



Free choice medicinal water bar

Caring for your horse's health can be enhanced with herbal teas. From supporting digestion to promoting joint health, eye care, and overall wellness, the right herbs can be a powerful addition to your horse's routine. You can plant these herbs for your horse to browse, let them horses graze on the trail when you see a variety of grasses and herbs growing, and offer a free choice water bar. Your horse will instinctively drink from the tea water that their body needs. Offer a selection and watch which one's they use. If they don't drink it, they don't need it now. But they may in the future. If they finish a bucket give them more until they stop using it. We typically offer 4 buckets at a time. We top them off or refresh the herb if they are drinking them down. We change them if they are not used in a day or two. Typically, we use 2 tablespoons of herb per 5 gallons of fresh cold water. No need to measure. If you make it strong, they won't use as much. If you make it weak, they will drink more.

Below is a curated guide of the herbs we rotate through with their potential benefits. You will find an alphabetical list to look up individual herbs followed by a symptoms and systems list with direct links to purchase. This is our Amazon storefront link to find all the herbs. We do receive a small commission if you make any purchases on Amazon after entering through this link (all anonymous). Thank you for your support. [Scout's Trail Amazon Storefront Herbal list](#)

Please consult your herbalist or veterinarian

Herbal & Natural Supplements for Horses

Ashwagandha

Adaptogen that helps horses manage stress, balance hormones, and recover from exertion. Supports calmness and resilience. [Buy Now](#)

Bilberry

Rich in antioxidants (especially anthocyanins), bilberry supports circulation and eye health, improving blood flow to the eyes and helping prevent vision decline. [Buy Now](#)

Boswellia

Powerful anti-inflammatory herb for joint comfort and mobility. Often used for horses with arthritis or stiffness. [Buy Now](#)

Calendula

Soothes skin, aids wound healing, and gently supports the lymphatic system. [Buy Now](#)

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Cleavers

A lymphatic herb that helps with swelling, detoxification, and skin health. Great for horses prone to stocking up. [Buy Now](#)

Cinnamon

Supports circulation and helps regulate blood sugar. Useful for horses with metabolic concerns. [Buy Now](#)

Coltsfoot

A respiratory herb that soothes coughing and irritation in the airways. [Buy Now](#)

Dandelion Root

Liver tonic and digestive aid. Stimulates appetite and supports kidney and liver cleansing. [Buy Now](#)

Dulse Seaweed

Rich in essential minerals to support overall health. [Buy Now](#)

Eyebright

Traditionally used for eye health. Offers anti-inflammatory and antimicrobial properties and supports overall vision and ocular comfort. [Buy Now](#)

Echinacea

Strengthens immunity, increases resistance to infection, and supports recovery from illness. [Buy Now](#)

Eleuthero

Improves stamina, reduces fatigue, and help the body cope with stress. As an adaptogen, it may also support the immune system and aid in recovery from physical exertion. It is considered a performance-enhancing herb that helps horses adapt to environmental and physical stressors. (may be banned in some competitions) [Buy Now](#)

Fennel

Supports digestion, relieves gas, and helps lactating mares by promoting milk flow. [Buy Now](#)

Garlic

Natural insect repellent, immune booster, and respiratory support. [Buy Now](#)

Ginger

Promotes circulation, eases stiffness, and supports digestive health. [Buy Now](#)

Ginkgo Biloba

Improves circulation and oxygen delivery. Supports older horses with age-related stiffness or cognitive decline. [Buy Now](#)

Green Tea Extract Powder

Rich in antioxidants and polyphenols, supports cellular health, reduces oxidative stress, and promotes eye health. [Buy Now](#)

Hawthorn Berry

Rich in antioxidants and vitamin C, helps maintain circulation for eye health. [Buy Now](#)

Licorice Root

Supports adrenal function, soothes digestion, and calms irritated airways. [Buy Now](#)

Magnesium Glycinate

Absorbable magnesium that promotes calm, muscle relaxation, and nervous system balance. [Buy Now](#)

Magnesium Oxide

Another form of magnesium that aids in calm behavior, muscle function, and metabolic balance. [Buy Now](#)

Marshmallow

Soothes mucous membranes in the respiratory, digestive, and urinary systems. [Buy Now](#)

