Entrodex

Entrodex is a probiotic containing guaranteed viable friendly bacteria. At 4.5 billion viable cells of * enterococcus faecium* per gramme. Entrodex enhances your animal's dietary energy intake and strength. This formula of vitamins A, D and B complex, electrolytes and carbohydrates comes in an easy-to-administer, soluble form. Dose: 5 Gramm to 1 Liter Water. Beginning; 1 week every day, After that in Racing season and during moulting and breeding 3 times per week together with Ascorbivite. Normally 1-2 time per week.

200 gr. € 17,00 650 gr. € 35,00 1.5 kg. € 65,00

Ascorbivite

Ascorbitive Vitamin C is a concentrated dietary booster. It is specifically designed to enhance the daily nutritional intake of your animal or bird in a convenient, easy-to-administer, soluble form. It can be used to good effect on its own, or complemented by Entrodex. Dose: 5 Gramm 3 times per week in 1 liter water.

650 gr. € 19,00

Carbosol

Carbosol Animal Health Supplement is a soluble, slow release energy booster, ideal for pigeons use in the days preceding a race, or at times of high energy demand. Loading carbohydrate using Vydex Carbosol can increase endurance capacity by up to 33%, and muscle glycogen levels by 50%. As well as providing high energy levels without the ingestion of bulky foods, Carbosol may assist in recovery after racing.

Dose: Mix one heaped dessertspoon with 1 liter water.

500 gr. € 19,00

Creatine

Creatine is vital to the transfer of energy across the cell, enhancing energy levels and stamina. In also buffering lactic acid, it prevents pain and cramping. A regular intake of Creatine Monohydrate can increase the power and physical performance of a racing pigeon or greyhound.

- 100% Pure Creatine
- Enhances power, performance and strength

Dose: the first 5 days 5 gr. on 1 liter water. Or on 500 gr. food. After that 4 gr. 1 time per day. Start 3 weeks before racing season. Creatine tablets 3x per week 1 tablet or in combination with powder just 1 tablet at basketing.

500 gr. € 19,00 100 tabl. € 8,00

Soldex

Soldex is a complete multi-vitamin and mineral supplement, providing for many of your pigeons' nutritional needs. Its improved concentrated formula contains 5000mg calcium gluconate and 300mg vitamin C as part of a careful blend of minerals. Not only does Soldex prevent vitamin or mineral deficiency, but its addition of carnitine enhances energy metabolism.

Dose: 1 gr. 2 times per week on 1 liter water.

100 gr. € 10,00

Speed Oil

Speed oil is Wheat germ oil, enriched with vitamin E.

Use:
- during the breeding period: 2 weeks before coupling, daily until the laying performance.
- rest of the year: 2 to 3 days for each period of stress.

Dose: 15 ml (1 tablespoon) per kg food.

500 ml. € 16,00

Iron & B12

Iron & B12 is a powder containing absorbable iron, thanks to which the quantity of oxygen transported by the blood is maximal. This enables the pigeon to make great efforts and it increases the recovery after efforts. Important in case of weakening or illness and for young pigeons. Dose: 5 gr. on moistened food for 20 pigeons 2 times per week.

650 gr. € 19,00

Garlic powder

Garlic powder is a natural help against worm and Coccidie. It is beneficial to bloodstream and gives softer feathers and extremely white noses.

Dose: 1 or 2 times per week one teaspoon on 500 gr. food.

1.0 kg. € 17,00

Ca-HMB

This is a most unique blend of ergogenic nutrients. This unique supplement contains: Calcium* HMB *.

This combination provides a significant synergistic effect, for example, together the components of Ca-HMB will increase endurance performance. Assist in sparing the muscles. Potentially increase the efficiency of the metabolic pathways of providing energy fuel to the muscle cells. Support the maturation process of muscles. Use throughout the racing season 2 grams in 1 liter water or on the food.

100 tabl. € 10,00
**Whey powder**
Protein is very important during periods of growth and recovering after the race. During the moulting season it will give the pigeons better feathers. During breeding it gives the youngsters more strength to develop. 
Dose: Breeding season: 20 gr. on 1 kg food. 2x per week. Racing season: Monday / Tuesday 20 gr. on 1 kg. moistened food. 1.0 kg. € 24.00

**MVS-30**
MVS-30 is a multi-vitamin and mineral nutritional supplement. MVS-30 is rich in calcium and amino acids, and contains added plant extract and brewer's yeast. It prevents vitamin and mineral deficiency and provides important nutritional support during periods of high energy demand. MVS-30 is the ideal supplement for first-class fanciers to ensure the dietary health of their birds during racing and recovery, breeding and moulting.
Dose: 2 times per week 5 gr. on 500 gr. food. 200 gr. € 11.50 650 gr. € 28.00

