

# Nutrition Aspects During the Transition Period in Dairy Cows

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## Take Home Message

- Nutritional strategies and feeding management during precalving and post-calving periods impact health, productivity and fertility of high-producing dairy cows.
- Formulating diets to meet requirements of the cows but avoid over-consumption of energy may improve outcomes of the transition period and lead to improved fertility.
- Management to improve cow comfort and ensure good intake of the ration is pivotal for success.
- Rumen-protected methionine and lysine added to the diet of Holstein cows during the transition period and early lactation improves the survival rate of preimplantation embryos.
- Impacts of the transition program should be evaluated in a holistic way that considers disease occurrence, productivity, and fertility.

## Introduction

During the transition period from late gestation through early lactation, the dairy cow undergoes tremendous metabolic adaptations (Bell, 1995). The endocrine changes during the transition period are necessary to prepare the dairy cow for parturition and lactogenesis. As peak milk yield increases, the transition period for dairy cows becomes much more challenging with most infectious diseases and metabolic disorders occurring during this time (Drackley, 1999; Grummer, 1995). Decreased dry matter intake (DMI) during late gestation influences metabolism leading to fat mobilization from adipose tissue and glycogen from liver.

Nutrient demand for milk synthesis is increased in early lactation; if no compensatory intake of nutrients is achieved to cope with the requirement, reproductive functions (i.e., synthesis and secretion of hormones, follicle ovulation, and embryo development) may be depressed. Milk production increases faster than energy intake in the first 4 to 6 weeks after calving, and thus high yielding cows will experience negative energy balance (NEB). Nutritional strategies and feeding management during pre-calving and post-calving periods impact health, productivity

and fertility of high producing dairy cows. Formulating diets to meet requirements of the cows but avoid over-consumption of energy may improve outcomes of the transition period and lead to improved fertility. Management to improve cow comfort and ensure good intake of the ration is pivotal for success. Impacts of the transition program should be evaluated in a holistic way that considers disease occurrence, productivity and fertility.

Studies over the last 2 decades clearly established the link between nutrition and fertility in ruminants (Robinson et al., 2006; Wiltbank et al., 2006; Grummer et al., 2010; Santos et al., 2010; Cardoso et al., 2013; Drackley and Cardoso, 2014). Dietary changes can cause an immediate and rapid alteration in a range of humoral factors that can alter endocrine and metabolic signaling pathways crucial for reproductive function (Boland et al., 2001; Diskin et al., 2003).

Strategies have been used to improve the reproductive performance of dairy cows through alteration of nutritional status (Santos et al., 2008; Santos et al., 2001). In other species, dietary supplementation with specific AA (e.g., arginine, glutamine, leucine, glycine, and methionine) had beneficial effects on embryonic and fetal survival and growth through regulation of key signaling and metabolic pathways (Del Curto et al., 2013; Wang et al., 2012). Methionine and lysine are the most limiting AA in lactating cows (NRC, 2001), but supplementation of diets with crystalline methionine and lysine has been excluded because free methionine and lysine are quickly and almost totally degraded by the microorganisms in the rumen (NRC, 2001).

## Reproduction, Nutrition, and Health

A widespread assumption is that fertility of modern dairy cows is decreasing, particularly for Holstein-Friesen genetics, at least in part because of unintended consequences of continued selection for high milk production. This assumption has been challenged recently (LeBlanc, 2010; Bello et al., 2012). There is a wide distribution of reproductive success both within and among herds. For example, within five California

herds encompassing 6,396 cows, cows in the lowest quartile for milk yield in the first 90 days postpartum (32.1 kg/day) were less likely to have resumed estrous cycles by 65 days postpartum than cows in quartiles two (39.1 kg/day), three (43.6 kg/day) or four (50.0 kg/day); milk production did not affect risk for pregnancy (Santos et al., 2009). Changes in management systems and inadequacies in management may be more limiting for fertility of modern dairy cows than their genetics per se.

