.

Horses that have access to a species-appropriate pasture, not artificially fertilized or contaminated with pesticides or herbicides, should be sufficiently supplied with sulfur. Oats, some seeds, and herbs also provide additional sulfur to your horse. If your horse doesn't have fresh pasture, oats, or a variety of herbs in its diet, sulfur may be deficient.

**Note:** If you supplement MSM, it is very likely that your horse will have nasal discharge. This is completely normal, as the body, being detoxified, starts producing mucus, which is also excreted through the nose. Please be considerate of your horse and don't demand too much performance from it, as what your horse is going through right now takes energy and may make it tired. Be patient – it will pay off!

In conclusion, I want to emphasize once again how important a balanced, natural diet is for your horse. Only then will everything run smoothly within the body, and your horse will remain healthy, happy, and capable in the long term.

I know many people mock my stance on natural feeding. But from personal experience, I can say: My horses are healthy and strong because I don't burden them with synthetic substances. **Think back a few decades – how were working horses fed?** They were strong and capable, even though – **or rather because – they weren't fed processed food or synthetic additives.**

Give natural feeding a chance! After a period of adjustment and detoxification, your horse will become noticeably **healthier, stronger, and more capable** – not only on the outside, but also on the inside.

**Remember:** A natural, species-appropriate diet is the foundation for your horse's health and well-being – now and in the future.



"OUR PRODUCTS ARE MORE THAN  
JUST FEED

—

THEY ARE A NATURAL PATH TO  
SUSTAINABLY ENHANCING YOUR  
HORSE'S HEALTH AND VITALITY."

Tamara Dietrich

Did you know that with every product you purchase from us, a portion of the profit goes directly to animal welfare organizations?

At TAMO EQUESTRIAN Pty Ltd, we care deeply about animal well-being. That's why we dedicate a part of our sales to supporting projects that promote the protection and welfare of animals. Your choice to buy our products not only benefits your horse but also helps animals in need.

Together, we can make a difference and improve the lives of animals in need.

Thank you for being a part of this important mission!

# SummerBlend

SummerBlend is a special herbal mix that provides your horse with a natural variety of herbs and plants typically found in summer. These are not only nutrient-rich but also vibrant in color. The body is naturally tuned to collect, absorb and store these plants. Since domesticated horses often lack access to such a diverse, seasonal diet, SummerBlend offers a valuable supplement to their daily feed.

Rose petals, Calendula flowers, Lavender, Chamomile, Cornflower pink and blue, Lemon Balm, Vervain Herbs, Hibiscus flowers

Ponies up to 400 kg: 10 g daily;  
Horses: 20 g daily  
should be fed throughout the entire summer season (approx. 3 months) to support your horse's well-being and vitality.

**AVAILABLE ON  
PRE-ORDER  
ONLY!**

1,5 Kg R 600

2,5 Kg R 975

5 Kg R 1900





FOR A SPECIES-  
APPROPRIATE  
SUPPLY OF FATTY  
ACIDS

# BoostKernels

1 g of fatty acids provides double the energy than 1 g starch.

BoostKernels is a specially formulated blend of oil-rich seeds and fruits, providing an abundance of essential fatty acids, high-quality amino acids, and supportive nutrients. Essential fatty acids are crucial for maintaining healthy skin, a shiny coat, and supporting the immune system. High-quality amino acids are important for muscle development, tissue repair, and maintaining strong musculature. This mix is designed to reduce the need for artificially produced concentrates and lower the starch content in the diet while still delivering the necessary energy for your horse.