Milk Thistle Seed

Supports liver detoxification and regeneration of liver cells from medication & toxin exposure. [Buy Now](#)

Mullein

Clears mucus and soothes the lungs, supporting overall respiratory health. [Buy Now](#)

Mugwort

A digestive and calming herb that also relaxes muscles. [Buy Now](#)

Nettle

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Rich in minerals, supports circulation, hoof strength, and shiny coats. Mild antihistamine. [Buy Now](#)

Parsley

Supports kidney and urinary tract health, aids digestion, and provides vitamins A and C. [Buy Now](#)

Peppermint Leaf

Soothes digestion, relieves gas, and refreshes the respiratory system. [Buy Now](#)

Plantain

A demulcent that coats and calms inflamed respiratory tissue, providing relief from irritation. [Buy Now](#)

Rosehips

Rich in vit C and antioxidants, supports immunity, joint comfort, coat health, and eye protection. [Buy Now](#)

Rosemary Leaves

Boosts circulation, provides antioxidants, and supports focus and vitality. [Buy Now](#)

Seaweed Flakes

Provides essential trace minerals, iodine, and supports thyroid, coat, and hoof health. [Buy Now](#)

Spirulina

Nutrient-dense algae that supports immunity, coat quality, and respiratory health. Excellent for allergy-prone horses. [Buy Now](#)

Thyme

Stimulates bronchial secretions and helps to keep the respiratory tract clear. [Buy Now](#)

Turmeric

Natural anti-inflammatory for joints, digestion, and eye inflammation. Supports overall vitality. [Buy Now](#)

Vervain

A calming herb that eases nervous tension and supports relaxation. [Buy Now](#)

White Willow Bark

Nature's aspirin—relieves pain, reduces inflammation, and supports joint and muscle comfort. [Buy Now](#)

Wormwood

Traditionally used for parasite control and digestive balance. Must be used with care. [Buy Now](#)

Zeolite Clay

Binds toxins in the gut, supporting detoxification and digestive health. [Buy Now](#)

Digestive Health & Appetite Support

- **Dandelion Root**

Supports liver and kidney function, aids digestion, promotes healthy metabolism, and naturally helps cleanse the body.

[Buy now](#)

- **Wormwood**

Supports digestive health, stimulates appetite, and acts as a natural antiparasitic.

[Buy Now](#)

- **Mullein Leaf –**

Helps maintain healthy digestion and supports the respiratory system.

[Buy Now](#)

- **Milk Thistle –**

Protects liver health and supports detoxification.

[Buy Now](#)

- **Parsley –**

Supports kidney function and digestion; rich in nutrients.

[Buy Now](#)

- **Licorice Root**

Soothes digestive upset and supports gut health.

[Buy Now](#)

- **Fennel**

Aids digestion, relieves gas, and promotes appetite.

[Buy Now](#)

- **Marshmallow Root –**

Helps soothe the digestive tract and mucous membranes.

[Buy Now](#)

- **Seaweed Flakes**

Enhanced digestive health from prebiotic fiber.

[Buy Now](#)

- **Ginger**

Reduces inflammation and supports digestive comfort.

[Buy Now](#)

- **Peppermint Leaf**

Soothes digestion, relieves gas, and refreshes the respiratory system.

- [Shop Now](#)

- **Zeolite Clay**

Binds toxins in the gut, supporting detoxification and digestive health.

- [Shop Now](#)

- **Pharm-Aloe-**

anti-inflammatory and healing properties helps soothe irritated tissues, promoting gut health and easing colic and diarrhea.

[Shop Now](#)

Joint & Mobility Support

- **Boswellia**

Powerful anti-inflammatory herb for joint comfort and mobility. Often used for horses with arthritis or stiffness.

[Shop Now](#)

- **Ginger –**

Reduces inflammation

[Shop Now](#)

- **Rosehips**

Rich in vitamin C and antioxidants, supports immunity, joint comfort, coat health, and eye protection.

[Shop Now](#)

- **Turmeric Root –**

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[Amazon Storefront](#)

Potent anti-inflammatory properties for joints and overall health.

[Shop Now](#)

- **White Willow Bark**

Nature's aspirin—relieves pain, reduces inflammation, and supports joint and muscle comfort.

