

Brewers' yeast: gets the intestines and muscles going!

Author: Maike RAKEBRANDT; Senior Product Management Equine & Pet, Leiber GmbH

Muscles consist of proteins, which in turn consist of amino acids. Without the daily supply of both, the horse does not build muscles. The supply of vital or essential amino acids is particularly important. The body cannot produce them itself – they must be fed daily! If you want to actively support muscle building during training, it is therefore not only the amount of protein that is important, the protein quality in the feed is much more decisive!



Amino acids: building blocks of the muscle

Brewers' yeast is not only rich in protein, it also has high natural levels of essential amino acids such as lysine, methionine, threonine, and tryptophan. In addition, it provides trace elements such as selenium, chromium, or copper and a variety of vitamins such as folic acid, niacin, biotin, and especially B vitamins. Nerve cells need a large amount of B vitamins for their regeneration. A deficiency can lead to increased restlessness and nervousness. Brewers' yeast thus provides many important nutritional building blocks to actively support the horse's resilience, performance, and fitness! But brewers' yeast can do much more!

A healthy gut is the key for a healthy and powerful horse

One of the most important energy sources for muscle fibres are short-chain fatty acids (SCFA). These can be produced by the horse itself with the help of microbes in the large intestine. Cellulolytic bacteria are primarily responsible for this, which convert hemicelluloses and celluloses, for example from hay into SCFA. This slow-flowing energy source can cover up to 70% of a horse's daily energy requirements.



The gut microbiome is very susceptible to disruption

If, for example, the pH level in the gastrointestinal tract changes due to starch-rich concentrate feeding, this always has a negative effect on microbial activity and thus on SCFA production. If the short-chain fatty acids (SCFA) are lost as an energy source, the muscle performance is directly weakened and the muscle growth is restricted. Dysbalances in the microbiome also cause a lack of amino acid supply, as the horse is no longer able to synthesize non-essential amino acids from the microbial protein.

A permanently disturbed intestinal microbiome can be the cause of many different diseases, such as colic, stomach ulcers, diarrhea, or chronic weight loss! It also has a negative influence on the (liver) metabolism, the hormone balance, and the immune system via the so-called GALT (gut-associated lymphatic tissue).





Feed the horse! Feed the microbiome!

The digestion and especially the microbial activity in the colon can be actively promoted with real brewers' yeast! This is not only known in practice for decades, but also proven many times in scientific studies.

In addition, pectin-containing feedstuffs such as sugar beet pulp or apple pomace (as in Leiber YeaFi® AB) or dietary ingredients (such as the spent grains in Leiber YeaFi® BT) have a high content of fermentable fibres. They are therefore ideal partners to enhance the positive prebiotic and nutritional aspects of brewers' yeast in an ideal way!

Brewers' Yeast/Leiber YeaFi® BT und Leiber YeaFi® AB:

- | support digestion and intestinal health
- | improve body condition (body condition score – BCS)
- | improve skin and coat quality and hoof quality in the long term
- | support the immune system in situations of stress and strain
- | positive effects on fitness, rideability, and muscle structure

Real Leiber Brewers' Yeast! Really good effects for your horse!



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