

PROSOURCE TF AMINO ACID PROFILE

Essential Amino Acids	IOM Reference Pattern ¹ (mg/g protein)	ProSource TF Pattern (mg/g protein)
Histidine	17	18
Isoleucine	23	24
Leucine	52	55
Lysine	47	51
Methionine & Cysteine	23	24
Phenylalanine & Tyrosine	41	43
Threonine	26	28
Tryptophan	6	6
Valine	29	31

PROSOURCE TF
PDCAAS score of 100

“High quality proteins, as indicated by their PDCAAS score, ensure the delivery of a highly digestible protein blend that provides the nitrogen and indispensable amino acids essential for recovery.”²

¹ Institute of Medicine (2005). Dietary reference intakes for energy, carbohydrate, fiber, fat, fatty acids, cholesterol, protein, and amino acids. Washington, DC: The National Academies Press. ² Garleb (2020). Dietary Protein and the Critical Care Patient. Complete Nutrition Focus Magazine, Vol. 12, No.1, April 2020.