

Biotin

2% Biotin

Biotin is one of the water soluble vitamins along with thiamine, riboflavin, niacin, folate, pantothenic acid, cyanocobalamin and pyridoxine and vitamin C. Absorption of the water soluble vitamins has not been well studied in horses but in other species, they are primarily absorbed by active transport into the intestinal lining cells of the small intestine and/or large intestine. The same is likely true of the horse.

Biotin assists chemical reactions in the body including synthesis of protein for keratin formation. Biotin and the rest of the B vitamins are manufactured by gut microorganisms and can come from the diet in the form of fresh grass. There are a number of studies that show that

biotin can improve hoof quality but other studies found no change at all with biotin supplementation. Biotin only helps if there is a deficiency to start with.

If the diet contains a lot of grain, biotin is more likely to be deficient as high grain diets in cattle have been shown to increase the acidity in the rumen, decreasing the activity of bacteria that synthesise biotin. This may well occur in horses.

Biotin has a role to play in general metabolism and in maintaining integrity of skin, hair and hooves.

Dry and cool storage.

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Links to research can be found on the Biotin page on the Balanced Equine website.

Recommended feeding rate:

1 g 2% Biotin = 20 mg biotin

Dr Kellon VMD: 10 to 20 mg biotin per day

Equivalent to 0.5 g to 1 g 2% Biotin

Manufactured in Australia

1/4 level teaspoon holds approx. 0.8 g 2% Biotin
~16 mg biotin but will depend on how packed in
the spoon. Best to weigh.

Animal consumption only

Carol Layton B.Sc M.Ed

Independent Equine Nutritionist

carol.layton@gmail.com

Balanced Equine
www.balancedequine.com.au
2877 Scone Road Cobark NSW 2422