

# Trouble Free™ Calming Paste and Powder



## Why choose Trouble Free?

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 proper nervous system function and help your horse maintain a more confident, focused, and relaxed disposition.

- Contains alpha-lactalbumin, a unique ingredient that directly 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.

## Trouble Free is recommended for:

- Horses that are edgy, nervous, or spooky.
- Horses in moderate to hard work that need help focusing.
- Pregnant and lactating mares that might become stressed by changes in routine, such as moving to a new pasture or going to the breeding shed.
- Growing horses being introduced to new experiences or those facing stressful situations like moving, weaning, or training.
- Horses in training or those with a heavy competition schedule.
- Horses that feel “fresh” in the spring.

## 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!

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. Horses that are constantly upset are also at risk for developing ulcers and other GI tract problems. Supplying a supplement to support relaxation and proper nerve function can greatly improve your horse's quality of life and your ability to enjoy owning him.

## Try Trouble Free TODAY!

Contact Kentucky Performance Products for ordering information.

Available sizes:  
80cc oral dosing syringe.  
Each syringe contains two 40cc servings.

2.25 lb bucket,  
40-day supply when fed at the rate of 1 scoop per day.



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



### 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 boost the immune system. It also contains naturally occurring compounds that the body converts to serotonin that supports a positive mood and lowers 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.

### 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. Taurine is also thought to have some antioxidant and detoxifying properties.

### 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 reduces anxiety and supports calmness in horses.

### Magnesium

Magnesium is often referred to as the "anti-stress" mineral. It aids in the maintenance of a calm demeanor by relaxing nerves, relieving tension, and modulating the electrical potential across cell membranes. It also activates enzymes important for proper protein and carbohydrate metabolism. Magnesium plays a role in many systems of the body. It aids in regularity, supports restful sleep, and helps to purify body tissue. Without adequate levels of magnesium the normal production and transfer of energy, muscle relaxation/contraction, and the conduction of nerve impulses would not occur.

**Simple Solutions,  
Scientifically Proven®**



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