Amino Acid Profile

Amino Acid Typical amount per 100g of Protein

Essential Amino Acids

Isoleucine	7.0 g
Leucine	11.4 g
Lysine	9.4 g
Methionine	2.6 g
Phenylalanine	3.5 g
Threonine	7.4 g
Tryptophan	2.1 g
Valine	6.4 g
Non-Essential Amino Acids	
Histidine (Essential for Infants)	2.0 g
Histidine (Essential for Infants) Alanine	
Alanine	5.4 g 2.8 g
Alanine Arginine	5.4 g 2.8 g 11.3 g
Alanine Arginine Aspartic acid	5.4 g 2.8 g 11.3 g
Arginine Aspartic acid Cysteine/cystine	5.4 g 2.8 g 11.3 g 2.9 g
Alanine Arginine Aspartic acid Cysteine/cystine Glutamic acid	2.8 g 11.3 g 2.9 g 18.6 g 2.1 g
Alanine Arginine Aspartic acid Cysteine/cystine Glutamic acid Glycine	2.8 g 11.3 g 2.9 g 18.6 g 2.1 g