



TOTAL LACTATE TESTING

TOTAL LACTATE TESTING measures muscle stress during exercise. It provides information about how your horse's muscles have coped with a training session. From that we can gain an indication of the ideal speed/distance of pacework that horse should be doing in order to increase its muscle fitness without undue risk of injury. Testing the horse at regular intervals can add information about how its fitness is developing in response to your training program. To obtain reliable information about your horse's response to exercise, you need to provide us with some details about the horse and about the exercise session you tested.

We ask that you submit samples using only our official Submission Form (order a book of 10 forms FREE by returning the bottom section of this page by FAX to 07 4691 0544 or by POST to EH&F Pty Ltd, M/S 499, TOOWOOMBA, QLD 4350

What Information Do We Need?

Trainer or Owner details - All information is strictly confidential to the person making the submission - **results will only be given to the person nominated on the submission form**. If the owner and trainer are different people, please supply the name of the person making the submission and use the same name each time a sample is submitted for those horses.

Horse Name - Whether you use the horse's racing/competition name or its "stable" name is up to you, but in order for us report the PROGRESS of your horse over a series of tests throughout a training preparation, you need to **use the same name each time you submit a sample from that horse**.

Horse Details - Information about the horse's age, stage of training and type of work done during the tested exercise session enables us to guide you as to the suitability of that type of exercise for that particular horse at the current time. The information is correlated with your test results on our Result Form to enable us to give detailed and accurate information about how your horse responded to the given exercise and what it means for the horse's individual training program.

Payment Details - We can only process samples that have been paid for at the time of submission. Please complete the Payment Details section on the submission form and include payment with the samples (don't send cash in the mail!). Clients who are Approved Account Holders (i.e. hold a pre-arranged account for ongoing comprehensive services) may submit samples on their account by marking "Approved Account" across this section of the Submission Form. To enquire about becoming an Approved Account Holder, contact either our Qld or NSW offices by phone or email (details below).

How to Submit Samples

1. **Order your Test Kit(s) using the order form below or obtain appropriate FLUORIDE OXALATE sample tubes from your own vet.**
2. **Work your horse over what you consider an appropriate distance and speed for its current stage of training (minimum distance 800 m). In the test session DO NOT INCORPORATE SPRINT EFFORTS as this will bias the results. *JUMPERS - to aid accurate results, if jumping efforts were included in the test session, tell us the number and type of jumps.**
3. **Collect blood from the horse WITHIN 5 MINUTES AFTER FINISHING THE EXERCISE. More than 5 minutes may provide inaccurate results.**
4. **Put the blood into a FLUORIDE OXALATE sample tube ("Grey Tube"). DO NOT USE ANY OTHER TYPE OF BLOOD COLLECTION TUBE! Correct tubes can be obtained in our Test Kit (order below) or from your own vet.**
5. **LABEL THE TUBES with TUBE NUMBER (corresponding to the submission form), HORSE NAME and DATE**
6. **EXPRESS POST securely packed samples, with the Submission Form and payment, to our QLD OFFICE (pre-addressed Express Post envelopes are included in our Test Kit) and post immediately or, if delayed, freeze samples prior to posting. Post samples Monday, Tuesday or Wednesday to avoid delays in postal delivery.**

TLT TEST KIT ORDER FORM

(Use this form to order TLT Test Kits from EH&F)

Test Kit contains: 5 Fluoride Oxalate sample tubes#; post-approved non-break packaging; pre-addressed Express Post bag (no further postage costs for you!) # If more than 5 tubes per kit are required, please phone for a special arrangement.

PLEASE SEND ME TLT TEST KITS at a cost of \$16.50 per kit (incl GST) (= **TOTAL COST \$.....**)

Also, PLEASE SEND MEBOOKS OF SUBMISSION FORMS (10 forms per book) FREE

Cheque or Money Order enclosed (made out to Equine Health & Fitness Pty Ltd)

or Credit Card payment visa mastercard bankcard

card number

expiry date

name as appears on card

signature

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