

Amino Acid Composition Comparison

100g General Whey Protein vs. 100g Sperry Pea and Hemp Protein

Amino Acid	Whey	Pea	Hemp
Essential Amino Acids			
Histidine	1.6	1.99	1.04
Isoleucine	4.6	4.05	2.45
Leucine	8.8	6.80	4.26
Lysine	7.5	6.11	2.37
Methionine	1.6	0.85	1.62
Phenylalanine	2.6	3.86	3.03
Threonine	4.5	3.05	2.51
Tryptophan	1.3	0.79	0.69
Valine	4.4	4.28	2.79
Non-Essential Amino Acids			
Alanine	3.5	3.44	2.17
Arginine	2.3	6.84	7.83
Aspartic Acid	8.4	9.42	5.90
Cystine	1.7	0.85	1.53
Glutamic Acid	13.3	13.32	9.36
Glycine	1.4	3.28	2.55
Proline	6.6	3.55	2.97
Serine	4.6	3.88	3.07
Tyrosine	2.3	3.86	1.65

References

Banaszek, Amy et al. "The Effects of Whey vs. Pea Protein on Physical Adaptations Following 8-Weeks of High-Intensity Functional Training (HIFT): A Pilot Study." *Sports (Basel, Switzerland)* vol. 7,1 12. 4 Jan. 2019, doi:10.3390/sports7010012

