

## AMINO ACIDS - JAKE SPORTS

1 serving (40g protein) per package

	per 100 g (*)	per serving (*)
<b>Energy (kcal)</b>	400 (20%)	160 (8%)
<b>Protein</b>	100.0 g	40.1 g
Essential	39.0 g	15.6 g
Of which BCAA's**	18.1 g	7.2 g
Semi-essential	39.9 g	15.9 g
Non-essential	21.1 g	8.4 g

	per 100 g	per serving
L-alanine	4.45 g	1.78 g
L-arginine	8.47 g	3.40 g
L-aspartic acid	11.33 g	4.54 g
L-cysteine	1.17 g	0.47 g
L-glutamic acid***	17.42 g	6.99 g
L-glycine	4.33 g	1.74 g
L-histidine	2.47 g	0.99 g
L-isoleucine**	4.52 g	1.81 g
L-leucine**	8.41 g	3.37 g
L-lysine	6.88 g	2.76 g
L-methionine	1.18 g	0.47 g
L-phenylalanine	5.53 g	2.22 g
L-proline	4.67 g	1.87 g
L-serine	5.32 g	2.13 g
L-threonine	3.88 g	1.56 g
L-tryptophan	1.04 g	0.42 g
L-tyrosine	3.81 g	1.53 g
L-valine**	5.12 g	2.05 g

\* Reference intake of an average adult (8400 kJ/2000 kcal)

\*\* BCAA: Branched Chain Amino Acids

\*\*\* Combination of L-glutamic acid and L-glutamine, grouped under the semi-essential protein group

### PDCAAS: 0.85

*Protein Digestibility Corrected Amino Acid Score = (Limiting Amino Acid / Reference Amino Acid) \* Fecal True Digestibility Percentage.*

### CS: 138

*Chemical Score based on reference protein FAO/ WHO 1985.*



# JAKE

Jake is a nutritional meal that provides you with all the nutrients you need.

**Ingredients:** pea protein isolate, maltodextrin, oat meal (gluten), dextrose, sunflower seed oil, refined coconut oil, inulin, omega-3 concentrate fat powder, organic sunflower oil, flavour, calcium citrate, tripotassium citrate, salt, anticaking agent: silicon dioxide, choline hydrogen tartrate, dipotassium phosphate, lycopene powder, sweetener: sucralose, l-ascorbic acid, magnesium carbonate, menaquinone-7, nicotinamide, dl-alpha-tocopheryl acetate, zinc oxide, calcium-d-pantothenate, antioxidant: dl-alpha-tocopherol, cupric sulfate, riboflavin, pyridoxine hydrochloride, thiamine mononitrate, manganese gluconate, retinyl acetate, pteroylmonoglutamic acid, d-biotin, phylloquinone, cholecalci-ferol, cyanocobalamin.

This product is not intended to diagnose, treat, cure or prevent any disease. Children, people taking medication or who have a medical condition or women who are pregnant or nursing, should consult their doctor before consuming Jake.