

Progressive®

Harmonized Vegan Protein™/MC

Amino Acid Profile

5g of
BCAAs

Typical Amount per Serving (35 g)

Essential Amino Acids

Isoleucine.....	1264 mg
Leucine.....	2351 mg
Lysine.....	1729 mg
Methionine.....	469 mg
Phenylalanine.....	1620 mg
Threonine.....	1106 mg
Tryptophan.....	279 mg
Valine.....	1551 mg

Non Essential Amino Acids

Histidine.....	705 mg
Alanine.....	1322 mg
Arginine.....	2651 mg
Aspartic acid.....	3136 mg
Cysteine.....	422 mg
Glutamic acid.....	5279 mg
Glycine.....	1220 mg
Proline.....	1294 mg
Serine.....	1598 mg
Tyrosine.....	1327 mg