**Ingredients Mix 1 & 2:** Sunflower whole and dehulled, Chia, Sesame, Hemp, Nigella, Fenugreek, Buckwheat, Sorghum

**Mix 1:** Suitable for non-sensitive and non-allergic horses. includes brown Flaxseed

1 Kg	3 Kg	5 Kg
R 290	R 860	R 1390

**Mix 2:** For non-sensitive and non-allergic horses, includes golden Flaxseed.

1 Kg	3 Kg	5 Kg
R 300	R 870	R 1400

**Mix 3:** Formulated for sensitive and allergic horses.

**Ingredients:** Sunflower whole and dehulled, Chia, Sesame, Hemp, Nigella, Fenugreek, golden Flaxseed

1 Kg	3 Kg	5 Kg
R 300	R 870	R 1400

The daily amount of BoostKernels varies depending on the horse's condition, workload, and base diet. For ponies up to around 300 kg body weight, we recommend feeding no more than 100 g per day, and only if the pony is in work. A horse in work can receive between 100 and 250 g daily, e.g., 250 g with a diet of just Teff and oats for a 600 kg horse. This recommendation serves as a guideline, but it is not a guarantee. Overfeeding with insufficient workload should be avoided due to the high protein and fatty acid content.



# Herbitality Mash



Herbitality Mash is a specially formulated blend that combines traditional recipes with modern nutritional knowledge, offering your horse a soothing and nutrient-rich meal when your horse needs it the most. This warm mash is ideal for horses recovering from colic, surgeries, or strenuous training days, as well as during weather changes and digestive issues. **It's a revitalizer.**

## Why Choose Herbitality Mash?

Tradition meets innovation: Herbitality Mash combines time-tested ingredients like flaxseed, wheat bran, and oats with modern equine nutrition knowledge. This carefully balanced blend is designed to support digestion and promote the health of the gastrointestinal tract.

**Flaxseed** – the mucilage producer: our mash contains high-quality flaxseed, rich in Omega-3 fatty acids and mucilage. These mucilages soothe the sensitive mucous membranes of the stomach and intestines, promoting healthy digestion.

**Wheat Bran** – the fiber-rich ingredient: wheat bran provides valuable fiber, which supports digestion as a soluble fiber. It is also a natural source of minerals and essential fatty acids, contributing to your horse's overall health.

**Oats** – the natural flavor enhancer: high-quality oats complete our mash, not only providing an excellent taste but also additional mucilage that protects the gastrointestinal tract.

**Special herb-mix:** Herbitality Mash includes a unique blend of herbs—aniseed, fennel, fenugreek, caraway, turmeric, and mint—each selected for its beneficial properties. This herb mix promotes digestion, helps reduce bloating, and enhances overall digestive health.

---



Not suitable for pregnant mares. If you need a mash for your pregnant mare, please contact us, and you can have your mash mixed directly with us.

## Who is Herbitality Mash for?

Herbitality Mash is ideal for horses with stomach problems, a tendency to colic, or digestive issues. It offers a soothing, easily digestible meal that supports recovery after physical stress and improves overall digestive health. Additionally, it is a particularly gentle feed for horses that are exhausted after significant exertion, such as foaling, or have lost their appetite. Horses love the taste of Herbitality Mash, making it an excellent base for administering medication or supplements that are usually refused.

## The Herbitality Difference

Herbitality Mash contains a special selection of spices and herbs that are excellent for digestion. These carefully chosen ingredients work together to improve your horse's digestive health and enhance its overall well-being. With Herbitality Mash, you're offering your horse not only a traditional but also a modern, health-promoting meal that supports natural vitality and overall well-being.

### Ingredients:

flaxseed, bran, oats, calendula flowers, herb mix (aniseed, fennel, fenugreek, caraway, tumeric, mint)

### Available options:

1 Kg	R 100
5 Kg	R 450
10 Kg	R 850

**X-MAS SALE**

**get 25 % OFF**

**valid until  
26th Dec. 24**



Feed 300g daily per horse, less for ponies and small horses.

Pour 800ml hot water over 300g Mash and let it steep, then feed lukewarm.

Herbitality Mash can be combined with all of our herbal mixtures. Please do not feed extra flaxseed, as it is already present in large amounts in the mash.

# Bloat&ColicPrevent

Essential support for digestive health

Bloat&ColicPrevent is a specifically formulated spice blend designed to support digestion, counteract bloating, and act preventively against colic. The carefully selected ingredients work synergistically to promote the gastrointestinal health of your horse.



## **Ingredients:**

**Aniseed:** known for its digestive benefits, anise soothes the digestive tract, reduces gas formation, and alleviates discomfort.