Dairy cows are susceptible to production disorders and diseases during the periparturient period and early lactation, including milk fever, ketosis, fatty liver, retained placenta, displaced abomasum, metritis, mastitis, and lameness (Mulligan et al., 2006; Ingvarstsen and Moyes, 2013; Roche et al., 2013). There is little evidence that milk yield per se contributes to greater disease occurrence. However, peak disease incidence (shortly after parturition) corresponds with the time of greatest NEB, the peak in blood concentrations of nonesterified fatty acids (NEFA), and the greatest acceleration of milk yield (Ingvarstsen et al., 2003). Peak milk yield occurs several weeks later. Disorders associated with postpartum NEB also are related to impaired reproductive performance, including fatty liver (Rukkamsuk et al., 1999; Jorritsma et al., 2003) and ketosis (Walsh et al., 2007; McArt et al., 2012). Cows that lost >1 body condition score (BCS) unit (1-5 scale) had greater incidence of metritis, retained placenta, and metabolic disorders (displaced abomasum, milk fever, ketosis) as well as a longer interval to first breeding than cows that lost <1 BCS unit during the transition (Kim and Suh, 2003).

Indicators of NEB are highly correlated with lost milk production, increased disease and decreased fertility (Ospina et al., 2010; Chapinal et al., 2012). However, the extent to which NEB is causative for periparturient health problems rather than just a correlated phenomenon must be examined critically (Roche et al., 2013). For example, in transition cows inflammatory responses may decrease DMI, cause alterations in metabolism, and predispose cows to greater NEB or increased disease (Bertoni et al., 2008; Graugnard et al., 2012 and 2013; Ingvarstsen and Moyes, 2013). Inducing a degree of calculated NEB in mid-lactation cows similar to what periparturient cows often encounter does not result in marked increases in ketogenesis or other processes associated with periparturient disease (Moyes et al., 2009). Nevertheless, early postpartum increases in NEFA and decreases in glucose concentrations were strongly associated with pregnancy at first insemination in a timed artificial insemination (TAI) program (Garverick et al., 2013). Although concentrations of NEFA and glucose were not different between cows that ovulated or did not

before TAI, probability of pregnancy decreased with greater NEFA and increased with greater glucose concentrations at day 3 postpartum (Garverick et al., 2013). In support of these findings, early occurrence of subclinical ketosis is more likely to decrease milk yield and compromise fertility. McArt et al. (2012) reported that cows with subclinical ketosis detected between 3-7 days after calving were 0.7 times as likely to conceive to first service and 4.5 times more likely to be removed from the herd within the first 30 days in milk compared with cows that developed ketosis at 8 days or later.

Cows that successfully adapt to lactation (Jorritsma et al., 2003) and can avoid metabolic (Ingvarstsen et al., 2003) or physiological imbalance (Ingvarstsen and Moyes, 2013) are able to support both high milk production and successful reproduction while remaining healthy. Decreased fertility in the face of increasing milk production may be attributable to greater severity of postpartum NEB resulting from inadequate transition management or increased rates of disease. Competition for nutrients between the divergent outcomes of early lactation and subsequent pregnancy will delay reproductive function. Because NEB interrupts reproduction in most species, including humans, inappropriate nutritional management may predispose cows to both metabolic disturbances and impaired reproduction. Cows must make “metabolic decisions” about where to direct scarce resources, and in early lactation nutrients will be directed to milk production rather than to the next pregnancy (Friggens, 2003).

Different nutritional strategies have been proposed to improve reproduction of the dairy cow with no detrimental effect on lactation performance. Feeding high quality forages, controlled-energy (CE) diets, or adding supplemental fat to diets are some of the most common ways to improve energy intake in cows (Cardoso et al., 2013; Drackley and Cardoso, 2014; Mann et al., 2015). Reproduction of dairy cattle may be benefited by maximizing DMI during the transition period, minimizing the incidence of periparturient problems (Cardoso et al., 2013; Drackley and Cardoso, 2014).

Some AA are limiting for optimal milk production as evidenced by an increase in milk yield, percentage of milk protein, and milk protein yield after supplementation with specific, rumen-protected amino acids. The first three limiting amino acids for milk production are considered to be Methionine, Lysine (NRC, 2001). There is evidence that methionine availability alters the follicular dynamics of the first dominant follicle (Acosta et al., 2017), the transcriptome of bovine preimplantation embryos in vivo (Penagaricano et al., 2013) and its contents (Acosta et al., 2016).