**Probak Forte**
A soluble super method for health and energy! It is a lactic acid bacteria with vitamin B made out of a remain product of beer, without any addition or alcohol that takes care of higher resistance of the intestines.
Dose: 10 ml. on 1 liter of water.
500 ml. € 10.50

**Yellow drops**
Yellow drops is the natural way for treatment of trichomonade (canker) and cleans the airways of Mycoplasma / Chlamydia.
Dose: during racing season 1x per week 1 drop in the throat, or 1x per week 3 pipettes on 200 gram of food.
CAREFUL. It gives yellow spots on clothes that won’t go off.
30 ml. € 7.00

**Recovery Superior**
Revolutionary recovery in Top sport. Special prepared. Protein (Pepo-Pro) takes care of direct recovery of the Muscles (in 2 hours) after the race. Normally the recovery takes two days. You can imagine the advantages to be able to go training after a race directly. Before this product was only accessible for Top sporters in the Tour de France and Olympic Games.
Dose: Racing season 5 gr. in 1 liter water – or at 50 gr. food (oil) direct after the race and in Breeding season 2x per week 5 gr. at 1 liter water.
150 gr. € 18.00 300 gr. € 28.00

**Japanese Go**
The most recent development in muscle strengthening from Japan. Gamma Oryzanol is made out of Rice. It is used some time now within horseracing and the results are very good. The profit of Gamma Oryzanol is that compared to Creatin and HMB you don’t have to do that many training to get the muscles strengthened.
Dose is 10 ml. in 1 kg food 3-4x weekly. Start12 week before racing. And Japanese Go is used in winter by pigeons that are kept inside once weekly
500 ml. € 29.00

**Super power plus**
Most strongest muscle strengtheners in the pigeon world. This combination contains HMB, Creatine, L-Glutamine, Vanadium en Chrome. This combination provides a significant synergistic effect, for example, together the components of HMB/Creatine/L-Glutamine will increase endurance performance. Assist in sparing the muscles. Potentially increase the efficiency of the metabolic pathways of providing energy fuel to the muscle cells. Support the maturation process of muscles.
Use throughout the racing season 4 grams in 1 liter water or on the food.
300 gram € 46.00 100 gram € 18.00 300 pills € 28.00

**Endo & Ecto**
Put 1-2 drops on naked skin and it will make sure that all the parasites are gone for about 3 month.
10 ml. € 12.50

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### Jaap Koehoorn’s personal schedule

<table>
<thead>
<tr>
<th></th>
<th>FOOD</th>
<th>IN 1 LITER WATER</th>
<th>ON THE FOOD on 1 meal a day</th>
<th>ON THE FOOD on 1 meal a day</th>
<th>RACING DAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday</td>
<td>Heavy + peanuts + candy</td>
<td>5 gr. Entrodex</td>
<td>Nothing</td>
<td>Racing day</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>20 gr. Carbosol</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>4 gr. superpowerplus</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>5 gr. Recovery Superior</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Monday</td>
<td>Heavy</td>
<td>Water</td>
<td>10 ml. Japanese Go</td>
<td>0.5 Resting day</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tuesday</td>
<td>Light diet</td>
<td>5 gr. Entrodex</td>
<td>10 ml. Speed oil</td>
<td>Heavy training</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>5 gr. Ascorbivite</td>
<td>5 gr. MVS-30</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>4 gr. Superpowerplus</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wednesday</td>
<td>Light diet</td>
<td>Water or garlic</td>
<td>10 ml. Speed oil</td>
<td>Heavy training</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>5 gr. MVS-30</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thursday</td>
<td>Light diet</td>
<td>Water</td>
<td>10 ml. Japanese Go</td>
<td>Heavy training</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>4 gr. Superpowerplus</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td>Heavy with 50% mais</td>
<td>5 gr. Entrodex</td>
<td>20 gr. Carbosol</td>
<td>training</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>5 gr. Ascorbivite</td>
<td>4 gr. Superpowerplus</td>
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</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>10 ml. Japanese Go</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Saturday</td>
<td>Little to nothing</td>
<td>Water</td>
<td>Nothing</td>
<td>Resting; if basketing the pigeons.</td>
<td></td>
</tr>
</tbody>
</table>

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![Jaap Koehoorn's personal schedule](Jaap-Koehoorn-schedule.png)