**Caraway:** this spice is renowned for its ability to stimulate digestion and alleviate bloating, helping to maintain a balanced digestive system.

**Fennel:** fennel seeds are a traditional remedy for digestive issues, providing relief from bloating and supporting overall gastrointestinal function.

By regularly incorporating Bloat&ColicPrevent into your horse's diet, you proactively support its digestive health, particularly during feed changes, stress, weather transitions, or if your horse is prone to bloating and colic.

Available options: 1 Kg R 300      3 Kg R 840



15 g daily for Ponys up to 300 KG  
30 g daily for Horses

**X-MAS SALE**

**get 25 % OFF**

**valid until  
26th Dec. 24**

**Important Note:** Bloat&ColicPrevent is a supportive supplement and should not be used as a substitute for professional veterinary care in case of colic. Always consult a veterinarian if your horse shows signs of colic or severe digestive problems.



# LIVER & KIDNEYS

## TWO CRUCIAL ORGANS FOR YOUR HORSE'S HEALTH

The liver and kidneys of your horse play a central role in maintaining health and well-being. These two organs are crucial to detox the body and work together to eliminate harmful substances and keep vital processes in balance.

### **The Liver - Your Horse's Silent Workhorse**

The liver performs a multitude of tasks, all aimed at keeping your horse healthy and strong. Removing toxins, regulating blood sugar levels, producing bile for fat digestion, and synthesizing essential proteins. Additionally, the liver supports the immune system by neutralizing potentially harmful substances and ensuring that the body is prepared for adverse influences from the outside on the body f.e. vaccines.

A smoothly functioning liver is essential for maintaining metabolic balance. However, the liver can be stressed by various factors, including environmental toxins, medications, and feed additives. These stresses can impair liver function and lead to long-term health issues that often develop gradually.

### **The Kidneys - The Body's Filters**

The kidneys are equally crucial for your horse's health. These organs act as filters, cleansing the blood of waste products and maintaining water and electrolyte balance. They regulate blood pressure and are involved in producing hormones that stimulate red blood cell formation.

The kidneys work tirelessly to rid the body of excess substances and toxins. When they become overloaded, they can no longer perform their function efficiently, leading to a buildup of toxins in the body. This can strain the entire system and affect your horse's overall vitality.

### **The Importance of Targeted Support**

Given the vital functions of the liver and kidneys, it is crucial to support these organs with targeted measures. Proper support ensures that harmful substances are efficiently eliminated and that balance in the body is maintained.

By providing the right care and support for these organs, you not only contribute to your horse's overall health but also ensure it remains vital and performance-ready. A healthy liver and kidney metabolism forms the foundation for your horse's well-being and long-term health.

# LiverCleanse

## YOUR SOLUTION FOR A VITAL LIVER

**X-MAS SALE**

**get 10 % OFF**

**valid until  
26th Dec. 24**

### What is LiverCleanse?

LiverCleanse is a specially formulated herbal blend designed to support and optimize your horse's liver function. This mix uses natural ingredients that specifically address the unique needs of the liver.

### How Does LiverCleanse Support?

LiverCleanse contains carefully selected herbs that work synergistically to support the liver's natural regenerative abilities. By promoting a healthy liver metabolism, LiverCleanse helps reduce liver strain and enhance its efficiency.

### Benefits of LiverCleanse:

- Promotes Liver Regeneration: ingredients like milk thistle support the regeneration of liver cells.
- Enhances Digestion: rosemary helps improve digestion and promotes healthy nutrient absorption.
- Soothes the Digestive Tract: fennel seeds have a soothing effect on the digestive tract, contributing to overall comfort.
- Supports Detoxification: parsley helps enhance kidney function, which aids in the elimination of toxins.
- Stabilizes Liver Function: Yarrow stabilizes liver function with its anti-inflammatory and antibacterial properties.



