



INTRODUCING: WHOLE GREEN BANANA FLOUR FOR HORSES AND DOGS...

We've been working to introduce this product to the market for South African horses and dogs since first learning about it back in 2022, and we are delighted to finally be able to!!! Here's why...

What are the main benefits of supplementing whole green banana flour to horses and dogs?

In summary, whole green banana flour is a functional food which primarily benefits gut health, metabolic regulation, and immune support in both horses and dogs, with added potential for weight control and anti-inflammatory effects.

Which horses and dogs will particularly benefit from whole green banana flour?

Horses who are prone to gastric ulcers or sensitive stomachs, metabolic issues, allergies, seniors, have a high-performance demand or a tendency to be highly strung will most benefit.

It's especially recommended for **dogs** with IBD, colitis, sensitive stomachs, diabetes, obesity, allergies, or those who are seniors.

How does whole green banana flour *actively benefit horses*:

Gut Health & Hindgut Fermentation

- Rich in **resistant starch (RS2)**, which bypasses digestion in the small intestine and is fermented by beneficial microbes in the hindgut.
- Increases production of **short-chain fatty acids (SCFAs)**, especially **butyrate**, which supports colonocyte health and lowers hindgut acidosis risk. Butyrate is the fuel used by the cells lining the gut wall, so by feeding them, it helps to strengthen and protect the gut lining.

Prebiotic Effects

- Encourages growth of beneficial bacteria (e.g., *Lactobacillus*, *Bifidobacterium*) while reducing pathogenic microbes.
- May improve gut microbiome stability, particularly in horses prone to colic or digestive upset.

Metabolic Benefits

- Helps to regulate **glycaemic response** after feeding due to slow starch digestion.
- Potentially useful for horses with **insulin resistance, metabolic syndrome, or laminitis risk**.

Anti-inflammatory & Antioxidant Properties

- Contains bioactive compounds (polyphenols, dopamine, vitamin E precursors) that may reduce systemic inflammation and oxidative stress.

Calming Benefits

- **Supports the gut-brain axis** (via SCFA production like butyrate) and is rich in magnesium and B vitamins which help nourish the nervous system, and by supporting a healthy and comfortable digestive tract, it improves an overall sense of wellbeing and reduced stress levels.

How does whole green banana flour *actively benefit dogs*:

Digestive Health

- Works as a **dietary prebiotic**, supporting gut microbiota balance and improving stool quality (firmer, less odour).
- Useful in dogs with **sensitive stomachs** or digestive disorders.

Weight Management & Satiety

- Resistant starch increases satiety and slows glucose absorption.
- Can help overweight or diabetic dogs by moderating post-meal blood sugar spikes.

Immune Support

- SCFAs from fermentation (notably butyrate) support immune function by improving gut barrier integrity and modulating inflammation.

Skin & Coat Health (Indirect)

- Better nutrient absorption and microbiome balance may contribute to improvements in skin condition and coat quality.

What is it made from?

Literally, from whole green bananas which are dried and ground into a fine powder. Because the bananas are harvested **while green and starchy**, the flour is high in **resistant starch** (a type of prebiotic fibre, which is especially concentrated in the peels) which gives it a neutral, mild flavour which is different from sweet ripe bananas.

What are the main active compounds and nutrients?

Whole green banana flour is **rich in resistant starch (it's most abundant bioactive component) and dietary fibre**, with notable amounts of **phenolic antioxidants, pectin, potassium, magnesium, and B-vitamins**. It's typical protein percentage ranges from 2-5%, and it is low in fat and carbohydrates.

Is it palatable?

Yes, it has a mild, nutty taste which most horses and dogs happily accept.

Is it safe for pregnant mares and bitches?

It has not been specifically researched for use in pregnant mares or bitches, but it is regarded as a safe functional food for which there is no evidence that it is toxic or harmful during pregnancy. However, precaution should be taken to not exceed recommended daily dosages, and to introduce it very gradually to not cause a digestive upset.

Is it safe for *all* horses and dogs?

Horses: Because whole green banana flour contains a high amount of potassium, it is not recommended for horses with the following conditions:

- **HYPP** (Hyperkalemic Periodic Paralysis)
- **Kidney disease**
- **Electrolyte imbalances**

Dogs: Only give whole green banana flour to dogs with **diabetes, pancreatitis, or special diets** if a veterinarian approves.

From what age can it be supplemented?

Foals:

From **4 to 6 months** of age, around the time foals are being weaned, is generally a safe window to introduce such supplements in **small amounts**.

Puppies:

Green banana flour can be gradually introduced **to puppies from around 12 weeks of age**, but **only in very small, carefully controlled amounts**.

Is it safe to use in conjunction with other prebiotics and or probiotics?

Yes, **whole green banana flour** is generally **safe to use alongside other prebiotics and probiotics**, and it can enhance their effects.

Here's why:

- **Prebiotic Synergy** - Green banana flour is rich in **resistant starch**, particularly **RS2**, which acts as a **prebiotic**. It provides nourishment for beneficial gut bacteria like *Bifidobacteria* and *Lactobacilli*—the same strains often found in probiotic supplements. Consuming green banana flour alongside other prebiotics (like inulin, FOS, or GOS) can create a **diverse "fibre buffet"** that supports a broader range of beneficial microbes.
- **Probiotic Support - Supplementing** whole green banana flour along with probiotics can boost **probiotic survival and colonization**. The resistant starch creates a gut environment that's more favourable for the probiotics to thrive.

What dosages are recommended?

- Horses: 20g per 100kg of bodyweight daily. The dosage may be varied depending on the animal's individual circumstances, including an increase of 50% during times of heavy training.
- Dogs: Typically, 1–5% of diet dry matter

Usage Tips:

- Introduce gradually: Rapid inclusion can result in bloating or soft stools due to fermentation.
- Ensure sufficient clean drinking water is available to help reduce the risk of digestive discomfort.

How soon can I typically expect to see results?

For digestive health: 1-2 weeks

For metabolic support and stabilised energy levels: 2-4 weeks

For allergies (immune support and reducing chronic inflammation): 3-6 weeks

For weight management: 2-4 months

Does it have a proven track record?

Although widely studied and used for livestock feed since the 1970s, it was only launched as a commercial equine supplement in Australia in 2022 and subsequently expanded to the United States and Asia.

A study at the University of Adelaide's Equine Health and Performance Centre showed that feeding green banana to horses had beneficial effects on ulcer prevention and overall smart management of gut health.

It's used across many disciplines like racing, eventing, dressage, polo, and more.

Its usage as a supplement for dogs followed shortly after 2022, and pet studies indicate that it is safe and beneficial for cats too.

It's used for horses and dogs in South Africa is brand new, introduced by us, Honeyvale Herbs!