



PLANTAIN TONIC

WINTER-ACTIVE - PERENNIAL GRAZING HERB

TONIC® is a highly productive perennial plantain (*Plantago lanceolata*) developed for sheep and cattle pastures. It is well adapted to a wide range of soil types and climates due to its deep fibrous root system combined with a strong taproot, providing excellent drought tolerance and persistence. TONIC® is primarily active during autumn, winter, and early spring, while continuing to produce forage during summer, making it a reliable 2–3 year pasture option.

Performance, Establishment & Management

TONIC® Plantain delivers high dry matter production of more than 15 t DM/ha/year under favourable conditions and significantly improves animal performance, supporting increased milk and meat production, higher daily liveweight gains, improved ewe milk yields, heavier weaning weights, and early forage intake in lambs. Its high mineral content, particularly copper and selenium, contributes to improved animal health, while its diuretic effect helps firm dung and reduce internal parasite pressure. TONIC® enhances soil health through nutrient cycling and strong mycorrhizal associations, making it an ideal companion in multi-species pastures alongside grasses, clovers, and herbs such as chicory.

For successful establishment, TONIC® should be planted from January to March into well-drained soils with broad-leaved weeds controlled prior to sowing. Seed may be drilled to a maximum depth of 10 mm or broadcast, using 8–14 kg/ha in pure stands or 2–3 kg/ha in pasture mixtures. Fertiliser requirements are similar to grasses; while TONIC® responds well to nitrogen, it does not fix nitrogen. Grazing should commence once plants reach 100–150 mm in height and are well anchored,

- Deep-rooted with strong drought tolerance
- Highly palatable and digestible
- Suitable for sheep and cattle
- Rapid regrowth after grazing



using rotational grazing with short, light grazing spells during the establishment phase. Management should aim to prevent flowering and avoid crown damage, particularly under wet conditions. Milking cows should not exceed 25% of total dry matter intake from plantain to avoid milk taint. Grazing is preferred over topping if stands become rank, and growth rates will decline when soil temperatures fall below 10°C.