[Shop Now](#)

Anti-Inflammatory & Pain Management

- **Turmeric Root**

Potent anti-inflammatory properties for joints and overall health.

[Buy Now](#)

- **Boswellia**

Supports joint health and reduces inflammation naturally.

[Buy Now](#)

- **White Willow Bark**

Acts as a natural pain reliever.

[Buy Now](#)

- **Magnesium Glycinate**

Supports muscle relaxation and helps prevent cramps or spasms.

[Buy Now](#)

- **Magnesium Oxide**

Supports digestive health and mild relief from discomfort.

[Buy Now](#)

- **Ginger**

Reduces inflammation and supports digestive comfort.

[Buy Now](#)

- **Cinnamon**

Helps reduce inflammation and supports circulation.

[Buy Now](#)

Calming & Nervous System

- **Ashwagandha –**
Adaptogen that helps horses manage stress, balance hormones, and recover from exertion.
Supports calmness and resilience.
[Shop Now](#)
- **Eleuthero –**
Helps horses cope with the stress of training, travel and competition, which can lead to better focus and resilience. (may be banned in some competitions). [Buy Now](#)
- **Magnesium Oxide**

Supports digestive health and mild relief from discomfort.
[Shop Now](#)
- **Magnesium Glycinate –**

Supports muscle relaxation and helps prevent cramps or spasms.
[Shop now](#)
- **Mugwort**
A digestive and calming herb that also relaxes muscles.
[Shop Now](#)
- **Rosemary Leaves**

Supports circulation and provides antioxidant benefits.
[Shop Now](#)
- **Vervain**

Helps with stress and supports immune function.
[Shop Now](#)

Eye Health

- **Eyebright –**

Supports eye health, offering anti-inflammatory and antimicrobial properties.
[Buy Now](#)
- **Green Tea Extract**

Packed with antioxidants, supporting eye health and overall wellness.

[Buy Now](#)

- **Hawthorn Berry**

Rich in antioxidants and vitamin C, helps maintain circulation for eye health.

[Buy Now](#)

- **Turmeric –**

Reduces eye inflammation due to its anti-inflammatory properties.

[Buy Now](#)

- **Rose Hips –**

Supports immune function and reduces inflammation around the eyes.

[Buy Now](#)

- **Bilberry**

Rich in antioxidants (especially anthocyanins), bilberry supports circulation and eye health, improving blood flow to the eyes and helping prevent vision decline.

- [Shop Now](#)

Immune Support & Overall Wellness

- **Ashwagandha**

Helps manage stress, supports immune function, and promotes overall wellness.

[Buy Now](#)

- **Eleuthero**

Supports immune system by helping the body adapt to stressors. (may be banned in some competitions). [Buy Now](#)

- **Rosemary Leaves**

Supports circulation and provides antioxidant benefits.

[Buy Now](#)

- **Wakame Seaweed Flakes**

Provides minerals and trace elements for immune support and healthy coat.

[Buy Now](#)

- **Dulse Seaweed**

Rich in essential minerals to support overall health.

[Buy Now](#)

- **Mugwort**

Traditionally used to support digestion, relaxation, and wellness.

[Buy Now](#)

- **Echinacea**

Supports immune function and resistance to infections.

[Buy Now](#)

- **Vervain**

Helps with stress and supports immune function.

[Buy Now](#)

- **Cleavers**

Supports lymphatic system health and detoxification.

[Buy Now](#)

- **Nettle**

Nutrient-rich herb that supports overall vitality.

[Buy Now](#)

- **Coltsfoot**

Supports immune health.

[Buy Now](#)

- **Calendula**

Anti-inflammatory, supports skin and wound healing.

[Buy Now](#)

- **Rose Hips**

Provides vitamin C and antioxidants.

[Buy Now](#)

- **Garlic**

Supports immune function and anti-oxidant properties.

[Buy Now](#)

- **Green Tea Extract Powder**

Rich in antioxidants and polyphenols, supports cellular health, reduces oxidative stress, and promotes eye health.

- [Shop Now](#)

- **Spirulina**

Nutrient-dense algae that supports immunity, coat quality, and respiratory health. Excellent for allergy-prone horses.