## Prepartum Dietary Considerations

Controlling energy intake during the dry period to near calculated requirements leads to better transition success (Grum et al., 1996; Dann et al., 2005 and 2006; Douglas et al., 2006; Janovick et al., 2011; Graugnard et al., 2012 and 2013; Ji et al., 2012). Research drew from earlier reports that limiting nutrient intakes to requirements of the cows was preferable to over-consumption of energy (e.g., Kunz et al., 1985). Cows fed even moderate-energy diets (1.50 – 1.60 Mcal NEL/kg DM) will easily consume 40 – 80% more NEL than required during both far-off and close-up periods (Dann et al., 2005 and 2006; Douglas et al., 2006; Janovick and Drackley, 2010). Cows in these studies were all less than 3.5 BCS (1-5 scale) at dry-off, and were fed individually TMR based on corn silage, alfalfa silage, and alfalfa hay with some concentrate supplementation. We have no evidence that the extra energy and nutrient intake was beneficial in any way. More importantly, our data indicate that allowing cows to over-consume energy even to this degree may predispose them to health problems during the transition period if they face stressors or challenges that limit DMI (Cardoso et al., 2013).

Prolonged over-consumption of energy during the dry period can decrease post-calving DMI (Douglas et al., 2006; Dann et al., 2006; Janovick and Drackley, 2010). Over-consuming energy results in negative responses of metabolic indicators, such as higher NEFA and betahydroxybutyrate (BHB) in blood and more triacylglycerol (TAG) in the liver after calving (Douglas et al., 2006; Janovick et al., 2011). Alterations in cellular and gene-level responses in liver (Loor et al., 2006 and 2007) and adipose tissue (Ji et al., 2012) potentially explain many of the changes at cow level. Over-consumption of energy during the close-up period increases the enzymatic “machinery” in adipose tissue for TAG mobilization after calving, with transcriptional changes leading to decreased lipogenesis, increased lipolysis and decreased ability of insulin to inhibit lipolysis (Ji et al., 2012). Controlling energy intake during the dry period also improved neutrophil function postpartum (Graugnard et al., 2012) and so may lead to better immune function.

Allowing dry cows to consume more energy than required, even if cows do not become noticeably over-conditioned, results in responses that would be typical of overly fat cows. Because energy that cows consume in excess of their requirements must either be dissipated as heat or stored as fat, we speculated that the excess is accumulated preferentially in internal adipose tissue depots in some cows. Moderate over-consumption energy by non-lactating cows for 57 days led to greater deposition of fat in abdominal

adipose tissues (omental, mesenteric, and perirenal) than in cows fed a high-bulk diet to control energy intake to near requirements (Drackley et al., 2014). The NEFA and signaling molecules released by visceral adipose tissues travel directly to the liver, which may cause fatty liver, subclinical ketosis and secondary problems with liver function.

Data from our studies support field observations that controlled-energy dry cow programs decrease health problems (Beever, 2006). Other research groups (Rukkwamsuk et al., 1998; Holcomb et al., 2001; Holtenius et al., 2003; Vickers et al., 2013) have reached similar conclusions about controlling energy intake during the dry period, although not all studies have shown benefits (Winkleman et al., 2008). Application of these principles can be through controlled limit-feeding of moderate energy diets or ad libitum feeding of high-bulk, low-energy rations (Janovick and Drackley, 2010; Janovick et al., 2011; Ji et al., 2012) as proposed by others (Beever, 2006).

Nutritionally complete diets must be fed and that the TMR must be processed appropriately so that cows do not sort the bulkier ingredients (Janovick and Drackley, 2010). Feeding bulky forage separately from a partial TMR or improper forage processing will lead to variable intake among cows, with some consuming too much energy and some too little. Underfeeding relative to requirements, where nutrient balance also is likely limiting, leads to increased incidence of retained placenta and metritis (Mulligan et al., 2006). Merely adding a quantity of straw to a diet is not the key principle; rather, the diet must be formulated to limit the intake of energy (approximately 1.3 Mcal NEL/kg DM, to limit intake to about 15 Mcal/day for typical Holstein cows) but meet the requirements for protein, minerals and vitamins. Reports of increased transition health problems or poor reproductive success (Whitaker et al., 1993) with “low energy” dry cow diets must be examined carefully to discern whether nutrient intakes were adequate.

