

COpHOS B INJECTION & PASTE

ENERGY RICH PHOSPHATE SUPPLEMENT

OTC

Phosphorus & Vitamin B12 supplement to buffer lactic acid and promote muscle function



COMPOSITION

Ethanolamine Phosphate 100 mg/mL
Cyanocobalamin (Vitamin B12) 50 µg/mL

ACTIONS

COpHOS B is a muscle buffer and muscle energy support supplement for horses in hard work.

- * Phosphate is the major body buffer.
- * Phosphate is essential for muscle function and oxygen transport, and is often deficient in diets.
- * Phosphate/Vitamin B12 improves muscle energy supplies, endurance and power output.
- * Phosphate/Vitamin B12 improves recovery after hard work.
- * Phosphate/Vitamin B12 may help delay muscle fatigue.
- * Phosphate/Vitamin B12 supplemented horses work harder for longer!
- * Phosphate/Vitamin B12 supplies readily available, energy rich phosphate which is essential to muscle function and to buffer excessive lactic acid in body systems. In addition, COpHOS B provides Vitamin B12 to essential metabolic processes, and to maintain appetite. Phosphate is the major body buffer.

Hard physical exercise produces very large losses of muscle phosphate, in both aerobic and anaerobic work.^{1,2} The body cannot make phosphate, so the diet must provide all requirements. Phosphate is essential to buffer lactic acid produced during hard work^{1,3}, as well as in the formation of adequate glycogen to fuel physical activity, and in the conversion of glycogen to produce fuel for muscles.⁴ Finally phosphate is critical in allowing oxygen to be “dumped” from blood cells into the muscle fibres where it fuels muscle contractions.⁵ Supplementing with phosphate supplies adequate essential phosphate required in large amounts during exercise, and allows more efficient recovery.⁵ As a major body buffer phosphate lowers the lactic acid level in working muscles by helping maintain plasma pH within normal limits, which

delays acidosis and muscle fatigue. Used regularly during training and work COpHOS B improves muscular efficiency and endurance and improves recovery after hard work.

INDICATIONS

To improve energy and oxygen supply to muscles, increase maximum oxygen uptake and power output, delay onset of fatigue and promote muscle recovery in performance horses.

DOSAGE AND ADMINISTRATION

Injection: Horses and Dogs: 1mL per 15kg bodyweight by injection twice weekly, or as directed by vet.

Paste: Adult horse 10mL; Dog 1mL/10 kg 2 - 3 times weekly, or as directed by vet.

COpHOS B is highly effective when given within 4 - 6 hours of anticipated hard work.

COpHOS B is also very effective when given after hard work, to improve muscle recovery and the reconstitution of essential body glycogen reserves.

COpHOS B is safely used with all Ceva products.

WARNINGS

Injection: Meat Withholding Period: Nil

PRESENTATION

250g paste pot with syringe.

100mL sterile glass multi-dose vial.

STORAGE

Injection: Store below 25°C (Air Conditioning). Protect from light.

Paste: Store below 30°C (Room Temperature). Protect from light.

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Continued from
previous page...



AVAILABILITY

For General Sale (APVMA 51121 [Injection])

NOTES

If used in performance animals, the regulations of the relevant authorities regarding medication should be observed.

HANDY HINT

COpHOS B is commonly used in combination with AMP-5 to improve work output, and V.A.M. to improve recovery after hard work or to stimulate appetite in stressed animals.

REFERENCES

1. Dale G *et al.* 1987 *Brit. Med. J.*, 294: 939.
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3. Miller GW *et al.* 1991 *Med. Sci. Sports Exer.*; 23:S35.
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5. Farber M *et al.* 1984 *J. Lab. Clin. Med.* 104: 166-175.
6. Lloyd G *et al.* 1992 *Am. Coll. Sports Med. Meet. May.*