

Quick answer: Höveler Western Sport is a 44 lb bag of German muesli for working western horses, with 14% protein and key 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 fine. Thursday morning he [competition diet for horses](#) 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 undermines it. Here are five ways this feed backs the bounce-back.

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

Recovery is a rebuilding job, and repair 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 working muscle between sessions. 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 best known for normal muscle function in exercising horses. Hard work produces oxidative stress; a ration well supplied with Vitamin E supports the horse's natural cleanup crew.

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

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 material to work with before the next ride.

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

4. 12.19 MJ/kg of energy refills the tank

Refueling is the first order of recovery. Digestible energy stands at 12.19 MJ/kg with convertible energy at 11.21 MJ/kg, in a low-grain base 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 carrying a deficit into the next ride.

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

The formula is competition-safe and FEI-compliant — verify rules with your event organizer. Recovery support that is part of the daily ration goes to every show without a separate routine, and Höveler's 120-plus years of German feed-making stands 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 [performance horse feed](#) 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 what recovery spends.

Should I feed more on hard training days?

The page advises adjusting 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 talk through hard-training days with you.

Is it competition legal for show weekends?

Yes — it is competition-safe and FEI-compliant, so verify with your event organizer and keep the ration identical at home and away. Feeding the same at every venue is itself a recovery support.

How long before recovery improves?

Transition over several days, then feed at the correct rate for two or three weeks before judging. If a horse keeps recovering slowly despite solid feeding and fitness, involve your vet — the 24/7 licensed vet team at bifid can help you review the ration first.