

Tryptophan is an essential amino acid in the diet of all horses.



## Understanding Quality Protein for Horses

### Threonine

Vital for normal sleep and mood patterns this amino acid is needed as a precursor of the neurotransmitter serotonin. Tryptophan is needed to synthesise nicotinic acid or niacin (vitamin B3). In horses deficiencies cause poor skin pigmentation, poor digestion and brittle hooves.

There are good levels in grass and legume forages like alfalfa. Soya products and barley also contain useful levels.

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