Available options:

250g R 200

500g R 380

1 Kg R 700

20 day course:  
12,5 g daily for Ponys up to 300 KG  
25 g daily for Horses

250g = 1 full course for 1 Pony; 500g = 1 full course for 1 Horse;  
1 KG = 1 full course for 2 Horses or 4 Ponys





# KidneyCleanse

## OPTIMAL SUPPORT FOR HEALTHY KIDNEYS

### What is KidneyCleanse?

KidneyCleanse is a specially formulated herbal blend designed to promote and strengthen your horse's kidney function. This carefully selected mix of herbs supports kidney health and helps stabilize fluid and electrolyte balance.

### How Does KidneyCleanse Support?

KidneyCleanse combines natural herbs that specifically support kidney functions and enhance the body's detox processes. These herbs work synergistically to optimize kidney performance and improve your horse's overall well-being.

### Benefits of KidneyCleanse:

- Supports Kidney Function: Nettle and birch leaves aid in the effective elimination of waste products and promote healthy urine production.
- Blood-Cleaning Action: The dandelion used in our mix is the true European *Taraxacum officinale*, which is known for its safe and effective properties. This should not be confused with the local Cape dandelion, as we ensure only the highest quality, safe ingredients to support your horse's liver and kidneys in their natural cleansing processes.
- Promotes Toxin Elimination: Horsetail and willow herb have diuretic properties, aiding in the efficient removal of toxins.
- Supports Kidney Strength: Juniper berries have antibacterial properties that help cleanse the urinary system, while parsley further supports kidney function.

Available options:

500g	R 450
1 Kg	R 800
2 Kg	R 1500

It is recommended to use KidneyCleanse following LiverCleanse.

20 day course:

25 g daily for Ponys up to 300 KG

50 g daily for Horses



**X-MAS SALE**

**get 10 % OFF**

**valid until  
26th Dec. 24**

500g = 1 full course for 1 Pony; 1Kg = 1 full course for 1Horse;  
2KG = 1 full course for 2 Horses or 4 Ponys

# TOXIBIND

## THE NATURAL SOLUTION FOR EFFECTIVE TOXIN BINDING

ToxiBind from Herbitality is a premium blend specifically designed to support the detoxification and health of your horse during a liver and kidney cleanse. Our unique formula combines bentonite clay, diatomaceous earth, spirulina, and kelp to effectively bind harmful substances in the digestive tract and promote their safe excretion.

### **Ingredients of ToxiBind:**

- Bentonite Clay: Known for its high absorbency, it binds toxins, heavy metals, and other harmful substances in the gut. It forms a gel-like substance that effectively traps these unwanted elements and helps remove them from the body.
- Diatomaceous Earth: Complements the action of bentonite clay with its natural structure, which also binds toxins and aids in the elimination of impurities.
- Spirulina: A nutrient-rich algae that also binds heavy metals. Spirulina supports the removal of harmful substances from the digestive system.
- Kelp: Another algae that contributes to binding heavy metals. Kelp supports detoxification and provides additional essential minerals and trace elements.

### **Usage Recommendation:**

ToxiBind is ideal for binding and accelerating the elimination of unwanted substances that are removed by the liver and kidneys during a course with LiverCleanse and KidneyCleanse. It can also be used after a course of antibiotics or anti-inflammatories. Simply mix ToxiBind into your horse's feed to support the natural removal of harmful compounds.

### **Important Note:**

Not suitable for long-term feeding; use for a maximum of 3 weeks at a time. Do not use in conjunction with medication, as this may reduce effectiveness. Although ToxiBind's ingredients themselves may provide nutrients, there is a possibility that important minerals and trace elements could also be bound. Therefore, it is important to feed a high-quality mineral supplement to ensure your horse receives all necessary nutrients. A high-quality mineral supplement should be a regular part of your horse's diet, not just during detoxification.



It is recommended to use ToxiBind during the LiverCleanse and KidneyCleanse course. Start administering ToxiBind on day 3 of the cleanse, feeding it for 3 days followed by a 2-day break. Mix with water and pour over feed.