## Fresh Cow (Postpartum) Dietary Considerations

Less is known about diet formulation for the immediate postpartum period to optimize transition success and subsequent reproduction. Increased research is needed in this area. Proper dietary formulation during the dry period or close-up period will maintain or enable rumen adaptation to higher grain diets after calving. Failure to do so may compromise early lactation productivity. For example, Silva-del-Rio et al. (2010) attempted to duplicate the dietary strategy of Dann et al. (2006) by feeding either a low-energy far-

off diet for 5 weeks followed by a higher-energy diet for the last 3 weeks before parturition, or by feeding the higher-energy diet for the entire 8-week dry period. They found that cows fed the higher-energy diet for only 3 weeks before parturition produced less milk than cows fed the diet for 8 weeks (43.8 vs. 48.5 kg/day). However, the far-off dry period diet contained 55.1% alfalfa silage and 38.5% wheat straw but no corn silage. In comparison the higher-energy dry period diet and the early lactation diet both contained 35% corn silage. Ruminal adaptation likely was insufficient for cows fed the higher energy diet for only 3 weeks.

A major area of concern in the fresh cow period is sudden increase in dietary energy density leading to subacute ruminal acidosis (SARA), which can decrease DMI and digestibility of nutrients (Mulligan and Doherty, 2008). Adequate physical form of the diet, derived either from ingredients or mixing strategy, must be present to stimulate ruminal activity and chewing behavior (Zabeli and Metzler-Zabeli, 2012), although good methods to quantify “adequacy” remain elusive. Dietary starch content and fermentability likely interact with forage characteristics and ration physical form. Dann and Nelson (2011) compared three dietary starch contents (primarily from corn starch) in the fresh cow period for cows fed a CE-type ration in the dry period. Milk production was greatest when starch content was moderate (23.2% of DM) or low (21.0% of DM) in the fresh cow diet compared with high (25.5% of DM). If SARA decreases DMI and nutrient availability to the cow, NEFA mobilization and increased ketogenesis may follow. In addition, rapid starch fermentation in the presence of NEFA mobilization leads to bursts of propionate reaching the liver, which may decrease feeding activity and DMI according the hepatic oxidation theory (Allen et al., 2009). A moderate starch content (ca. 23-25% of DM) with starch of moderate fermentability (for example, ground dry corn rather than high-moisture corn or ground barley) along with adequate effective forage fiber may be the best strategy for fresh cows. Recent research also has demonstrated that high grain diets can lead to greater numbers of gram-negative bacteria such as *E. coli* with resulting increases in endotoxin present in the rumen, which may decrease barrier function and inflammatory responses in the cow (Zabeli and Metzler-Zabeli, 2012).

Supplemental fats have been widely investigated as a way to increase dietary energy intake and improve reproduction (Thatcher et al., 2011). A novel strategy to use polyunsaturated fatty acid (PUFA) supplements to improve reproduction has been reported (Silvestre et al., 2011). Cows fed calcium salts of safflower oil from 30 days before to 30 days after calving, followed

by calcium salts of fish oil to 160 days postpartum, had greater pregnancy rates and higher milk production. The mechanism is believed to be provision of greater amounts of linoleic acid (omega-6 PUFA) until early postpartum, which improves uterine health, followed by greater amounts of omega-3 PUFA from fish oil to decrease early embryonic loss (Thatcher et al., 2011). The effects of turbulent transitions on reproduction are established early postpartum, likely during the first 10 days to 2 weeks postpartum (Butler, 2003; McArt et al., 2012; Garverick et al., 2013). By 8 weeks postpartum, >95% of cows should be at or above energy balance (Sutter and Beever, 2000). Use of targeted prepartum and postpartum strategies may minimize health problems and lessen NEB, and thereby improve subsequent fertility.

## Body Condition Score

The role of excessive BCS in contributing to transition problems and impaired subsequent reproduction is well established and has been discussed by many authors (Drackley et al., 2005; Garnsworthy et al., 2008; Roche et al., 2013). Cows with excessive body lipid reserves mobilize more of that lipid around calving, have poorer appetites and DMI before and after calving, have impaired immune function, have increased indicators of inflammation in blood and may be more subjected to oxidative stress (Contreras and Sordillo, 2011). What constitutes “excessive” BCS relative to the cow’s biological target remains controversial. Garnsworthy (2007) argued that the average optimal BCS has decreased over time with increased genetic selection for milk yield, perhaps related to correlated changes in body protein metabolism. Recommendations for optimal BCS at calving have trended downward over the last two decades, and in the author’s opinion a score of about 3.0 (1-5 scale) represents a good goal at present. Adjustment of average BCS should be a longstanding project and should not be undertaken during the dry period.

