

## Comparative Amino Acid Profiles

(Typical Composition Per Serving)

Amino Acid	Organic Pea Protein - Vanilla (per 30 g)	AI Paleo Protein (per 27.37 g)	Paleo Protein - Vanilla (per 27 g)	Paleo Protein - Chocolate (per 29.5 g)
Alanine	877 mg	2410 mg	1950 mg	1950 mg
Arginine	1743 mg	2060 mg	1660 mg	1660 mg
Aspartic Acid	2454 mg	1640 mg	1330 mg	1330 mg
Cystine	144 mg	30 mg	20 mg	20 mg
Glutamic Acid	3636 mg	3010 mg	2430 mg	2430 mg
Glycine	812 mg	5480 mg	4420 mg	4420 mg
Histidine	491 mg	300 mg	240 mg	240 mg
Hydroxylysine	N/A	10 mg	N/A	N/A
Hydroxyproline	N/A	2220 mg	2250 mg	2250 mg
Isoleucine (BCAA)	911 mg	470 mg	380 mg	380 mg
Leucine (BCAA)	1730 mg	1010 mg	820 mg	820 mg
Lysine	1635 mg	1040 mg	840 mg	840 mg
Methionine	223 mg	250 mg	200 mg	200 mg
Phenylalanine	1094 mg	630 mg	510 mg	510 mg
Proline	853 mg	3290 mg	2650 mg	2650 mg
Serine	1095 mg	930 mg	750 mg	750 mg
Threonine	738 mg	580 mg	460 mg	460 mg
Tryptophan	184 mg	100 mg	80 mg	80 mg
Tyrosine	743 mg	360 mg	290 mg	290 mg
Valine (BCAA)	984 mg	820 mg	660 mg	660 mg

