

# AMINO ACID PROFILE

## IMPACT WHEY PROTEIN

### Essential Amino Acid Profiles per 100g

|               |       |
|---------------|-------|
| Histidine     | 1.7g  |
| Isoleucine ¥  | 6.4g  |
| Leucine ¥     | 10.6g |
| Lysine        | 9.6g  |
| Methionine    | 2.2g  |
| Phenylalanine | 3.0g  |
| Threonine     | 6.7g  |
| Tryptophan    | 1.4g  |
| Valine ¥      | 5.9g  |

### Non-Essential Amino Acid Profiles per 100g

|               |       |
|---------------|-------|
| Alanine       | 5.0g  |
| Arginine      | 2.1g  |
| Aspartic Acid | 11.0g |
| Cystine       | 2.2g  |
| Glutamic Acid | 18.1g |
| Glycine       | 1.4g  |
| Proline       | 5.5g  |
| Serine        | 4.6g  |
| Tyrosine      | 2.6g  |

¥ Branch Chained Amino Acid

