



# 180 NATURAL PROTEIN SUPERFOOD - **COCONUT**

## AMINO ACID PROFILE

WPI COCONUT PANEL			
ESSENTIAL AMINO ACIDS	mg	Average qty	Average qty
		per serve	per 100gm
Isoleucine	mg	1447	2894
Leucine	mg	2341	4682
Lysine	mg	1968	3936
Methionine	mg	566	1132
Phenylalanine	mg	817	1634
Threonine	mg	1521	3042
Valine	mg	1363	2727
Tryptophan	mg	409	818
NON ESSENTIAL AMINO ACIDS			
Histidine	mg	438	875
Alanine	mg	1237	2474
Arginine	mg	1046	2093
Aspartic Acid	mg	2526	5052
Cysteine/cystine	mg	640	1279
Glutamic acid	mg	4280	8560
Glycine	mg	627	1253
Proline	mg	1370	2740
Serine	mg	1147	2295
Tyrosine	mg	726	1453

PEA PROTEIN COCONUT PANEL			
ESSENTIAL AMINO ACIDS	mg	Average qty	Average qty
		per serve	per 100gm
Isoleucine	mg	937	1873
Leucine	mg	1700	3400
Lysine	mg	1377	2753
Methionine	mg	270	540
Phenylalanine	mg	1131	2263
Threonine	mg	817	1634
Valine	mg	1067	2134
Tryptophan	mg	231	461
NON ESSENTIAL AMINO ACIDS			
Histidine	mg	528	1057
Alanine	mg	943	1886
Arginine	mg	1984	3968
Aspartic Acid	mg	2364	4728
Cysteine/cystine	mg	246	491
Glutamic acid	mg	3753	7507
Glycine	mg	957	1914
Proline	mg	943	1885
Serine	mg	1098	2196
Tyrosine	mg	760	1520



# 180 NATURAL PROTEIN SUPERFOOD - **CHOCOLATE**

## AMINO ACID PROFILE

<b>WPI CHOCOLATE PANEL</b>			
<b>ESSENTIAL AMINO ACIDS</b>		Average qty	Average qty
		per serve	per 100gm
Isoleucine	mg	1442	2884
Leucine	mg	2326	4652
Lysine	mg	1953	3906
Methionine	mg	559	1117
Phenylalanine	mg	845	1689
Threonine	mg	1512	3024
Valine	mg	1379	2758
Tryptophan	mg	413	826
<b>NON ESSENTIAL AMINO ACIDS</b>			
Histidine	mg	446	891
Alanine	mg	1246	2492
Arginine	mg	1062	2124
Aspartic Acid	mg	2556	5111
Cysteine/cystine	mg	629	1259
Glutamic acid	mg	4302	8604
Glycine	mg	669	1337
Proline	mg	1372	2745
Serine	mg	1156	2312
Tyrosine	mg	743	1486

<b>PEA PROTEIN CHOCOLATE PANEL</b>			
<b>ESSENTIAL AMINO ACIDS</b>		Average qty	Average qty
		per serve	per 100gm
Isoleucine	mg	1030	2060
Leucine	mg	1852	3704
Lysine	mg	1505	3009
Methionine	mg	294	588
Phenylalanine	mg	1241	2482
Threonine	mg	903	1806
Valine	mg	1178	2357
Tryptophan	mg	260	521
<b>NON ESSENTIAL AMINO ACIDS</b>			
Histidine	mg	577	1154
Alanine	mg	1039	2078
Arginine	mg	2103	4207
Aspartic Acid	mg	2599	5198
Cysteine/cystine	mg	268	535
Glutamic acid	mg	4086	8173
Glycine	mg	1064	2128
Proline	mg	1040	2079
Serine	mg	1199	2398
Tyrosine	mg	839	1679