

Online Supporting Material

Supplemental Table 1 Composition of the protein blend and whey protein beverages¹

	PB	WP
	<i>g/100g product</i>	
Protein	87.1	87.3
Fat, acid hydrolysis	2.09	0.80
Ash	3.62	2.82
Moisture	6.57	7.26
Alanine	3.38	4.66
Serine	4.60	4.38
Aspartic Acid	7.96	10.1
Cysteine	0.99	2.25
Glutamic Acid	18.7	17.1
Glycine	2.04	1.51
Proline	7.61	5.98
Tyrosine	4.02	2.71
Arginine	3.55	1.93
Isoleucine ²	4.73	5.85
Leucine ²	8.09	9.53
Lysine ²	6.79	8.64
Methionine ²	2.18	2.06
Phenylalanine ²	4.13	2.83
Threonine ²	4.38	6.51
Tryptophan ²	1.06	1.38
Valine ²	5.45	5.56
Histidine ²	2.18	1.54
Total EAA	39.0	43.9

¹Protein blend (PB) and whey protein (WP)

²Represent the EAA (Essential Amino Acids)