

Leucine Content of Proteins

Protein Source	Leucine
Whey Protein Isolate	13%
Milk Protein	10%
Egg Protein	8.5%
Muscle Protein	8%
Soy Protein Isolate	8%
Wheat Protein	7%
Collagen	2%

SOURCE: DOUGLAS PADDON-JONES, PH.D., DEPT. OF NUTRITION AND METABOLISM, THE UNIVERSITY OF TEXAS MEDICAL BRANCH/2018 PROTEIN TRENDS & TECHNOLOGY SEMINAR

 **Supplementation of the amino acid leucine, a stimulator of MPS, could possibly protect muscle health during short periods of inactivity.**