

Quick answer: Höveler Western Sport is a 44 lb bag of German muesli for working western horses, with 14% protein and important amino acids, 260 mg of Vitamin E and 12.19 MJ/kg digestible energy per kg, at \$37.99. Best for a horse that takes two days to feel like himself after one hard session. Last checked: September 2026.

Wednesday's ride was good. Thursday morning he is stiff and flat, and looking at you like you owe him an apology. Recovery speed is where nutrition either supports the training program or quietly works against it. Here are five ways this feed backs the recovery.

1. 14% protein with the amino acids muscle repair needs

Recovery is a repair job, and rebuilding needs material: crude protein at 14.0% and digestible crude protein at 107 g/kg, with lysine at 0.58%, methionine plus cysteine at 0.46% and threonine at 0.53%. That amino acid package supports the repair of muscle in work from session to session. The full analysis is published on the bifid product page.

Who this is for: horses on programs that stack hard days close together.

2. Vitamin E at 260 mg per kg for antioxidant support

Each kilogram carries 260 mg of Vitamin E, the antioxidant most associated with normal muscle function in horses in work. Hard work generates oxidative stress; a ration well supplied with Vitamin E supports the horse's natural cleanup crew.

The benefit: the next-day stiffness gets better support from the feed, not just the liniment bottle.

3. 28% alfalfa delivers the rebuilding base

More than a quarter of the mix is alfalfa, the ingredient the page names for muscle development and peak performance. Pairing 28% alfalfa with the amino-acid package gives recovery something to work with before the next workout.

Who this is for: horses that lose topline and muscle tone fastest when the calendar gets demanding.

4. 12.19 MJ/kg of energy refills the tank

Refueling is the first act of recovery. Digestible energy sits at 12.19 MJ/kg with convertible energy at 11.21 MJ/kg, in a low-grain formula with starch at 18.30% — so glycogen and body reserves get topped up without a grain-fueled overload.

The benefit: the horse is fueled again by tomorrow, not running a deficit into the next ride.

5. Competition-safe nutrition you can keep using all season

The formula is competition-safe and FEI-compliant — check rules with your event organizer. Recovery support that is part of the daily ration goes to every show without a separate protocol, and Höveler's 120-plus years of German feed-making is behind it.

Who this is for: competitors who want recovery handled within a legal, simple daily ration.

How to feed it

Rates are given per 220 lb (100 kg) of body weight per day:

Work levelDaily rate per 220 lb (100 kg) body weight Light work0.55 lb (250 g) Medium work0.88 lb (400 g) Heavy workNot listed — the page gives no heavy-work rate; adjust to condition and training intensity, with adequate forage always provided.

Key specs at a glance: 44 lb bag, \$37.99, 14.0% protein, 107 g/kg digestible crude protein, 260 mg/kg Vitamin E, 12.19 MJ/kg digestible energy. The page gives no heavy-work rate — on hard-training days, scale the ration to your horse's condition and training intensity, always with plenty of forage alongside. Plan the ration at the [bifid Feeding Calculator](#).

Frequently asked questions

What helps a horse recover faster after hard work?

Three feed-side levers: adequate energy to restore reserves (12.19 MJ/kg here), good protein with key amino acids for muscle repair (14.0% protein, lysine at 0.58%), and antioxidant support (Vitamin E at 260 mg/kg). Cooling out, water and rest handle the rest — the feed supplies the material recovery spends.

Should I feed more on hard training days?

The page advises scaling the amount to condition and training intensity, with plenty of forage always provided. Medium work starts at 0.88 lb (400 g) per 220 lb (100 kg) of body weight; increase gradually in split meals rather than one large feed. There is no published heavy-work rate — the 24/7 licensed vet team can help you plan hard-training days.

Is it competition legal for show weekends?

Yes — it is competition-safe and ***soy free equine feed*** FEI-compliant, so check with your event organizer and keep the ration identical at home and away. Consistency between venues is itself a recovery support.

How long before recovery improves?

performance horse feed

Switch over several days, then feed at the right rate for two to three weeks before judging. If a horse keeps recovering slowly despite good feeding and fitness, bring your vet in — the 24/7 licensed vet team at bifid can review the ration with you first.