



## Amino Acid Profile - Acid Whey Protein

### Essential Amino Acids g/100g Protein

Isoleucine	5.5
Leucine	12.0
Lysine	9.7
Methionine	2.5
Phenylalanine	3.7
Threonine	5.6
Tryptophan	2.2
Valine	5.5

### Non-Essential Amino Acids g/100g Protein

Alanine	5.0
Arginine	2.8
Aspartic Acid	10.8
Cystine/Cysteine	2.8
Glutamic Acid	16.9
Glycine	2.0
Histidine	2.0
Proline	5.1
Serine	5.0
Tyrosine	3.7