Cows fed high-energy (1.58 Mcal NEL/kg DM) diets during the last 4 weeks before calving lost more BCS in the first 6 weeks postpartum than those fed controlled energy (1.32 Mcal NEL/kg DM) diets (–0.43 and –0.30, respectively) (Cardoso et al., 2013). The effect of BCS change on cow’s fertility is clear. Carvalho et al. (2014) showed that cows that either gained or maintained BCS from calving to 21 days after calving had higher (38.2 and 83.5%, respectively) pregnancy per AI at 40 days than cows that lost BCS (25.1%) during that same period. Previously, Santos et al. (2009) had shown that cows that had > 1.0 BCS unit change from calving to AI at approximately 70 days postpartum had lower pregnancy per AI (28%)

than cows that lost < 1.0 BCS unit change (37.3%) or did not have a BCS change (41.6%). In a grazing system, researchers from New Zealand suggested that BCS at calving should be targeted at 2.75-3.0, to optimize production, while reducing liver lipid accumulation and the negative effects of inflammation on liver function (Roche et al., 2013; Akbar et al., 2015).

## The Importance of Amino Acids

Some AA are limiting for optimal milk production as evidenced by an increase in milk yield, percentage of milk protein, and milk protein yield after supplementation with specific, rumen-protected amino acids. The first three limiting amino acids for milk production are considered to be Methionine, Lysine (NRC, 2001), and Histidine (Hutannen, 2002). In addition, many amino acids can have positive effects on physiological processes that are independent of their effects on synthesis of proteins (Wu, 2013). Fertilization and the first few days of embryo development occur in the oviduct. By about 5 days after estrus the embryo arrives in the uterine horn. The embryo reaches the blastocyst stage by 6 to 7 days after estrus. The embryo hatches from the zona pellucida by about Day 9 after estrus and then elongates on Days 14-19. The elongating embryo secretes the protein interferon-tau that is essential for rescue of the corpus luteum and continuation of the pregnancy. By Day 25-28 the embryo attaches to the caruncles of the uterus and begins to establish a vascular relationship with the dam through the placenta. During all the time prior to embryo attachment, the embryo is free-floating and is dependent upon uterine secretions for energy and the building blocks for development, including amino acids. Thus, it is critical to understand the changes in amino acid concentrations in the uterus that accompany these different stages of embryo development.

The lipid profile of oocytes and early embryo can be influenced by the environment of the cow. Our group ran a trial with the objective to determine the effect of supplementing rumen-protected methionine on DNA methylation and lipid accumulation in preimplantation embryos of dairy cows Acosta et al. (2016). Lactating Holsteins entering their 2nd or greater lactation were randomly assigned to two treatments from 30 ± 2 DIM to 72 ± 2 DIM; Control (CON; n = 5, fed a basal diet with a 3.4:1 Lys:Met) and Methionine (MET; n = 5, fed the basal diet plus Smartamine M to a 2.9:1 Lys:Met). Embryos were flushed 6.5 d after artificial insemination. Embryos with stage of development 4 or greater were used for analysis. For lipids, fluorescence intensity of Nile Red staining was compared against a negative control embryo (subtraction of background). A total of 37 embryos were

harvested from cows (MET = 16; CON = 21). Cows receiving MET had greater lipid accumulation (7.3 arbitrary units) when compared with cows receiving CON (3.7 arbitrary units). There were no treatment effects on number of cells or stage of development. In conclusion, cows supplemented with methionine produced embryos with higher lipid concentration when compared to CON which could potentially serve as an important source of energy for the early developing embryo.

The requirements for complete development of bovine embryos have not yet been determined. Current culture conditions allow development of bovine embryos to the blastocyst stage (day 7-8) and even allow hatching of a percentage of embryos (day 9), however conditions have not been developed in vitro that allow elongation of embryos. The methionine requirements for cultured pre-implantation bovine embryos (day 7-8) was determined in studies from University of Florida (Bonilla et al., 2010). There was a surprisingly low methionine requirement (7 µM) for development of embryos to the blastocyst stage by Day 7, however development to the advanced blastocyst stage by day 7 appeared to be optimized at around 21 µM (Bonilla et al., 2010). Thus, the results of these studies indicated that development of morphologically normal bovine embryos did not require elevated methionine concentrations (>21 µM), at least during the first week after fertilization. Stella (2017) reported the plasma concentration of cows fed RPM or not (CON). It seems that cows, when fed RPM, have plasma methionine concentration greater than 20 µM.

