

Table 1. Amino acid composition in the three protein ingredients: WPC (whey protein concentrate), PPC (pea protein concentrate) and FPC (faba bean protein concentrate). AA composition is expressed in mg amino acid / g protein. Essential amino acids (EAA) and non-EAA are expressed in % compared to the total AA. Data are means $\pm$ SD (n=2).

AA (mg/g protein)	WPC	PPC	FPC
<i>Essential AA (EAA)</i>			
Lys	115.9 $\pm$ 4.4	76.1 $\pm$ 2.1	60.3 $\pm$ 1.0
Tyr	41.9 $\pm$ 5.3	39.7 $\pm$ 3.6	30.3 $\pm$ 1.0
Phe	43.1 $\pm$ 3.6	55.6 $\pm$ 2.4	40.1 $\pm$ 1.8
Leu	141.0 $\pm$ 3.8	84.6 $\pm$ 2.5	69.5 $\pm$ 1.8
Ile	66.0 $\pm$ 1.7	48.4 $\pm$ 0.8	38.9 $\pm$ 0.7
Met	28.4 $\pm$ 4.5	14.1 $\pm$ 4.4	8.8 $\pm$ 2.5
Cys	31.5 $\pm$ 5.7	11.8 $\pm$ 5.6	12.6 $\pm$ 5.7
Val	61.2 $\pm$ 1.8	51.9 $\pm$ 1.6	41.5 $\pm$ 0.5
His	22.9 $\pm$ 2.9	24.6 $\pm$ 1.3	22.4 $\pm$ 0.8
Thr	59.5 $\pm$ 2.9	37.4 $\pm$ 3.5	31.7 $\pm$ 0.8
<i>Non-EAA</i>			
Arg	29.6 $\pm$ 3.0	88.2 $\pm$ 2.4	96.2 $\pm$ 1.2
Asx ¹	131.3 $\pm$ 8.7	120.4 $\pm$ 1.5	101.8 $\pm$ 1.0
Glx ²	207.6 $\pm$ 8.2	182.5 $\pm$ 10.0	157.6 $\pm$ 8.6
Ser	52.7 $\pm$ 3.3	51.9 $\pm$ 3.1	45.1 $\pm$ 0.9
Pro	55.8 $\pm$ 5.0	43.2 $\pm$ 8.6	41.5 $\pm$ 3.2
Gly	20.3 $\pm$ 1.6	41.7 $\pm$ 2.0	37.8 $\pm$ 1.5
Ala	56.9 $\pm$ 2.1	43.9 $\pm$ 1.5	37.9 $\pm$ 1.2
Amino nitrogen	17.9 $\pm$ 1.0	17.9 $\pm$ 0.5	18.4 $\pm$ 0.4
<i>EAA/ Total AA (%)</i>	51.8 $\pm$ 0.4	43.0 $\pm$ 0.1	39.9 $\pm$ 0.8
<i>Non-EAA/ Total AA (%)</i>	48.2 $\pm$ 0.2	57.0 $\pm$ 0.3	60.1 $\pm$ 0.4

¹ Asx: aspartic acid + asparagine; ² Glx: glutamic acid + glutamine