

Histidine is an essential amino acid for horses which helps maintain the myelin sheath insulating nerves.



Understanding Quality Protein for Horses Histidine

Histidine is metabolised into the neurotransmitter histamine and is associated with contraction and expansion of blood vessels and other smooth muscle function. There is some evidence to suggest that extra supplementation of arginine in cold weather can help with cold weather induced laminitis.

Histidine stimulates the production of both red and white blood cells and is required for sexual arousal.

Horses will have access to adequate levels in forage as long as the forage has been grown under conditions where the soil is balanced. Where forage is grown with high amounts of nitrogen fertiliser without reference to the other minerals being balanced, the levels of essential amino acids in forage can be affected. Forage which is grown on land which has not had applications to balance the mineral profile of the soil can also be very low in essential amino acids.

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A promotional banner for the Forageplus Horse Talk community. It features a background image of two horses in red jackets eating hay. The text is overlaid on the image. At the top, a light blue bar contains the following text: "Feed Plans Mineral Balancing Equine Balancers Forage Focused Water Analysis Soil Analysis Forage Analysis Probiotics Amino Acids Horse Supplements Intelligent Nutrition Low Iron". In the center, the text "We start with Forage" is displayed, with "Forage" in a large, white, serif font. At the bottom, a dark blue bar contains the text "Sign up for Horse Talk articles and offers" in white.