Researchers at the Univ. of Wisconsin (Toledo et al., 2015) conducted a trial with a total of 309 cows (138 primiparous and 171 multiparous) that were blocked by parity and randomly assigned to two treatments; 1) CON: Cows fed a ration formulated to deliver 2500 g of MP with 6.9% Lys (% MP) and 1.9 Met (% MP) and 2) RPM: Cows fed a ration formulated to deliver 2500 g of MP with 6.9% Lys (% MP) and 2.3 & Met (% MP). Cows were randomly assigned to three pens with head-locks and fed a single basal TMR twice daily. From 28 to 128 DIM, after the AM milking, cows were head-locked for 30 minutes and the TMR of CON and RPM cows were individually top dressed with 50 g of DDG or 50 g of a mix of DDG (29 g) and Smartamine M(21 g) respectively. Following a double ovsynch protocol, cows were inseminated and pregnancy checked at 28 (plasma Pregnancy Specific Protein-B concentration), and at 32, 47 and 61 d (ultrasound). Individual milk samples were taken once a month and analyzed for composition. There were no statistical differences in milk production, but RPM cows had a higher milk protein concentra-

tion. Cows fed the methionine enriched diet had a lower pregnancy loss from 21 to 61 after AI (16.7 % RPM cows vs. 10.0% from CON cows). Pregnancy losses between days 28 and 61 were not different in the primiparous cows (12.8% CON and 14.6% RPM), however, pregnancy losses between treatments were significant for the multiparous cows (19.6% CON vs. 6.1% RPM; Toledo et al., 2015).

Perhaps the most detrimental impact of NEB on reproductive performance is delayed return to cyclicity (Jorritsma et al., 2003). The dominant follicle (DF) growth and estradiol (E2) production are key factors for a successful conception, and their impairment can be attributed to reduced luteinizing hormone (LH) pulses (Grainger et al., 1982) as well as decreased circulating insulin and IGF-I concentrations (Komaragiri and Erdman, 1997; Canfield and Butler, 1990). Furthermore, immune function is also suppressed along the periparturient period (Butler 2003; Kehrl et al., 1999), NEB, and fatty liver syndrome demonstrated to impair peripheral blood neutrophil function (Zerbe et al., 2000; Hammon et al., 2006). Acosta et al. (2017) reported that methionine and choline supplementation induced a down regulation of pro-inflammatory genes, possibly indicating lower inflammatory processes in follicular cells of the first DF postpartum. Also, supplementing methionine, during the transition period increased 3 $\beta$ -Hydroxysteroid dehydrogenase (3 $\beta$  -HSD) expression in the follicular cells of the first DF postpartum. It is important to highlight that higher methionine concentrations in the follicular fluid of supplemented cows can potentially affect oocyte quality. The understanding on how this finding may affect reproductive performance in commercial farms needs to be further investigated. Batistel et al. (2017) reported that that studies with non-ruminant species argue for the potential relevance of the maternal methionine supply during late gestation in enhancing utero-placental uptake and transport of nutrients. The authors hypothesized that the greater newborn body weight from cows fed RPM compared to control (42 vs. 44 kg) could have been a direct response to the greater nutrient supply from the feed intake response induced by methionine, the fact that certain AAs and glucose are known to induce mTOR signaling to different degrees is highly suggestive of “nutrientspecific” mechanistic responses.

## Conclusions

Formulation and delivery of appropriate diets that limit total energy intake to requirements but also provide proper intakes of all other nutrients before calving can help lessen the extent of NEB after calving. Effects of such diets on indicators of metabolic health are generally positive, suggesting the potential

to lessen effects of periparturient disease on fertility. Supplementation of cows with rumen-protected methionine during the final stages of follicular development and early embryo development, until Day 7 after breeding, lead to lipid accumulation changes in the embryos and resulted in differences in gene expression in the embryo.

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