FLAIR® Strips Protect Horses at All Levels of Competition

Initially, FLAIR Strip were viewed by many riders as only being something that a racehorse or “top” sport horse competitors would use. Indeed, when first introduced it was the racing industry that immediately sought the benefit of of FLAIR Strips to reduce the stress of exercise on the respiratory system and therefore also have beneficial effects on the body as a whole. This was subsequently proven through a number of studies published in scientific journals. The initial uptake in the race horse industry was followed by uptake within the professional sport horse industry, especially in eventing. The use of FLAIR Strips by lower level competitors is now also increasing.

It is now clear that FLAIR Nasal Strips are indicated for use by horses competing in lower level hunting, jumping or eventing type exercise or competition.

FLAIR Strips work by preventing collapse of the skin above the nostrils when the horse breathes in. This reduces the stress on the lungs. As a result, horses experience less lung bleeding (exercise-induced pulmonary haemorrhage). Another advantage is that the reduced effort to move air in and out means less stress on the body as a whole during exercise and a faster recovery after exercise.

Why should FLAIR Nasal Strips be used for horses competing in lower level hunting, jumping or eventing type exercise or competition?

- **Ability** - Horses competing at lower levels are often of not as athletic as those competing at higher levels of competition. For example, this means a canter for a horse at lower competitive level is harder work than for a horse at a higher competitive level at the same speed of canter

- **Fitness** - Horses competing at lower levels are often of not as fit as those competing at higher levels of competition. A less fit horse at the same speed of exercise will have to work relatively harder than a fit horse would and also take longer to recover afterwards

- **Health** – Horses competing at higher levels of competition are often seen regularly by veterinarians. This means that low-grade disease is picked up early and treated. Horses at lower levels of competition are usually seen less frequently by veterinarians and as a result may often be trained and compete with low grade disease of the respiratory system

- **Exercise stress** – There is often a perception that because a horse is not racing or competing at a high level, that it is not working hard. As mentioned above, horses that are less athletic, less fit and also possibly carrying a low-grade problem are likely to work as hard, if not harder as a horse competing at the highest level. Imagine yourself trying to keep up in a race with an Olympic marathon runner or Olympic sprinter or hurdler. They would be working hard but going fast or performing much better, you

would probably be working as hard but going much slower and not performing as well.

When should horses at lower level competition use FLAIR Nasal strips?

Anytime they are undertaking hard work or prolonged exercise or competition. So, if you are going to give your horse a training gallop, using a FLAIR Nasal strip will reduce the amount of lung damage from bleeding. In competition, using a FLAIR Strips will allow your horse to compete with less stress on the respiratory system. This will allow more oxygen to be delivered to the muscles, a later onset of fatigue and a swifter recovery after exercise. Horses that are less fatigued are also less likely to make mistakes, which could lead to fences being knocked down, falls or injury.

Summary

- Horses at lower levels of equestrian competition often work as hard and sometimes harder than those at the higher levels.
- All horses experience bleeding in the lungs if they exercise at more than a canter and the damage to the lungs accumulates over time.
- Using FLAIR Nasal Strips during fast canter and gallop work in training and during competition makes more oxygen available to the muscles, may delay the onset of fatigue and result in faster recovery following exercise. This may lead to less mistakes, better performance and possibly a lower risk of injury.