- [Shop](#)

- **Pharm-Aloe**

Natural immune booster, containing antioxidants and essential nutrients to support overall health. Helps regulate immune system.

[Shop Now](#)

Detoxification Support

- **Dandelion Root**

Natural detoxifier supporting liver and kidney function.

[Buy Now](#)

- **Cleavers**

A lymphatic herb that helps with swelling, detoxification, and skin health. Great for horses prone to stocking up.

[Shop Now](#)

- **Milk Thistle –**

Protects and detoxifies the liver.

[Buy Now](#)

- **Zeolite Clay**

Supports detoxification and mineral absorption.

[Buy Now](#)

- **Parsley**

Supports kidney function and digestion; rich in nutrients.

- [Shop Now](#)

- **Calendula**

Soothes skin, aids wound healing, and gently supports the lymphatic system.

[Shop Now](#)

Circulation & Metabolic Balance

- **Bilberry**

Rich in antioxidants (especially anthocyanins), bilberry supports circulation and eye health, improving blood flow to the eyes and helping prevent vision decline.

[Shop Now](#)

- **Cinnamon**

Supports circulation and helps regulate blood sugar. Often given to horses with metabolic concerns.

[Shop Now](#)

- **Garlic**

powerful antioxidant that supports the immune system and reduces the risk of infection.

[Shop Now](#)

- **Ginkgo Biloba**

Improves circulation and oxygen delivery. Supports older horses with age-related stiffness or cognitive decline.

[Shop Now](#)

- **Nettle**

Nutrient-rich herb that supports overall vitality.

[Shop Now](#)

- **Rosemary Leaves**

Supports circulation and provides antioxidant benefits.

[Shop Now](#)

Respiratory health

- **Garlic**

powerful antioxidant that supports the immune system and reduces the risk of infection.

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[Buy Now](#)

- **Licorice root**
soothes inflamed mucus membranes, reduces inflammation, and helps with coughing and sore throat.
[Buy Now](#)
 - **Coltsfoot**
expectorant and antitussive to soothe irritated airways and relax lung tissue which can relieve coughing and shortness of breath. Especially helpful in dusty environment.
[Buy Now](#)
 - **Marshmallow**
has a high mucilage content to form a protective layer over mucus membranes, helping to relieve irritation, and dry coughs caused by allergens, dust or poor air quality.
[Buy Now](#)
 - **Mullein**
Coats and soothes mucus membranes and supports the expulsion of mucus.
[Buy Now](#)
 - **Peppermint**
contains menthol, which helps clear airways and reduce congestion.
[Buy Now](#)
 - **Spirulina**
has anti-inflammatory and antioxidant properties, which help to moderate allergic reactions to respiratory irritants like dust and mold. It also boosts immune system by influencing antibody protection. It had powerful antioxidants, including vitamins C and E, which protect respiratory tissues from damage.
[Buy Now](#)
 - **Fennel**
Loosens mucus and helps in the clearance of congestion.
[Buy Now](#)
 - **Plantain**
A demulcent that coats and calms inflamed respiratory tissue, providing relief from irritation.
[Buy Now](#)
 - **Thyme**
stimulates bronchial secretions and helps to keep the respiratory tract clear.
[Buy Now](#)
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Skin, Coat & Hooves

- **Calendula**
Soothes skin, aids wound healing, and gently supports the lymphatic system.
[Shop Now](#)

- **Cleavers**
A lymphatic herb that helps with swelling, detoxification, and skin health. Great for horses prone to stocking up.
[Shop Now](#)
- **Nettle**
Rich in minerals, supports circulation, hoof strength, and shiny coats. Acts as a mild antihistamine.
[Shop Now](#)
- **Rosehips**
Rich in vitamin C and antioxidants, supports immunity, joint comfort, coat health, and eye protection.
[Shop Now](#)
- **Seaweed Flakes**
Provides essential trace minerals, iodine, and supports thyroid, coat, and hoof health.
[Shop Now](#)
- **Spirulina**
Nutrient-dense algae that supports immunity, coat quality, and respiratory health. Excellent for allergy-prone horses.
[Shop Now](#)
- **Pharm-Aloe**
shinier coats, grow longer mane and tail, stronger healthier feet.
[Shop Now](#)