- 20 g daily for ponies up to 300 kg
- 40 g daily for horses

Available options:

500g	R 190
1 Kg	R 370
2 Kg	R 720

**X-MAS SALE**

**get 15 % OFF**

**valid until  
26th Dec. 24**



### Why choose LiverCleanse, KidneyCleanse, and ToxiBind as a Set?

After an intensive liver course with LiverCleanse, aimed at cleansing and regenerating the liver, it is crucial to support the kidneys as well. The work of the liver can lead to increased stress on the kidneys, as they must process the substances excreted by the liver. KidneyCleanse helps support the kidneys during this phase, ensuring that detoxification processes in the body run smoothly. ToxiBind complements these processes by helping to bind toxins in the digestive tract and promote their elimination.

Available Sets:



please  
pre-order

SMALL

MEDIUM

LARGE

**LiverCleanse,  
KidneyCleanse &  
ToxiBind**

R 798

R 1472,50

R 2774

**LiverCleanse  
&  
KidneyCleanse**

R 617,50

R 1121

R 2090

**X-MAS SALE**

**get 10 % OFF**

**valid until  
26th Dec. 24**

SMALL	1 full course for 1 Pony (250g LiverCleanse, 500g KidneyCleanse, (500g ToxiBind))
MEDIUM	1 full course for 1 Horse (500g LiverCleanse, 1 Kg KidneyCleanse, (1 Kg ToxiBind))
LARGE	1 full course for 2 Horses or 4 Ponys (1 Kg LiverCleanse, 2 Kg KidneyCleanse, (2 Kg ToxiBind))

Promote your horse's holistic health with the LiverCleanse, KidneyCleanse, and ToxiBind Set from Herbitality - your reliable partners for supporting your horse's vital detoxification organs.

# THE WATER BUFFET FOR HORSES

## A Natural Choice for Individual Needs

---

A water buffet is an innovative and natural method to support the individual needs of your horse regarding minerals and other nutrients. Unlike adding salt or other supplements directly into feed, a water buffet allows horses to decide for themselves what they need at any given moment. This freedom is crucial in natural horse feeding, as horses know exactly what they need when given the opportunity.

A buffet consists of several water buckets or troughs enriched with different additives. Ideally, horses have access to between 3 and 6 different options, including:

**Saltwater:** Since salt is an essential mineral, horses should have access to a salt lick and a bucket of saltwater. This allows them to meet their salt needs according to their discretion. (Note: For foals or horses that excessively lick the salt lick, it should be removed.)

**Spirulina Water:** Rich in nutrients and antioxidants, spirulina provides valuable support, especially during stressful or illness-prone times.

**Turmeric Water:** Turmeric has anti-inflammatory properties and can be a soothing addition during injuries or inflammation.

**Various Herbal Teas:** Depending on the composition, teas can have calming, digestive, or immune-boosting effects.

**Apple Cider Vinegar or Bentonite Clay:** These additives can occasionally be used for detoxification and promoting digestion.

**Electrolyte Water:** Particularly useful during hot summer months or after strenuous exercise when the need for electrolytes is increased.



## Personal experiences using a water buffet

My own experiences with the water buffet show how differently horses respond to the offered additives depending on the season, health status, or specific needs. For example, when my mare had inflammation caused by an injury, she preferred water with turmeric, which has anti-inflammatory effects, and frequently chose spirulina water. Once the injury healed, she only occasionally drank the turmeric water and no longer showed excessive interest in it. This demonstrates how sensitive horses are to their physical needs and how they instinctively choose what helps them most at a particular moment.

Another example is electrolytes: In summer or after intense work, my horses more often reach for the electrolyte water, while they almost completely ignore it in cooler months. This targeted self-supply highlights the importance of a well-thought-out water buffet that caters to the different needs of horses.

## Water buffet complementing natural feeding

The water buffet is a simple yet effective method to follow the natural instincts of horses and give them the opportunity to regulate their intake of minerals and nutrients. It is always essential to provide fresh, clear water alongside these options. With a water buffet, you offer your horse the freedom to choose exactly what it needs at a given moment—whether to support health or promote well-being.

Based on my experiences, I am convinced that the water buffet is a valuable addition to species-appropriate horse feeding. It gives the animals the opportunity to support their health in a natural and instinctive way, and it allows us to better understand the needs of our horses in different phases of life.





