Typical Amino Acid Profile Cheese Whey Protein Concentrates

Amino Acid	Typical Amount (g amino acid per 100 gram of protein)
ESSENTIAL AMINO ACID	
Isoleucine	6.2
Leucine	11.8
Lysine	10.1
Methionine	2.1
Phenylalanine	3.9
Threonine	7.5
Tryptophan	2.1
Valine	6.4
NON-ESSENTIAL AMINO ACIDS	
Histidine*	2.0
Alanine	5.8
Arginine	2.9
Aspartic acid	11.0
Cysteine/cystine	2.5
Glutamic acid	19.0
Glycine	2.3
Proline	6.5
Serine	5.3
Tyrosine	3.4

* essential amino acid for infants



FOR FURTHER INFORMATION PLEASE CONTACT NZMP New Zealand Ltd Ph 0800-693-247 Fax 0800-433-299

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