

Why choose Trouble Free calming paste or powder?

Spooky, tense, edgy, unfocused. If these words describe your horse, a calming supplement could make training easier and riding more fun. Trouble Free is scientifically formulated to support healthy nervous system function and help your horse maintain a more confident, focused, and relaxed disposition. The powder can be fed daily or as needed during stressful situations.

Trouble Free powder:

- Contains alpha-lactalbumin, a unique ingredient that supports normal nerve function and maintains calmness.
- Helps horses maintain a relaxed attitude and supports a positive experience for both horse and rider.
- Provides supplemental thiamine (B1), taurine, inositol, and magnesium.

Genetics and nutrition play a role in temperament.

Your horse's personality plays a large role in how he or she reacts to everyday life and new situations. Some horses fret and worry when their routine is changed; others are high-strung and spooky no matter what is going on! A horse's natural flight instinct kicks into high gear when he or she is anxious or scared. Working with or riding a tense, edgy horse is a challenge, and it can be dangerous. Training a nervous horse is next to impossible because the horse is no longer able to pay attention to the job at hand.

While a horse's personality is part of his genetic makeup, nutrition can also play a role in temperament. Research has shown that horses deficient in the mineral magnesium will show signs of nervousness. B vitamins, B vitamin related substances, and certain amino acids all play a role in proper nerve function. If adequate levels are not supplied, nerve function suffers and horses have a hard time remaining calm and focused. Supplying a supplement to support relaxation and healthy nerve function can improve your horse's quality of life and your ability to enjoy owning him

Ingredients

Trouble Free contains a blend of ingredients that support normal nerve cell function and muscle function in the horse.

ACTIVE INGREDIENTS Per 25 g (1 scoop)

Taurine 9,300 mg
Inositol 1,350 mg
Thiamine 700 mg
Alpha-lactalbumin 200 mg
Alpha-lactalbumin

Alpha-lactalbumin is a major whey protein found in mammalian milk and contains high quantities of several types of amino acids, including cysteine.

Researchers believe this compound helps maintain a healthy immune system. It also contains naturally occurring compounds that the body converts to serotonin that supports a positive mood and normal stress levels.

Thiamine

Thiamine, or vitamin B1, plays an important part in the transmission of nerve impulses throughout the nervous system. It also plays a role in the normal metabolism of carbohydrates, fats, and proteins. Unlike many of the other B vitamins, microorganisms in the intestine do not make enough thiamine to meet the horse's needs; however, both fresh forage (green grass) and grains are good sources of thiamine. Exercising or stressed horses



may have higher thiamine requirements than can be met by diet alone, so supplementation is suggested. Horses with little or no access to fresh grass may also require supplementation. Thiamine deficiencies can result in a number of different nervous disorders and hyperirritability. Some symptoms of thiamine deficiency are weakness, poor appetite, weight loss, incoordination, and nervousness.

Taurine

Taurine is an amino acid that is critical for proper nerve transmission and muscle function. Taurine assists in nerve impulse generation by standardizing the flow of electrolytes (potassium, sodium, calcium, and magnesium) in and out of the cell and it acts to stabilize cell membranes by modifying neurotransmitters like glycine and GABA.

Inositol

Inositol is related to B vitamins and is a common component of cells. It supports electrical impulses and nutrient transfer across the cell membrane. Inositol is involved in the actions of serotonin, which supports calmness in horses.

Magnesium

Magnesium helps maintain a calm demeanor by supporting the healthy modulation of electrical potential across cell membranes. It also activates enzymes important for normal protein and carbohydrate metabolism. Magnesium plays a role in many systems of the body. It sustains healthy sleep patterns and supports normal detoxification. Magnesium plays a role in maintaining the production and transfer of energy, muscle relaxation/contraction, and the conduction of nerve impulses.

Under normal circumstances, diet can meet the magnesium requirements of most adult horses; however, pregnant and lactating mares, young growing horses, stressed horses, and especially horses in moderate to heavy work have additional requirements for magnesium. While deficiencies can be seen anytime, some horses have major issues in the spring, when fast-growing grasses are high in sugar and low in magnesium. It is not uncommon for some horses to become more excitable at this time of year. Signs of magnesium deficiency include nervousness, excitability, and muscle tremors.

Serving instructions:

A single serving consists of one 25g scoop. Administer one to two scoops per day. Two servings should be split between a.m. and p.m. administration. Giving two scoops at once will not support increased calmness.

NOTE: The first time you use Trouble Free it is best to administer the first serving about 3 to 4 hours prior to when you need to maintain calmness. Some horses will react sooner than others. Once you see how your horse will react to Trouble Free you can adjust the timing of administration accordingly.

Storage and shelf life:

Store Trouble Free in a cool, dry place and protect from extreme heat and freezing.
Shelf life is 24 months from date of manufacture when stored under suitable conditions.

Available size:

Trouble Free is available in a 2.25 lb bucket that contains 40 servings.