## Typical Amino Acid Profile

<table>
<thead>
<tr>
<th>Amino Acid</th>
<th>Mg/5 g Protein</th>
<th>MG/Per 10 ml Serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alanine</td>
<td>425</td>
<td>0.850</td>
</tr>
<tr>
<td>Arginine</td>
<td>385</td>
<td>0.770</td>
</tr>
<tr>
<td>Aspartic Acid</td>
<td>280</td>
<td>0.560</td>
</tr>
<tr>
<td>Cystine</td>
<td>5</td>
<td>0.010</td>
</tr>
<tr>
<td>Glutamic Acid</td>
<td>525</td>
<td>1.050</td>
</tr>
<tr>
<td>Proline</td>
<td>700</td>
<td>1.400</td>
</tr>
<tr>
<td>Glycine</td>
<td>1,040</td>
<td>2.080</td>
</tr>
<tr>
<td>Histidine</td>
<td>55</td>
<td>0.110</td>
</tr>
<tr>
<td>Hydroxyproline</td>
<td>520</td>
<td>1.040</td>
</tr>
<tr>
<td>Isoleucine</td>
<td>85</td>
<td>0.170</td>
</tr>
<tr>
<td>Leucine</td>
<td>190</td>
<td>0.380</td>
</tr>
<tr>
<td>Lysine</td>
<td>195</td>
<td>0.390</td>
</tr>
<tr>
<td>Methionine</td>
<td>45</td>
<td>0.090</td>
</tr>
<tr>
<td>Phenylalanine</td>
<td>120</td>
<td>0.240</td>
</tr>
<tr>
<td>Serine</td>
<td>135</td>
<td>0.270</td>
</tr>
<tr>
<td>Threonine</td>
<td>95</td>
<td>0.190</td>
</tr>
<tr>
<td>Tryptophan</td>
<td>10</td>
<td>0.020</td>
</tr>
<tr>
<td>Tyrosine</td>
<td>50</td>
<td>0.100</td>
</tr>
<tr>
<td>Valine</td>
<td>145</td>
<td>0.290</td>
</tr>
</tbody>
</table>