

## 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 |
|--|-----------------|---------------|--------------|---------------------------------|-----------|------|-----------------------|-------|------------------|-----------------|
| <a href="#">Divine Equine by Oral-X</a>                      | Paste           | Y             | Y            | N                               | N         | N    | Y                     | N     | N                | N               |
| <a href="#">Divine Equine by Oral-X</a>                      | Pellets         | Y             | N            | N                               | N         | N    | Y                     | N     | N                | N               |
| <a href="#">Whoa! by Equishine</a>                           | Granules        | N             | N            | 3119 mg x2 servings /day        | Y         | Y    | N                     | N     | N                | N               |
| <a href="#">Tryptoplex by Oral-X</a>                         | Paste           | N             | Y            | 100 mg x1 serving /day          | N         | N    | Y                     | N     | N                | N               |
| <a href="#">Bach Rescue Remedy Flower Essence for Horses</a> | Drops and Spray | N             | N            | N                               | N         | N    | Y                     | N     | N                | Y               |
| <a href="#">B-Kalm™ Paste by Farnam</a>                      | Paste           | N             | Y            | N                               | N         | N    | N                     | N     | N                | N               |
| <a href="#">Calmex-V™ by Med-Vet Pharmaceuticals</a>         | Meal            | Y             | Y            | 2,000 mg per 1 oz               | Y         | N    | Y                     | N     | N                | N               |
| <a href="#">Calmex-V™ by Med-Vet Pharmaceuticals</a>         | Paste           | Y             | N            | N                               | N         | N    | N                     | N     | N                | N               |
| <a href="#">Calmex™ by Med-Vet Pharmaceuticals</a>           | Powder          | N             | Y            | 2,000 mg per 1 oz               | Y         | N    | N                     | N     | N                | N               |
| <a href="#">Kalm+ Wafers</a>                                 | Wafers          | N             | Y            | Y                               | N         | N    | Y                     | N     | N                | N               |
| <a href="#">Quia-Cal® Paste from Finish Line®</a>            | Paste           | N             | N            | Y 190 mg/15 ml                  | N         | N    | Y                     | N     | N                | N               |
| <a href="#">Thia-Cal™ by Finish Line</a>                     | Liquid          | N             | N            | Y min 100 mg/oz                 | N         | N    | Y                     | N     | N                | N               |
| <a href="#">Thia-Cal™ by Finish Line</a>                     | Powder          | N             | N            | Y min 0.45% max 0.52% per scoop | N         | N    | Y                     | N     | N                | N               |

|   |      |   |   |          |   |   |                   |   |   |   |
|---|------|---|---|----------|---|---|-------------------|---|---|---|
| <a href="#">Levelor™</a><br>by Med-Vet<br>Pharmaceuticals | Meal | N | N | 1,750 mg | N | N | Raspberry Leaf    | N | N | N |
|   |      |   |   |          |   |   | Taurine           |   |   |   |
|   |      |   |   |          |   |   | Dong Quai<br>Root |   |   |   |
|   |      |   |   |          |   |   | Chastebery        |   |   |   |