

Calming Supplements for Horses: Compare

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Many people use calming supplements for their nervous horses. Calming supplements contain ingredients such as minerals (magnesium and zinc), vitamins (like thiamine, part of the B-complex), amino acids (l-tryptophan), and herbal ingredients (Valerian root) because they are thought to have an effect on nervousness and other indications of stress. Calming supplements may be especially helpful if your horse is traveling or competing.

Product	Form	Valerian Root	L-Tryptophan	Magnesium (per daily serving)	B-Complex	Zinc	Other Calming Ingred.	Sugar	Milk Hydrolysate	Flower Essences
Divine Equine by Oral-X	Paste	Y	Y	N	N	N	Y	N	N	N
Divine Equine by Oral-X	Pellets	Y	N	N	N	N	Y	N	N	N
Whoa! by Equishine	Granules	N	N	3119 mg x2 servings /day	Y	Y	N	N	N	N
Tryptoplex by Oral-X	Paste	N	Y	100 mg x1 serving /day	N	N	Y	N	N	N
Bach Rescue Remedy Flower Essence for Horses	Drops and Spray	N	N	N	N	N	Y	N	N	Y
B-Kalm™ Paste by Farnam	Paste	N	Y	N	N	N	N	N	N	N
Calmex-V™ by Med-Vet Pharmaceuticals	Meal	Y	Y	2,000 mg per 1 oz	Y	N	Y	N	N	N
Calmex-V™ by Med-Vet Pharmaceuticals	Paste	Y	N	N	N	N	N	N	N	N
Calmex™ by Med-Vet Pharmaceuticals	Powder	N	Y	2,000 mg per 1 oz	Y	N	N	N	N	N
Kalm+ Wafers	Wafers	N	Y	Y	N	N	Y	N	N	N
Quia-Cal® Paste from Finish Line®	Paste	N	N	Y 190 mg/15 ml	N	N	Y	N	N	N
Thia-Cal™ by Finish Line	Liquid	N	N	Y min 100 mg/oz	N	N	Y	N	N	N
Thia-Cal™ by Finish Line	Powder	N	N	Y min 0.45% max 0.52% per scoop	N	N	Y	N	N	N

Levelor™ by Med-Vet Pharmaceuticals	Meal	N	N	1,750 mg	N	N	Raspberry Leaf	N	N	N
							Taurine			
							Dong Quai Root			
							Chastebery			