

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