

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 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 supports the recovery.

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 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 [performance horse feed](#) carries 260 mg of Vitamin E, the antioxidant most associated with normal muscle function in exercising horses. Hard work generates oxidative stress; a ration rich in 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.

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 ride.

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 base [get more info](#) with starch at 18.30% — so glycogen and body reserves get topped up without a grain-heavy 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 — verify rules with your event organizer. Recovery support that is part of the daily ration travels to every show without a separate protocol, 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 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 adequate 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 refill 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). Cool-down, hydration and rest do the rest — the feed supplies what recovery spends.

Should I feed more on hard training days?

The page advises scaling the amount to condition and training intensity, with adequate forage always provided. Medium work starts at 0.88 lb (400 g) per 220 lb (100 kg) of body weight; build up 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 feed the same ration at home and away. Consistency between venues is itself a recovery support.

How long before recovery improves?

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