

# 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

† Branch Chained Amino Acid

### 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

