

## AMINO ACID PROFILE

## TYPICAL

(g/100g of protein)

Essential Amino Acids	
Isoleucine	6.9 g
Leucine	11.2 g
Lysine	9.1 g
Methionine	2.5 g
Phenylalanine	3.4 g
Threonine	7.3 g
Tryptophan	2.4 g
Valine	6.3 g
Non-Essential Amino Acids	
Histidine	1.9 g
Alanine	5.3 g
Arginine	2.7 g
Aspartic acid	11.1 g
Cysteine/Cystine	2.8 g
Glutamic acid	18.1 g
Glycine	2.0 g
Proline	6.4 g
Serine	5.3 g
Tyrosine	3.5 g