

# 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
Alanine	5.4 g
Arginine	2.8 g
Aspartic acid	11.3 g
Cysteine/cystine	2.9 g
Glutamic acid	18.6 g
Glycine	2.1 g
Proline	6.5 g
Serine	5.4 g
Tyrosine	3.5 g