# GET YOUR STARTER SET

---

## FOR ONLY R160

The HERBITALITY Starter Set for your very own water buffet includes 100 grams of pure sea salt, 100 grams of spirulina, 100 grams of turmeric, and 200 grams of rooibos tea. With this set, you can prepare up to five 20-liter batches of each. Alternatively, you can use 40 liters of water for a milder mix, depending on your horse's taste—try it out and see what works best. You can also start with half the amount and observe how your horse enjoys it. However, always provide fresh, clear water without any additives for free access.

### HOW TO PREPARE YOUR HERBITALITY WATER BUFFET

Creating the perfect water buffet for your horse is simple with the HERBITALITY Starter Set. Here's how you can prepare each component:

#### Spirulina and Turmeric:

These powders can be stirred directly into cold water. Use the recommended amounts and mix well until fully dissolved.

#### Sea Salt:

Boil a small amount of water and dissolve the sea salt in it. Once fully dissolved, add the salt solution to a larger bucket of cold water, mixing thoroughly.

#### Rooibos Tea:

Steep 40 grams of rooibos tea in about 500 ml of hot water for 15 minutes to make a strong brew. After steeping, pour the concentrated tea into a larger container of cold water.

Depending on your horse's preference, you can leave the herbs in the water or strain them out before offering the water

**X-MAS SALE**


**get 10 % OFF**

**valid until  
26th Dec. 24**








# **A LACK OF KNOWLEDGE IS NO EXCUSE!**



**Do you want to learn more about natural horse feeding?**



**Would you like to understand how your horse's organism works and what it truly needs?**



**Do you want to be able to decide what is natural and what definitely does not belong in your horse's diet?**



**If you want to prevent the problems and consequences of unnatural horse feeding, then follow Herbitality on Social Media !**



# INFORMATION

Herbitality is a small business with a limited stock. Therefore, we have established the following order process (for orders outside the Onlineshop):

**Get your Quote:** To ensure that you receive your desired products, we kindly ask you to provide all necessary informations such as Name, Adress, E-Mail & Cellphone number, Delivery or Pick-up and the products and quantities you wish to purchase. Once I receive your order, I will send you a Quote.

**Order Placement:** Your order, including payment (POP), must be received by Thursday at the latest.

**Herb Order (if not in stock):** To avoid long storage times and loss of quality, the herbs are ordered as needed and freshly mixed. This extends the processing time but guarantees you the absolute best quality.

**Mixing & Packaging:** Once the herbs have arrived (usually the following week), the orders will be individually mixed, packaged, and shipped to you.

**Pickup:** If you prefer to pick up your order, I will inform you as soon as it is ready for collection.

How to place your Order:

via Onlineshop

via WhatsApp message

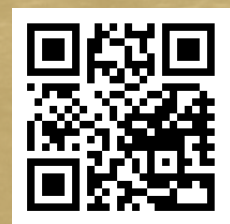
via WhatsApp Catalogue

via E-Mail - [tamara@tamoequestrian.com](mailto:tamara@tamoequestrian.com)

Scan the Code to start  
a WhatsApp Chat



Scan the Code to visit  
the Website





FOR a  
HAPPY,  
HEALTHY  
& GOOD  
LIFE

# THANK YOU FOR CHOOSING HERBITALITY!

At Herbitality, we take pride in offering an exclusive selection of high-quality herbal blends and products designed specifically to support the health and well-being of your horses. Our commitment to natural feeding and the careful selection of ingredients is reflected in every product we offer.

Your horses are not just our customers; they are our passion. With each herbal blend and product, we aim to ensure that they feel their best and perform at their peak. We are dedicated to providing you and your horses with the best solutions and support.

Thank you for choosing Herbitality. We look forward to supporting you and your horses on the journey to optimal health and vitality.

Warm regards,  
The Herbitality Team



## CONTACT US

TAMO EQUESTRIAN PTY LTD  
REG 2024 / 517023 / 07  
3 PINEHAVEN ROAD  
PLETTENBERG BAY  
tamara@tamoequestrian.com  
WhatsApp: 079 075 7359

[www.tamoequestrian.com](http://www.tamoequestrian.com)