



# The Amino Acids in ENERGYbits® Spirulina and Mother’s Milk\* Are Virtually Identical & Considered “Perfect Foods”

Spirulina algae and Mothers Milk are considered the two most “perfect” foods because they are so nutrient dense and contain all the critical Amino Acids, Essential Fatty Acids, Vitamins and Minerals for health. Not only is their nutrient profile almost identical, so is their Amino Acid profile as noted below. Unlike mother’s milk, ENERGYbits® spirulina can be purchased online and is for everyone of all ages!

AMINO ACID	MOTHER’S MILK* (Human Casein) Percent of Nitrogen (Protein)	ENERGYbits® (Spirulina Platensis) Percent of Nitrogen (Protein)
Tyrosine	2.9%	4.0%
Alanine	2.1%	7.7%
Glycine	0%	5.3%
Proline	7.3%	4.1%
Glutamic Acid	13.4%	14.1%
Aspartic	3.3%	12.1%
Serine	4.8%	4.4%
Cystine	0.5%	0.9%
Arginine	7.4%	7.9%
Phenylalanine	3.3%	4.4%
Leucine	8.7%	8.2%
Isoleucine	4.6%	5.4%
Histidine	3.6%	12.5%
Lysine	7.2%	4.4%
Threonine	3.5%	4.7%
Methionine	1.5%	2.2%
Tryptophane	1.4%	1.4%
Valine	4.0%	6.2%
<b>TOTAL</b>	<b>79.5%</b>	<b>79.2%</b>
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\* Source: Journal of Biological Chemistry [www.jbc.org](http://www.jbc.org). Article title: **Amino Acid Composition of Human Milk Proteins**, Author Martin B. Williamson, from the Research Laboratories of S.M.A. Corporation, Chagrin Falls, Ohio, July 8 1944.